

## Life Skills and Personality Development

September 21-25, 2020

Date/ Day	10.00 – 12.00 Hrs.	15.00 – 17.00 Hrs.
21/09/2020	Stress/Conflict Management for Personal Effectiveness  Dr. Premlata Singh	Team Building  Dr. Satyapriya Dr. V. Sangeetha
22/09/2020	Self-Motivation and Achievement Motivation  Dr. J. P. Sharma	Understanding Self  Dr. Rita Sengupta
23/09/2020	Leadership attributes for personality development  Dr. N. P. Singh	Resource Realization, Realizing personal strengths and mental blocks (Tower building exercise)  Dr. D. U. M Rao
24/09/2020	Time Management for Personality Development  Dr. K. Vijayaragavan	Importance of Soft Skills and Personality Development in context to New Education Policy  Dr. Alka Singh
25/09/2020	Goal Setting (Ring Toss Exercise)  Dr. R. N. Padaria	Dynamics of Social Interactions  Dr. Rashmi Singh
		Communication Skills for enhancing Personality Development  Dr. R. Roy Burman Dr. G. S. Mahra

**Valedictory Session: (5-6 PM on 25.09.2020)**

\* **Chief Guest:** Dr. R. C. Agrawal, DDG (Edn.) & ND, NAHEP, **Chairperson:** Dr. A. K. Singh, Director, IARI

**Other invitees:** Dr. Prabhat Kumar, NC, NAHEP-CAAST, Dr. Rashmi Aggarwal, Dean, Dr. C. Viswanathan, PI, NAHEP-CAAST, Dr. K. M. Manjaiah, Nodal officer NAHEP