

Activity Report



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



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| Name of the Event | Three-day Capacity Building Program on Personality Theories & Personality Development With a special focus on Communication Skills, Emotional Intelligence and Positive Attitude |
| Department | Department of Psychology |
| Date (or Period) | 22/12/2024 |
| Organizer (Name of the University) | Deen Dayal Upadhyaya Gorakhpur University Gorakhpur |
| Online/Offline Mode | Offline Mode |
| Brief Write-up in English | <p>The Department of Psychology conducted a Three-Day Capacity Building Program focusing on <i>Personality Theories and Personality Development</i>. The program emphasized enhancing communication skills, emotional intelligence, and cultivating a positive attitude among participants. Through expert-led sessions, interactive activities, and self-assessment exercises, students gained practical insights into understanding personality structures and improving interpersonal effectiveness. The initiative aimed at fostering personal growth, emotional resilience, and social competence. The program was well-received and contributed meaningfully to students' holistic development.</p> |