



## Activity Report

**Quality Education – Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all**



<b>Name of the Event</b>	32 Hours Online Value Added Course On Personality Development & Life Skills
<b>Department</b>	Department of Psychology
<b>Date (or Period)</b>	11/11/2024
<b>Organizer (Name of the University)</b>	Deen Dayal Upadhyaya Gorakhpur University Gorakhpur
<b>Online/Offline Mode</b>	Offline Mode
<b>Brief Write-up in English</b>	<p>The Department of Psychology conducted a <b>32-hour online value-added course</b> titled “<i>Personality Development &amp; Life Skills</i>” to equip students with essential soft skills for personal and professional success. The course focused on communication skills, emotional intelligence, time management, self-confidence, and leadership qualities. Through engaging lectures, interactive tasks, and expert mentorship, participants gained practical tools to enhance their personality and life skills. The course was well-received and contributed significantly to the holistic development of the students.</p>