



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD) (now MoE)

Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

University OBC & SC/ST Cell

REPORT ON
Workshop on Personality Development
(21-02-2025 to 22-02-2025)

Introduction

Personality development is an on-going journey that requires self-discipline, perseverance, and a willingness to grow. It empowers individuals to reach their full potential, achieve success, and lead a fulfilling life. By cultivating positive habits, improving communication, and fostering self-awareness, anyone can develop a strong and dynamic personality. In a world that values confidence, adaptability, and interpersonal skills, investing in personality development is an investment in a brighter future. In this regard, a two-day personality development workshop was conducted, featuring a combination of physical activities, interactive discussions, and theoretical sessions aimed at enhancing self-awareness, interpersonal understanding, and societal perspectives. The workshop provided valuable insights into personal growth, gender roles, and the importance of physical and mental well-being.

Objectives

Workshop on Personality Development Programme was organized by University SC/ST and OBC under the auspicious of SEDG's Cell during 21-02-2025 to 22-02-2025

- The main goal of the workshop was to impart knowledge on personality development among students
- To have an awareness on own self which will enable them to increase their boldness, attitude and presentation skills in various fields

Day:1 (21-02-2025)

Inauguration

The programme was inaugurated on 21-02-2025 (Friday) morning at 10.00 AM at Bioscience seminar hall. The welcome address was given by Dr.S.Gayathri Devi, Professor and Head, Department of Biochemistry, Biotechnology and Bioinformatics, Liaison Officer of SC/ST cell with her enthusiastic speech. The presidential address was delivered by Dr.R.Saratha, Prof and Head, Department of Chemistry, Overall co-ordinator for EOC, Liaison Officer of OBC Cell with her optimistic speech. The special address was given by Dr.J. Amaithi Arasu. His speech was about skill development and he motivated the students to develop their skills. A special greetings from Dr.T.Angayarkanni, Associate Professor, Department of Biochemistry, Biotechnology and

Bioinformatics. Vote of thanks was delivered by Dr.S.Velvizhi, Assistant Professor, Department of Biochemistry, Biotechnology and Bioinformatics.

The first day consisted of two sessions. The morning session focussed on physical activities and an afternoon session dedicated to theoretical learning.



Welcome address by Dr.S.Gayathri Devi, Prof and Head, Department of BC/BT/BI , SC/ST Cell Liaison Officer



Presidential address by Dr.R.Saratha, Prof and Head, Department of Chemistry, Overall co-ordinator for EOC, OBC Cell Liaison Officer



Special address by Dr.J.Amaithi Arasu



Part of audience



After the inaugural session

Session 1:

The morning began with ice breaking session engaging physical activities designed to help participants understand the basics of personality analysis. The resource person instructed students to sit in a circular formation, leaving a large space at the centre of the hall. The first activity involved holding the hands of peers on both sides, during which the facilitator explained the personality traits associated with different ways of holding hands. Participants who held other's hands above theirs were described as smart, those who have their hands to be held were considered innocent, and individuals who simultaneously held and gave a hand were termed balanced. This exercise enabled students to gain a better understanding of their basic personality traits.



Ice breaking session



Interaction session

Session 2:

The afternoon session was primarily theoretical, focusing on the roles, responsibilities and importance of men and women in society. The resource person discussed the duties of both genders and explained the five stages of reproduction. A key takeaway from this session was the realization of significant role women play in society, leading to the conclusion that women are often more crucial than men in various aspects of life.

Additionally, the session covered the fundamental differences between sex and gender, highlighting how societal influences shape perceptions and expectations. The discussion also touched on how women's freedoms are often restricted. This insightful session encouraged students to reflect on gender dynamics and societal norms.



Resource person discussion with participants

Day:2 (21-02-2025)

The second day followed a similar structure with physical activities in the morning and an interactive theoretical session in the afternoon.

Session 3:

The day started with more physical activities aimed at understanding body flexibility, health and co-ordination. Participants were divided into two circles an inner and an outer circle while

facilitator stood in the centre, demonstrating various physical exercises that the students enthusiastically followed the demonstration. These exercises were designed to help students become more aware of their physical condition and bodily flexibility. An interesting activity followed, where two volunteers were asked to hold each other's hands tightly and attempt to sit down simultaneously while leaning backward. Success in this activity required participants to be perfectly synchronized, demonstrating balance and mental co-operation. This exercise highlighted the importance of trust, balance, and coordination in interpersonal relationships.

Session 4:

The final session of the workshop was highly interactive, focussing on the challenges women face in contemporary society. The facilitator-initiated discussions on how women should be treated and encouraged students to share the restrictions women encounter daily, both families and in the broader community. The conversation also explored strategies for overcoming these barriers and emphasized the need for women to have freedom their relationships and lives.

Valedictory session

The two-day personality development programme ended with valedictory function. A session started with prayer song. The welcome address was given by Dr.R.Saratha, Professor and Head, Department of Chemistry, Overall co-ordinator for EOC, Liaison Officer OBC cell. She appreciated the participants for enthusiastic participation and she motivated everyone with her obliged speech. Participants from various schools were invited to provide the feedback. Ms.Divya Lakshmi, II B.SC.IT from School of Physical Science and Computational Science has shared her learning experience during workshop that she gained knowledge, knows about the significance of women and had a joyous and friendliest workshop. Ms.A.Monisha from School of Home Science shared that this workshop will be helpful to enhance her self-awareness, improve emotional intelligences, benefits of teamwork and communication skills. Ms.J.Tharunika, II UG Physician Assistant from School of Allied health Science has told about how group planning, group discussions were helpful for the success during the workshop activities. Ms.A.S.Anubhairavi from School of Commerce and Management has thanked organizers for the workshop and shared her experience during the interactive games. Ms.P.Vidhya from School of Arts and Science shared about two days activities, and their outcomes like quick reflex and responsive skills, presence of mind, active listening skills, team building skills. Dr.J.Amaithi Arasu in his presidential address appreciated the students for two days active participation and also he

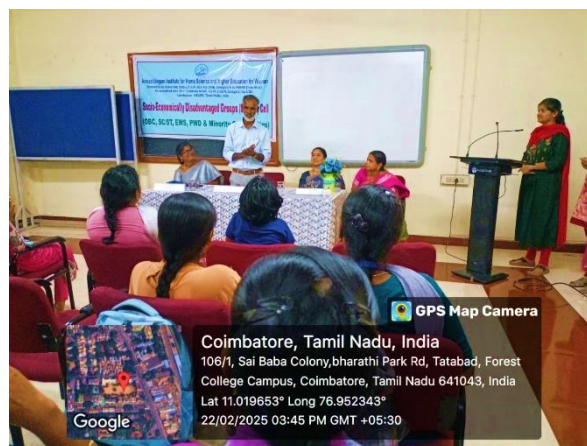
told that this was a best batch of the students among his entire training programme. Valedictory address was delivered by Dr.S.Gayathri Devi, Liaison Officer SC/ST, Professor and Head, Department of BC/BT/BI, She thank all the students for their presence during the two-day personality development programme. She appreciated all the volunteers for their support.



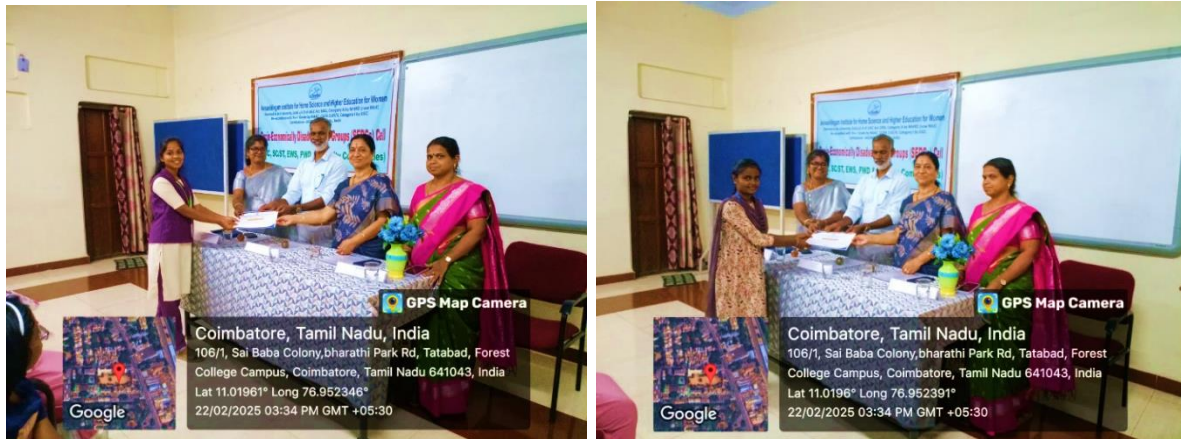
**Welcome address by Dr.R.Saratha, Prof and Head,
Department of Chemistry, Overall co-ordinator for
EOC, OBC Cell Liaison Officer**



**Valedictory address by Dr.S.Gayathri Devi, Prof
and Head, Department of BC/BT/BI, SC/ST Cell
Liaison Officer**



Presidential address by Dr.J.Amaithi Arasu



Certificate distribution

Conclusion

The personality development workshop was an enlightened experience that provided participants with valuable lessons on self-awareness, interpersonal dynamics and gender issues. The combination of physical activities, theoretical knowledge, and interactive discussions made the workshop both engaging and thought provoking. It not only helped students analyse their personalities but also encouraged them to challenge societal norms and think critically about their roles and rights of individuals. Especially women, in contemporary society. Overall, the workshop was truly transformative, leaving participants with a renewed perspective on personal development and social responsibility.

Photo Gallery



Participants of the workshop



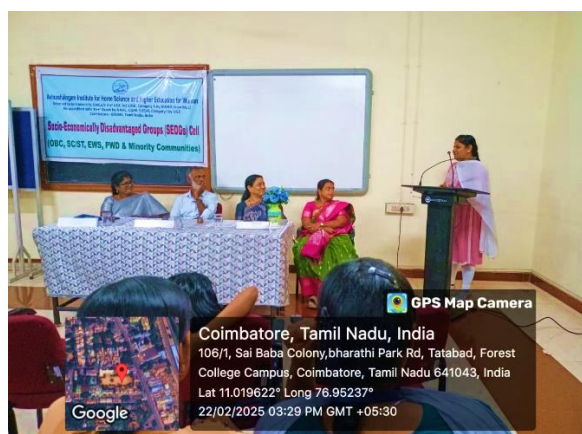
Special Greetings by Dr.T.Angayarkanni, Assistant professor of BC/BT



Vote of thanks by Dr.S.Velvizhi, Assistant professor of BC/BT during inaugural address



Volunteers and organizers



Feedback from participants of various schools

INVITATION



**Avinashilingam Institute for Home Science and Higher
Education for Women**

Deemed to be University Stat. No. 2 of 1990 Act 1990, Category A by MHRD. Re-accredited with
"AAA" Grade by NAAC/ISQA 2009, Category I by ISO 9001:2008/ISO 14001:2004, Tamil Nadu, India

**University OBC & SC/ST Cell
Cordially invites you for the**

**Workshop on "Personality Development" for
OBC/SC/ST students**

Resource Person

Dr.J. Amaithi Arasu
Assistant Professor (SG),
Department of Tamil,
Govt. Arts College for Women,
Coimbatore – 641 018

Dr.R.Saratha
Professor & Head
Department of Chemistry
Liaison Officer, OBC Cell
Avinashilingam Institute for Home Science and
Higher Education for Women, Coimbatore-641043

Will preside

Date: 21.02.2025

Time: 10.00am

Venue: Bioscience Seminar Hall

Landline No.0422-2907140, 2907077, 2435500 Mobile No. 98651 46601, 94427 09202, 99528 05179
Website: www.avinashlingam.ac.in





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Coimbatore - 641 043, Tamil Nadu, India

**Workshop on “Personality Development” for
OBC/SC/ST students**

University OBC & SC/ST Cell

21.02.2025

PROGRAMME SHEET

Prayer

Welcome Address

:

Dr.S.Gayathri Devi

Professor and Head

Department of Biochemistry, Biotechnology and
Bioinformatics

Liaison Officer, SC/ST Cell

Presidential Address

:

Dr. R.Saratha

Professor and Head

Department of Chemistry

Liaison Officer, OBC Cell

Special Address

:

Dr. J. Amaithi Arasu

Assistant Professor (SG),

Department of Tamil,

Govt. Arts College for Women,

Coimbatore – 641 018

Vote of Thanks

:

Dr.S.Velvizhi

Assistant Professor (SG)

Department of Biochemistry, Biotechnology and
Bioinformatics

CERTIFICATE MODEL



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University under Category 'A+' by MHRD, Estd. u/s 3 of UGC Act 1956)

Re-accredited with A++ Grade by NAAC, Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Two days Capacity Building Programme on “Personality Development”

Certificate of Participation

This is to certify that Mshas participated in the two days capacity building programme on “Personality Development” organized by the University OBC Cell and SC/ST cell at Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 21.02.2025 and 22.02.2025.

Dr. R. Saratha
Liaison Officer
OBC Cell

Dr.S.Gayathri Devi
Liaison Officer
SC/ST Cell

Dr. H. Indu
Registrar

Attendance Sheet

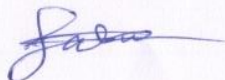



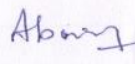
Workshop on "Personality Development" for OBC/SC/ST students

21.02.2025

S.No.	Roll No.	Name of the student	Department	Category	Signature
1	23UPH010	Saniya .S	Physics	OBC	Saniya .S
2	23UPH016	Vishvath .T	Physics	SC	Vishvath .T
3	23UID007	DURGADEVI . M	Interior design & resources management	BC	Duriga . M
4	23UIT009	P. Divya Lakshmi	Information Technology	OBC	P. Divya Lakshmi
5	23UIT006	S. Bharalakshmi	Information Technology	SC	S. Bharalakshmi

6.	23UMA007	R. Tamuna	Mathematics	OBC	R. Hiji
7.	23UMA005	G. Hazeni	B.sc Mathematics	SC	G. Hiji
8.	23UCS011	Devadharshini .M	B.sc Computer Science	SC	M. Devadharshini
9.	23UCS033	Punitha .R	B.sc Computer Science	OBC	R. Punitha
10	23UEC025	R. Meekthia	B.A Economics	OBC	R. Meekthia
11	23VB0016	A. Veishnavi	B.sc Botany	SC	A. Veishnavi

12	23 UB0012	A. Sibila	B.Sc. Botany	OBC	A. Sibila
13	23UEC031	R. POORNIMA	BA. Economics	SC	
14	23UVA002	M. ABINAYA	B.VOC(AI&ML)	SC	At. m
15	23UVA047	S. SRIMATHI	B.VOC(AI&ML)	OBC	Srimathi
16	23URS019	SREE GOWRI	B.Sc Rural Development and Sociology	SC	

17	23URS006	EASWARI.C	Rural development and sociology	OBC	
18.	23VBB040	Semparubhi.p	Biochemistry & Biotechnology	OBC	
19.	23VBB043	L. Sri sithanya	Biochemistry & Biotech	SC	
20.	23UPS010	P. Annanthi.	Psychology	SC	
21	23UPS001	Abarna . M	Psychology	SC	





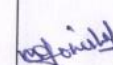
22	23UPA011	R. Devika	physician Assistant	SC	R. Devika
23.	23UPA057	Sri priya	Physician Assistant	DBC	Sripriya.
24.	23UPA035	P. Nithyasri	Physician Assistant	SC	P. Nithyasri
25.	POO 23UPA040	R. Poornima	Physician Assistant	SC	R. Poornima
26	23UPA006	G. C. Bhavatharani	Physician Assistant	SC	G. C. Bhavatharani

27.	23UPA052	S. Sreemathi	Physician Assistant	OBC	S. Sreemathi
28	23UPA065	S. Yuvassree	Physician Assistant	OBC	S. Yuvassree
29	23UPA049	M. Sasi rekha	Physician Assistant	OBC	M. Sasi rekha
30	23UPA012	P. Hanu Shree	Physician Assistant	SC	P. Hanu Shree
31	23UPA025	R. Laya Brindha	Physician Assistant	OBC	R. Laya Brindha

32	23UPA042	Praveena . E	Physician Assistant	SC	Praveena . E
33	23UPA060	Thamirika . J	Physician Assistant	OBC	J. T. P. P.
34	23UPA054	Sri Dhareshini . D	Physician Assistant	OBC	D. P. P.
35	23UCP012	Divya Sri . B	commerce	SC	B. D. P.
36	23UCP056	V. Varshini	commerce	OBC	V. R. P.

37	23UVC004	Dhaishana - S	Visual communication	SC	<i>[Signature]</i>
38	23UVC014	Thangadharshini - J	Visual communication	OBC	<i>[Signature]</i>
39	23UTO032	Subashini. K.M	BBA Tourism	BC	M.R.
40	23UPAD38	Ponselvi. G	BSc Physician Assistant	OBC	<i>[Signature]</i>
41	23UPA064	Vongnila Shimray	BSc physician Assistant	ST	<i>[Signature]</i>
42.	23UPA024	Kanigalasi - R	B.Sc Physician Assistant	SC	Kaniga Sik

43.	23UPA087	Jingadhasini.S	B.Sc Physician Assistant	OBC	S.S. Subli
44.	23UPA014	Divyalakshmi.v	B.Sc Physician Assistant	OBC	Divya
45.	23UPA021	M. Harayanga	B.Sc Physician Assistant	SC	M. Harayanga
46.	23UPA067	S. Sowthekleshaya.	B.Sc. Physician Assistant	OBC.	S. Sel.
47.	23UPA041	P. Prathakshana.	B.Sc Physician Assistant.	SC	Prathakshana
48.	23UPA032	L. Mitra	B.Sc. Physician Assistant	OBC	L. Mitra
49	23UPA020	M.S. Harini Sree	B.Sc. Physician Assistant	OBC	M.S. Harini

50	23UPA061	Thiruparashayi	Bsc. physician Assistant	OBC	
51.	23UPA050	Sharmila	Bsc. physician Assistant	OBC SC.	
52.	23UID029	Swedha	BSC. IDRM	OBC	
53	23UFN021	Hemalatha.M	B.SC FSN	OBC	
54	23UFD021	Monisha.A	BSc FSN	OBC	

55 34	230FD047	P. Yamuna	FSTA FSM D	SC	P. Yamuna
56	230HD003	A.M. Ashifa	HD	OBC	Ashifa
57	230HD005	H. Dhayshini	HD	SC	Dhayshini
58	230FN009	D. Danusha	FSN	SC	Danusha . D
59	230TD019	Maulika . L	BBA TOURISM	SC	Maulika . L
60	23UC0003	A.S. Anu Bhairavi	B.com	OBC	Anubhairavi
61	23UC0023	A. Kayalvizhi	B.com	SC	Kayalvizhi

62.	23UCC026	Janya .M	B.com CA	SC	M. Kanyas
63.	23UCC039	Prakashini . P	B.com CA	OBC	Prakash
64.	23UCH008	Manohari . M	Chemistry	OBC	M. Manohari
65.	23UCH010	Monisha Begum . A	Chemistry	OBC (BSM)	A. Monisha Begum
66	23UEN038	Vidhya . p	English	OBC	Vidhya
67	23UEN040	Yanashi pul	English	ST	Yanashi

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