



Value Added Course
On
“Personality Development and Public Speaking”
Department of Business Administration
Deen Dayal Upadhyaya Gorakhpur University, Gorakhpur




VALUE ADDED COURSE
ON
“Personality Development & Public Speaking”




Highlight of the Course:


- Communication Skills Development
- Public Speaking Essentials
- Personality Grooming
- Presentation Skills
- Career Skills

June 02, 2025 – June 09, 2025






Prof. Shantanu Rastogi
Patron
Pro.- Vice Chancellor



Prof. Poonam Tandon
Chief Patron
Hon'ble Vice Chancellor




Prof. M. K. Srivastava
Head
Department of Business Administration

Convener
Dr. Purnima Mishra

Course Coordinator
Dr. Suruchi Srivastava

Course link <https://forms.gle/wMeVd2gCWcxXdRnB9>
Timing: 10:00 AM- 02:30PM

Organizing Committee
Dr. Anubhav Nath Tripathi
Dr. Mohd. Irfan
Dr. Sushil Kumar Singh



Participants
Graduate, Post Graduate,
Research Scholar ,
Teachers


Organized by
Department of Business Administration
Deen Dayal Upadhyaya Gorakhpur University,
Gorakhpur, (U.P.)


The Department of Business Administration at Deen Dayal Upadhyay Gorakhpur University inaugurated a seven-day **Value-Added Course** on *"Personality Development and Public Speaking."* The course is being organized under the chairmanship of Professor Manish Kumar Srivastava, Head of the Department of Business Administration, Programme Convener Dr. Purnima Mishra and Course Coordinator Dr. Suruchi Srivastava . This course was organized from **2nd June to 9th June 2025**, featuring **three technical sessions per day**, with a **different topic covered in each session**. In his inaugural address, he warmly welcomed all the guests, speakers, and participants. Highlighting the importance of this course, he emphasized that such training is crucial for the holistic personality development of students and for enhancing effective communication skills.

The course commenced with a welcome address by the Course Coordinator, Dr. Suruchi Srivastava. In her address, she introduced and welcomed the Chief Guest and Keynote Speaker, Professor Dhananjay Kumar, Head of the Department of Psychology, Deen Dayal Upadhyaya Gorakhpur University, and also discussed the significance of organizing this course.


DAY – 1

Inaugural Session





Department of Business Administration
Deen Dayal Upadhyaya Gorakhpur University, Gorakhpur
Organises




Value Added Course
(02nd June to 9th June 2025)


On

Personality Development and Public Speaking

Inauguration Ceremony


Patron
Prof. Poonam Tandon
Vice Chancellor,
DDU Gorakhpur University
Gorakhpur

Date: 02nd June, 2025
Time: 11.00 am onwards


Chief Guest
Prof. Dhananjay Kumar
Head
Department of Psychology
DDUGU

Dr. Suruchi Srivastava
Course Coordinator

Prof. Manish Kumar Srivastava
Head

Dr. Purnima Mishra
Convener

Browser tabs: (20) WhatsApp, Meet - Value Added Course

URL: meet.google.com/ieh-xxbz-aeu

Participants:

- Dhananjay Kumar
- Manish Kumar Srivastava
- PURNIMA MISHRA
- Harshit Singh
- 57 others
- suruchi sri...
- Rising Ayush Srivas...
- Divyansh Gupta
- susmita singh

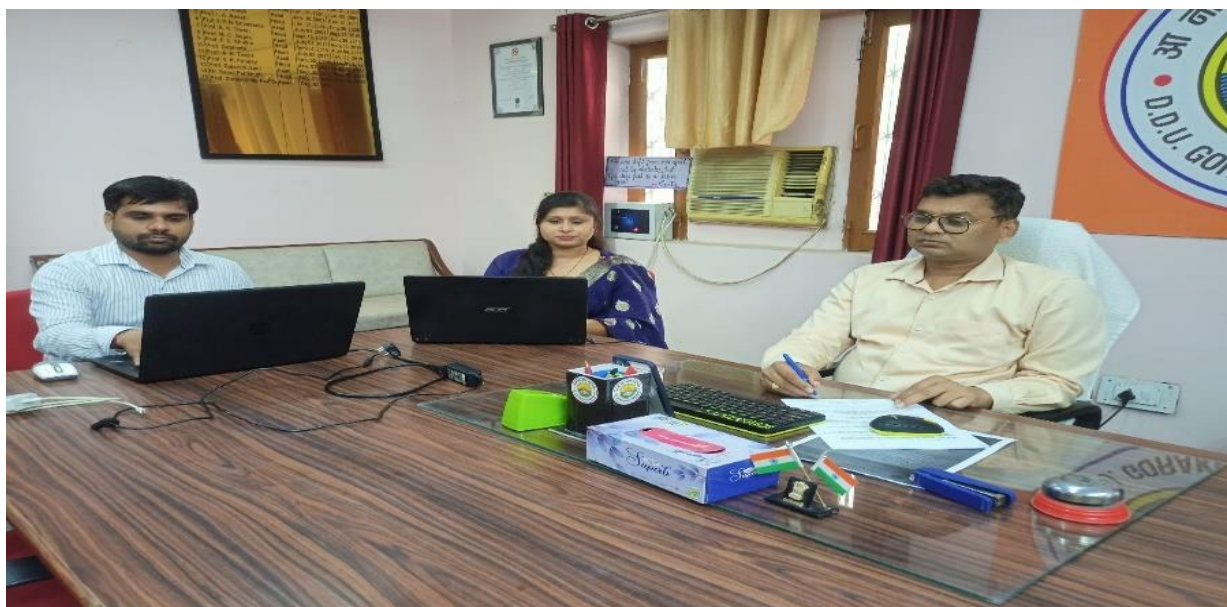
Time: 11:25 | Value Added Course: Personality Deve...

System tray: Windows, Search, Gold +0.88%, 11:25 AM 6/2/2025

The Chief Guest and Speaker, **Professor Dhananjay Kumar**, elaborated on the relevance of the course and discussed its objectives and expected outcomes in detail. In his keynote address, he touched upon several important and engaging points and, while sharing the practical aspects of *Humanistic Psychology*, advised participants to work on their "KSA"—Knowledge, Skills, and Attitude. He stated that rather than solely focusing on knowledge gained from external sources, more attention should be given to internal resources and one's own potential, which are not only more accessible but also diverse.

In his speech, Professor Kumar explained the significance of body language and impactful personality through terms like “Stage Hogger” and “Ambusher,” citing examples of world-renowned speakers and leaders from a psychological perspective. He also inspired participants by stating that this course will bring positive transformation not only in their professional lives but also in their personal lives.





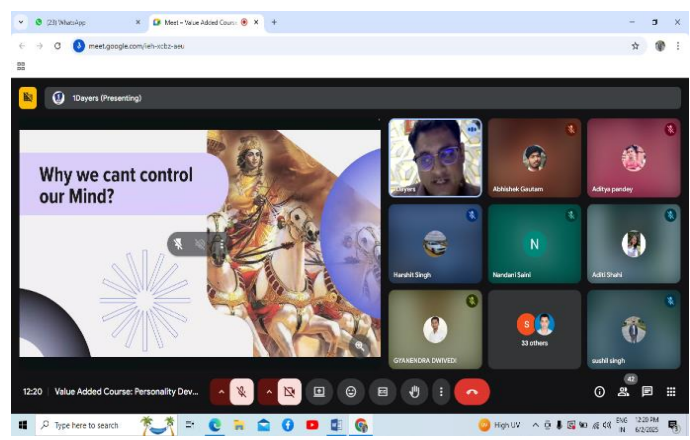
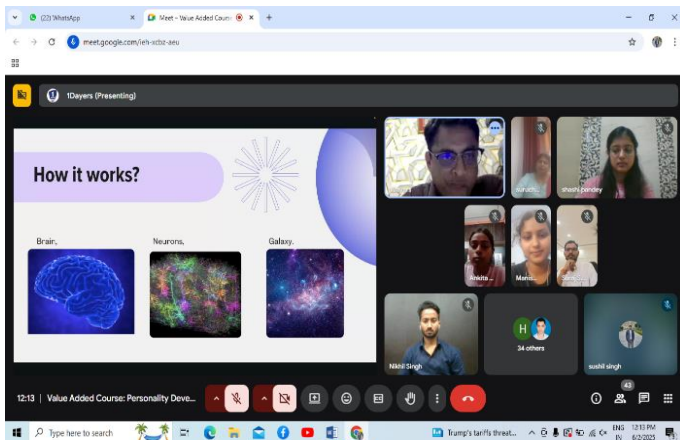
Professor Manish Kumar Srivastava and Dr. Suruchi Srivastava provided a brief overview of the seven-day course. They informed that expert sessions on various topics such as self-confidence, positive thinking, leadership skills, communication style, etc., will be organized during the course. The schedule of all sessions and details of the key speakers were also shared during the program



Technical session -01

“The Importance of Positive Thinking”

The first technical session was conducted by Mr. Puneet Agrawal, who delivered a lecture on *“The Importance of Positive Thinking.”* The speaker began the session with a powerful quote: **“Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change.”** This set the tone for a deeply engaging and interactive session aimed at highlighting how positive thinking serves as the foundation of a successful, confident, and resilient personality.



He explained that having a positive mindset is essential for achieving success in life. Through motivational examples and practical activities, he helped participants understand how our mental attitude influences our performance.

Key Highlights: -

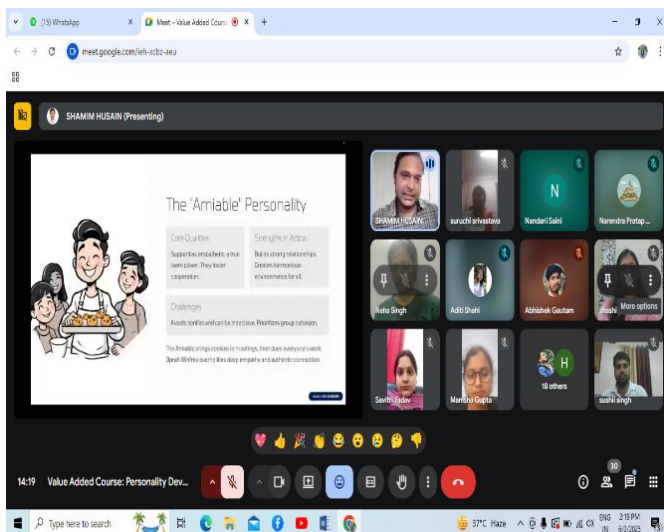
- **Definition and Essence of Positive Thinking**
- **Scientific Backing**
- **Impact on Communication and Public Speaking:**
- **Real-Life Examples**

The speaker concluded by emphasizing that **positive thinking is not about ignoring life's problems but approaching them with a constructive mindset.** It empowers individuals to remain solution-focused, emotionally balanced, and self-assured in both personal and professional spheres. Students were encouraged to apply these principles in daily life to unlock their full potential.

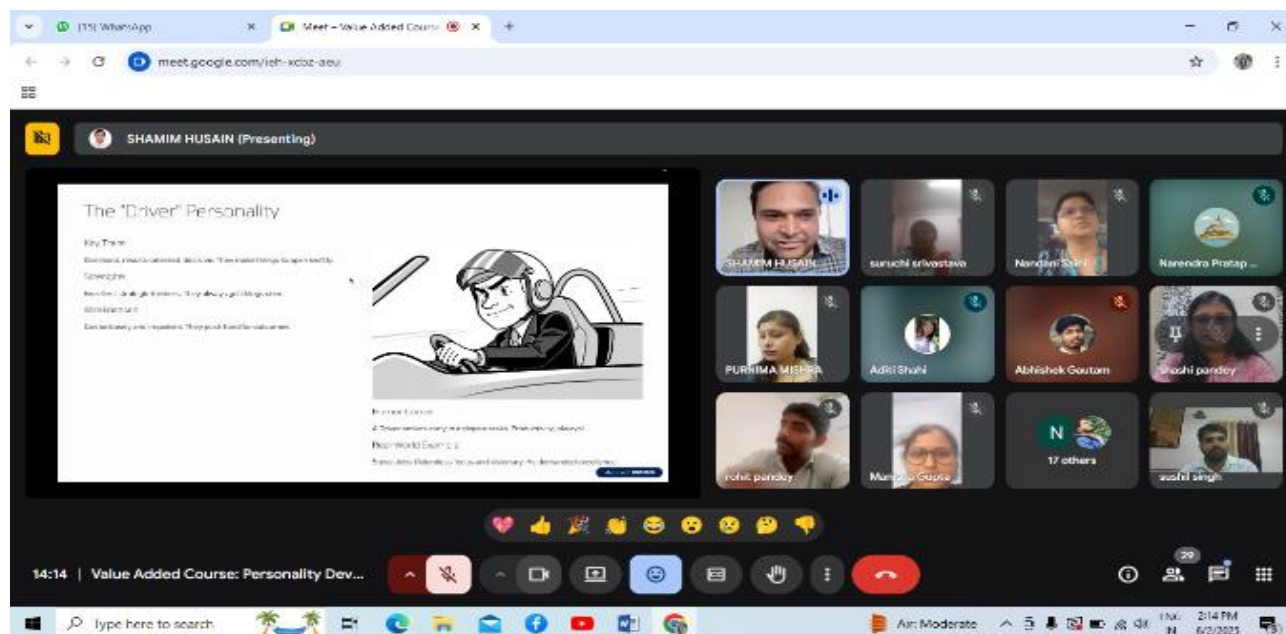
Technical Session – 02

“Understanding Different Personality Types”

The second session was led by Mr. Shameem Hussain, who discussed the topic *“Understanding Different Personality Types.”* He elaborated on various personality types such as self-centered, empathetic, analytical, and social. He also explained how recognizing these personality types can help in adapting one’s behavior and communication style. The participants engaged enthusiastically and received solutions to their queries from the speaker. Mr. Hussain began by defining personality as a unique combination of traits and behaviors that shape an individual's response to the world. He introduced key psychological models such as the Myers-Briggs Type Indicator (MBTI) and the Big Five Personality Traits (OCEAN), simplifying complex theories with relatable examples. The speaker discussed personality dimensions like introversion vs. extroversion, thinking vs. feeling, and judging vs. perceiving, emphasizing that each type carries its own strengths and challenges.



He highlighted the practical applications of understanding personality types in communication, leadership, teamwork, conflict resolution, and public speaking. The session was made interactive through self-assessment quizzes and group activities, encouraging students to reflect on their own personalities. Mr. Hussain concluded by stressing the importance of empathy, emotional intelligence, and adaptability in personal and professional growth. The lecture was highly appreciated by the participants, who found it insightful and valuable for their journey of personality development.



At the end of each session, Dr. Purnima Mishra, the Program Convenor, expressed gratitude to the chief guest and speakers. During the various sessions, Course Coordinator Dr. Suruchi Srivastava, Program Convenor Dr. Purnima Mishra, and organizing committee members Dr. Anubhav, Dr. Irfan, and Dr. Sushil were present.

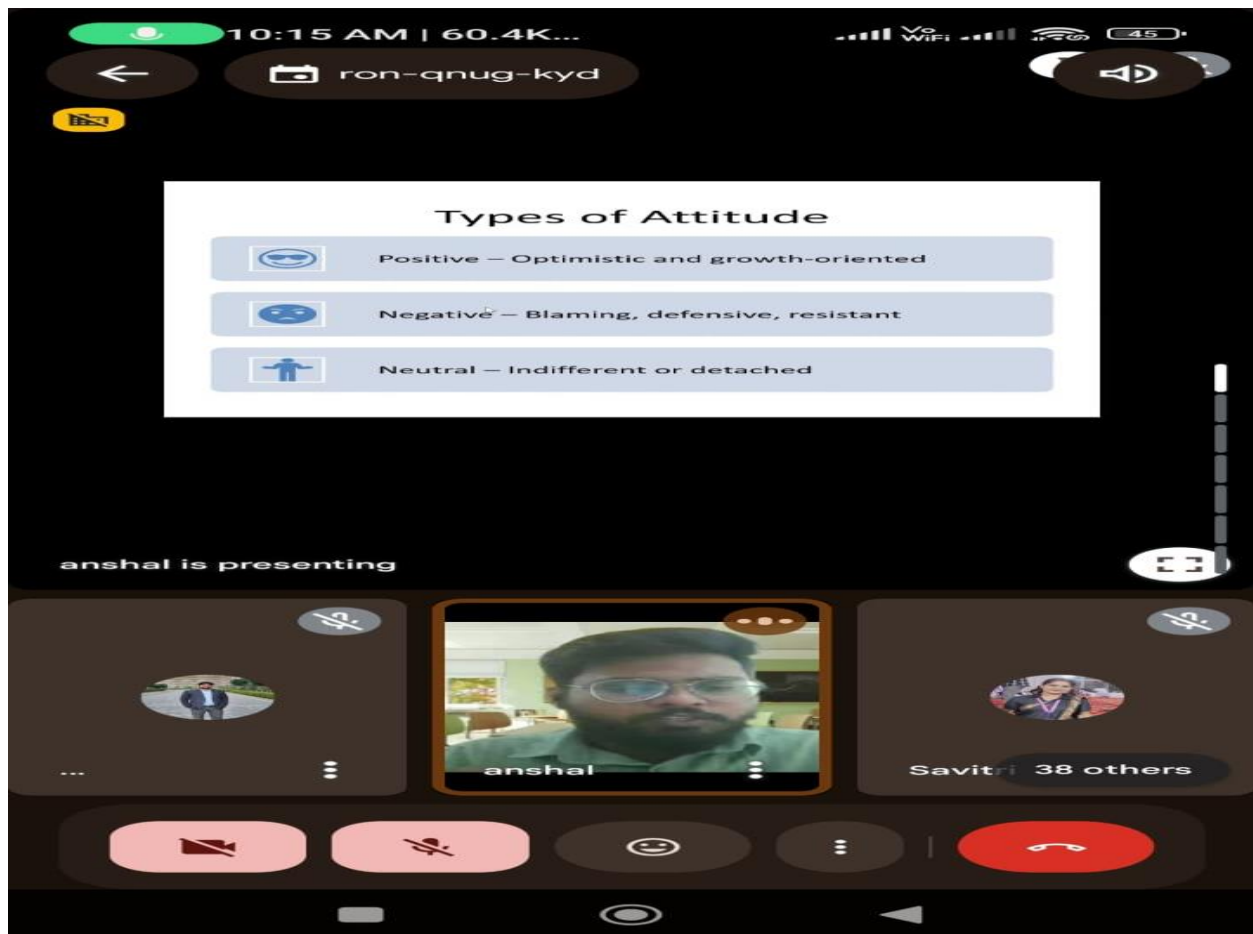
Day – 2

Date- 03/06/2025

Technical Session – 01

“Role of Attitude in Shaping Personality”

A lecture on the topic "**Role of Attitude in Shaping Personality**" was delivered by **Mr. Anshal Srivastava** as part of the Personality Development Programme. In his insightful session, Mr. Srivastava emphasized that attitude plays a fundamental role in shaping an individual's personality. He explained that while personality is often seen as a combination of behavior, appearance, and communication skills, it is deeply influenced by one's attitude towards life, people, and challenges. A positive attitude not only enhances self-confidence and emotional balance but also strengthens traits like leadership, teamwork, adaptability, and resilience.



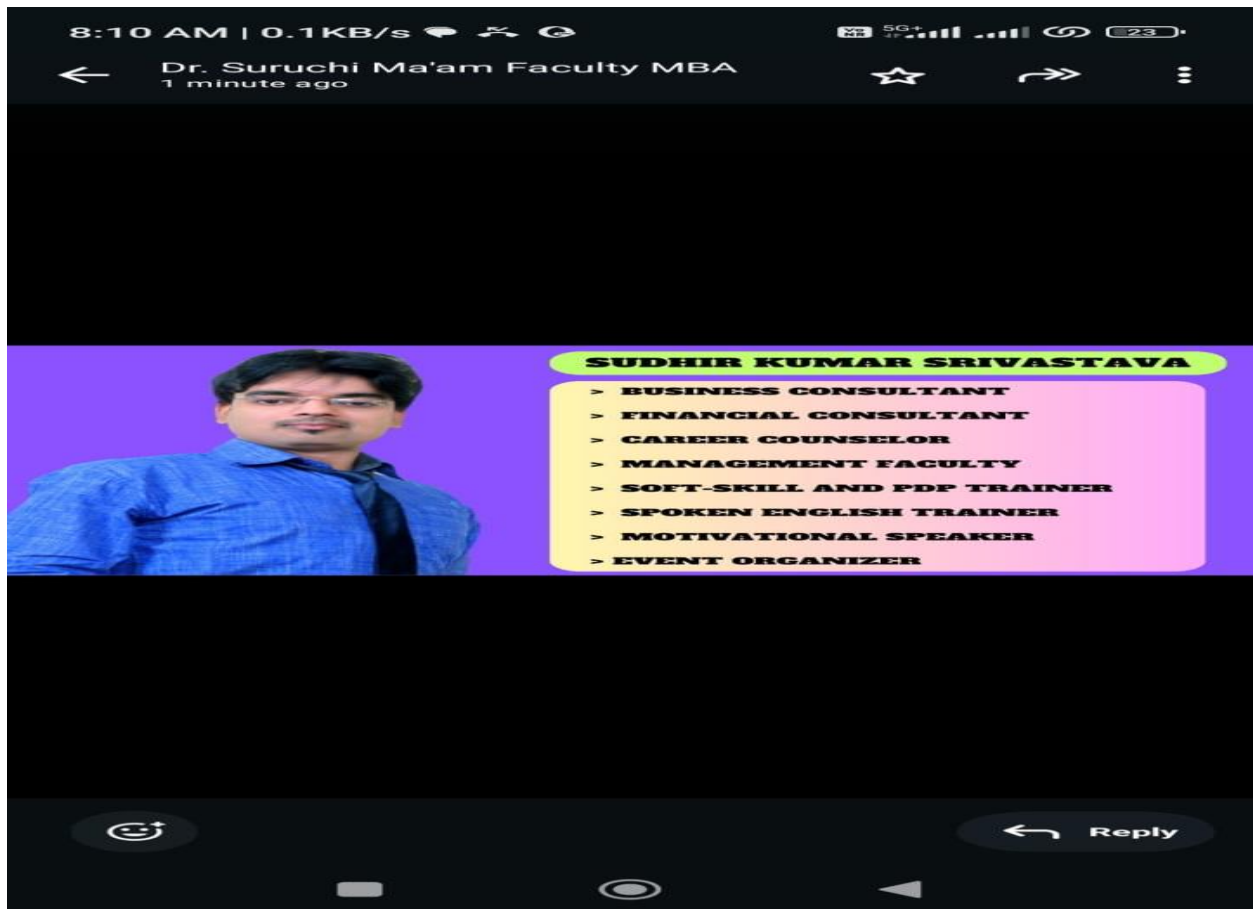
The screenshot shows a Zoom meeting interface. At the top, there are icons for mute, video, and chat. The main area displays a presentation slide titled "Components of Attitude – ABC Model". The slide features a large blue icon of a head with a brain inside, and three smaller icons representing the components: a sad face for "Affective – Emotions and feelings", an eye for "Behavioral – Observable Actions", and a thought bubble for "Cognitive – Beliefs and thoughts". Below the slide, the text "anshal is presenting" is visible. At the bottom, there are three video feeds: "You" (a man in a purple shirt), "anshal" (a man with a beard and glasses), and "suruchi34 others" (a group of people).

He discussed the types of attitudes—positive, negative, and neutral—and how a consistently positive attitude can lead to success both personally and professionally. Through real-life examples and interactive discussion, he guided participants on practical ways to develop a constructive mindset, including practicing gratitude, self-awareness, and positive self-talk. The session concluded with the powerful message that a positive attitude can elevate one's personality and open new opportunities for growth and success. The lecture was well-received and left a lasting impact on the participants.

Technical Session -02

“Personality Development”

A lecture on **"Personality Development"** was delivered by **Mr. Sudhir Srivastava** as part of the Value-Added Programme on personal growth and communication. In his session, Mr. Srivastava highlighted the importance of developing a well-rounded personality to succeed in both personal and professional life. He explained that personality is not just about appearance or speaking skills but also about one's attitude, behavior, values, and emotional intelligence. The lecture covered key aspects such as self-awareness, confidence building, goal setting, time management, and effective communication. He also emphasized the significance of a positive mindset, self-discipline, and adaptability in shaping a strong and impactful personality.

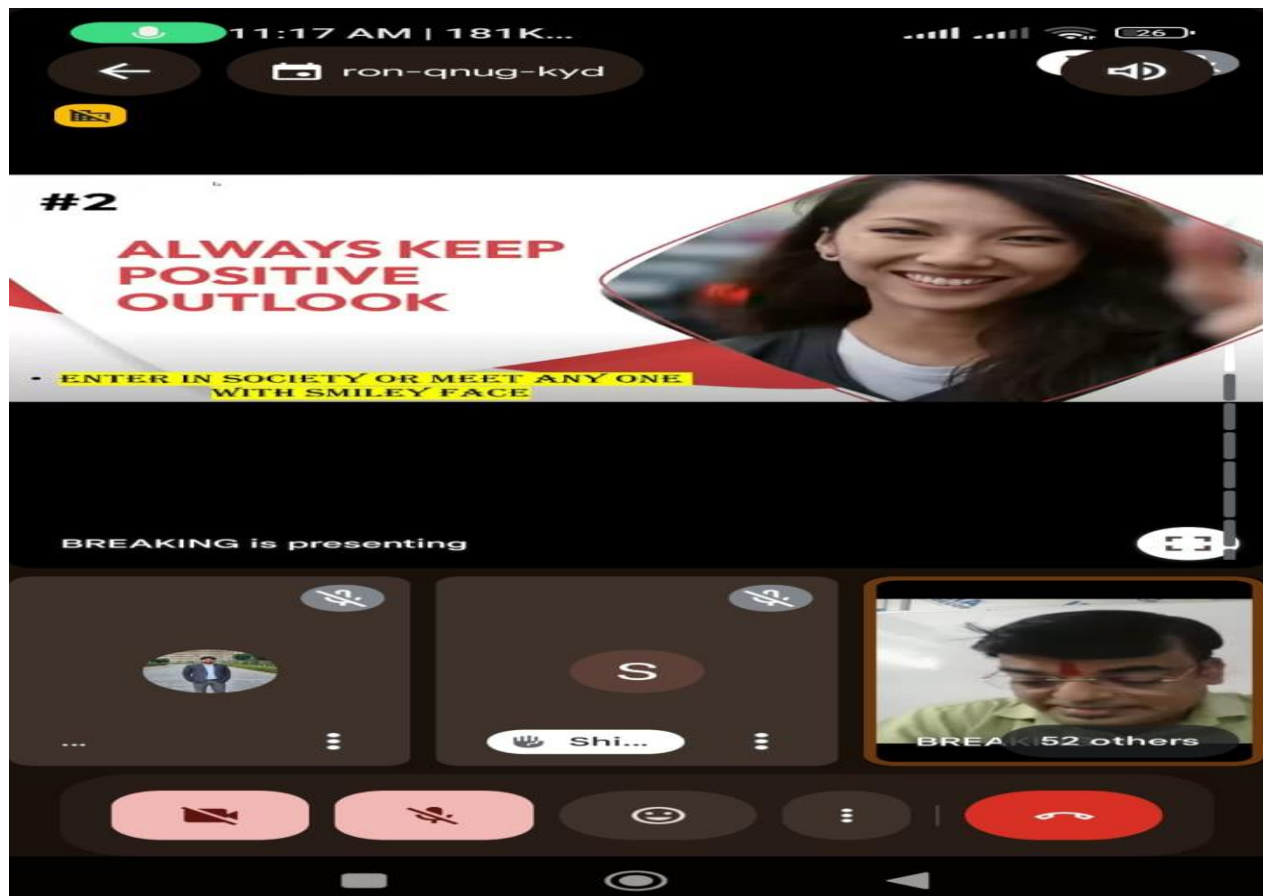


Through inspiring examples and interactive discussions, Mr. Srivastava encouraged students to work continuously on self-improvement and to overcome their fears and limitations. The session was highly motivational and provided practical guidance for students to enhance their personality and become confident, responsible individuals.

Technical Session-03

“Setting and Achievement of Goals”

A lecture on **"Setting and Achievement of Goals"** was conducted as part of the Personality Development Programme to guide students on the importance of having clear objectives in life. The speaker emphasized that goal setting is a crucial step in personal and professional growth, as it gives direction, purpose, and motivation. He explained the difference between short-term and long-term goals and introduced the SMART goal framework—Specific, Measurable, Achievable, Relevant, and Time-bound—as an effective method for setting realistic and focused goals. The lecture also covered strategies for overcoming obstacles, staying consistent, and tracking progress through self-discipline and time management. Real-life examples and motivational stories were shared to inspire participants to dream big and stay committed to their goals. The session concluded with the powerful message that success does not come by chance but through clear vision, planning, and persistent effort. The lecture was highly engaging and left the students motivated to set meaningful goals and take proactive steps toward achieving them.



Day-03

Date- 04/06/2025

Technical Session- 01

"Interview Preparation"

A valuable lecture on "**Interview Preparation**" was delivered by **Mr. Punit Agrawal** as part of the Personality Development Programme. The session aimed to prepare students for real-world job interviews by enhancing their communication skills, confidence, and overall presentation. Mr. Agrawal emphasized that cracking an interview requires not only subject knowledge but also the right attitude, appearance, and presence of mind. He guided students on essential elements such as resume writing, personal grooming, proper body language, and answering frequently asked questions with clarity and confidence. The importance of company research, understanding job roles, and preparing thoughtful responses was also discussed in detail. Mr. Agrawal engaged the students through interactive activities and mock interview drills, offering practical insights and feedback. His tips on managing stress, maintaining eye contact, and demonstrating enthusiasm during interviews were particularly appreciated. The lecture was highly engaging, informative, and helped students gain confidence to perform successfully in interviews.

Technical Session-02

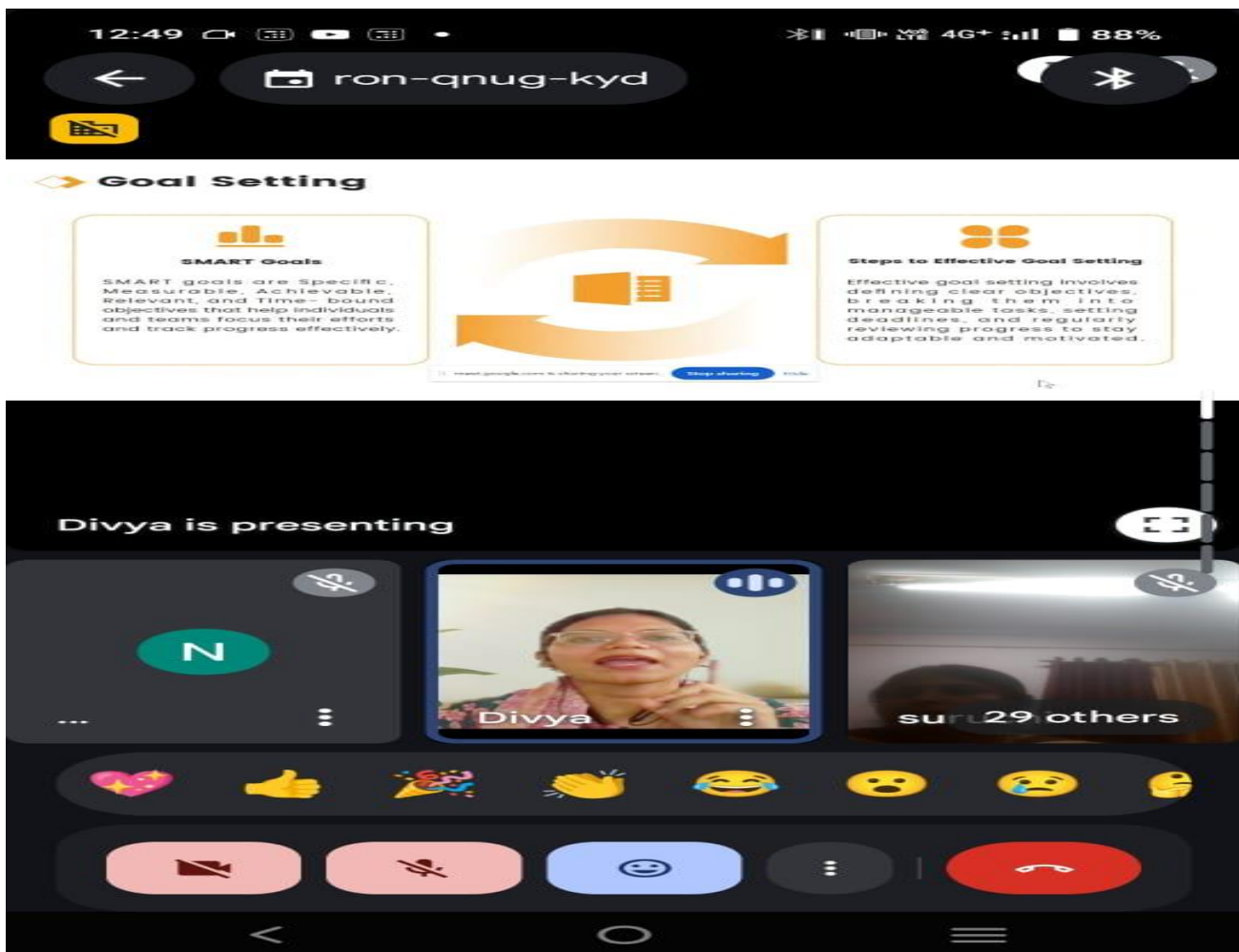
"Body Language"

A highly insightful lecture on "**Body Language and Its Importance in Personality Development**" was delivered by **Mr. Sudhir Srivastava** as part of the Personality Development Programme. The session focused on the crucial role body language plays in shaping one's personality and influencing interpersonal communication. Mr. Srivastava explained that non-verbal cues—such as facial expressions, gestures, posture, eye contact, and tone of voice—often speak louder than words and greatly impact how others perceive us. He emphasized that effective body language not only boosts confidence but also helps in conveying clarity, sincerity, and professionalism in both personal and professional settings. The lecture also covered common mistakes to avoid, such as poor posture or lack of eye contact, and provided practical tips for improving body language. Through demonstrations and interactive discussions, students gained a clear understanding of how positive body language can enhance self-presentation, build trust, and leave a lasting impression. The session was engaging, practical, and highly beneficial for students aiming to develop a confident and impactful personality.

Technical Session-03

“Motivation and Self-Assessment”

An engaging and motivational lecture on "**Motivation and Self-Assessment**" was delivered by **Miss Divya Singh** as a part of the Personality Development Programme. The session aimed to help students recognize the importance of inner motivation and the value of regularly evaluating their own progress. Miss Singh highlighted that motivation is the driving force behind achieving goals, and self-assessment is a powerful tool to understand one's strengths and areas that need improvement. She discussed effective methods such as self-reflection, goal-setting, and SWOT analysis to encourage personal and academic growth. The lecture also emphasized the importance of setting clear, achievable goals and maintaining a positive mindset. With interactive discussions and relatable examples, Miss Singh inspired the students to become more self-aware and take active responsibility for their own development. The session was insightful and empowering, leaving students motivated to pursue continuous self-improvement with confidence and clarity.



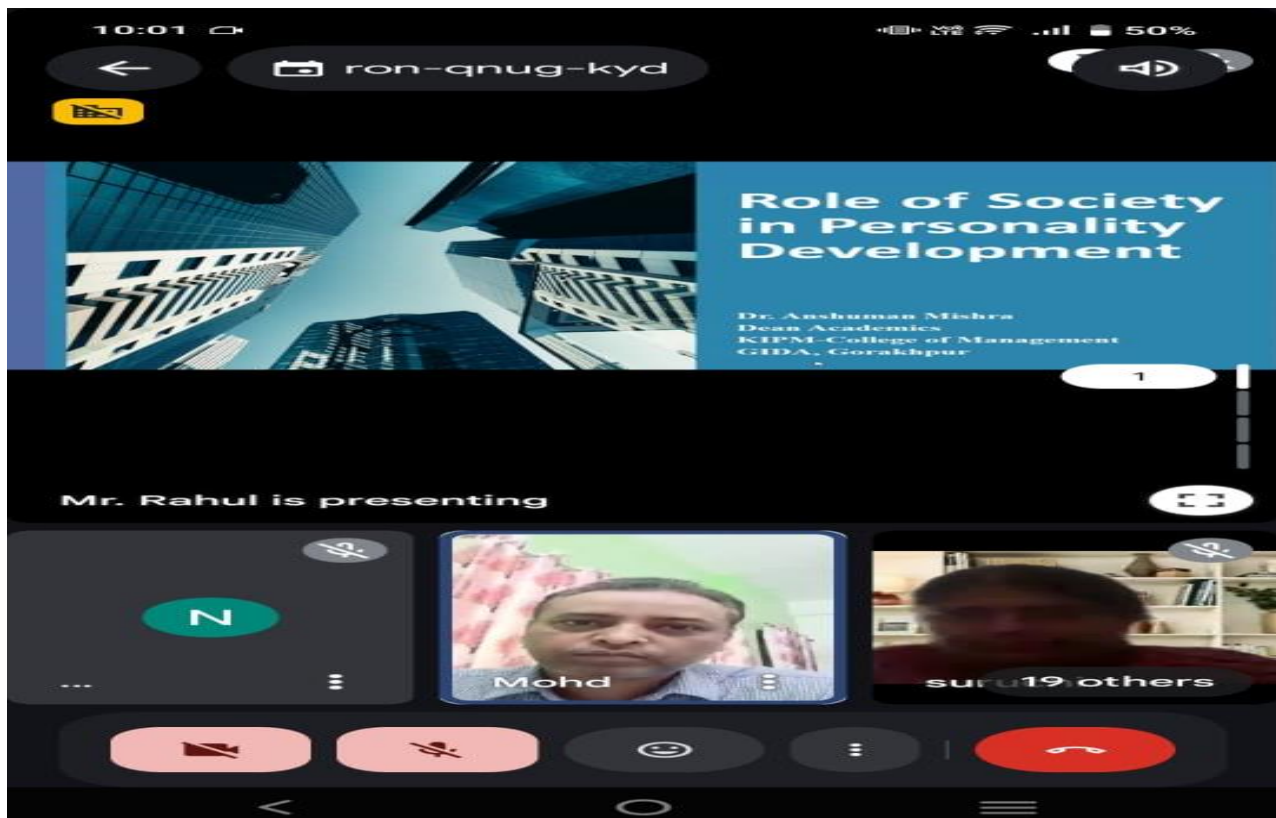
Day- 04

Date- 05/06/2025

Technical Session- 01

"Social Personality Development"

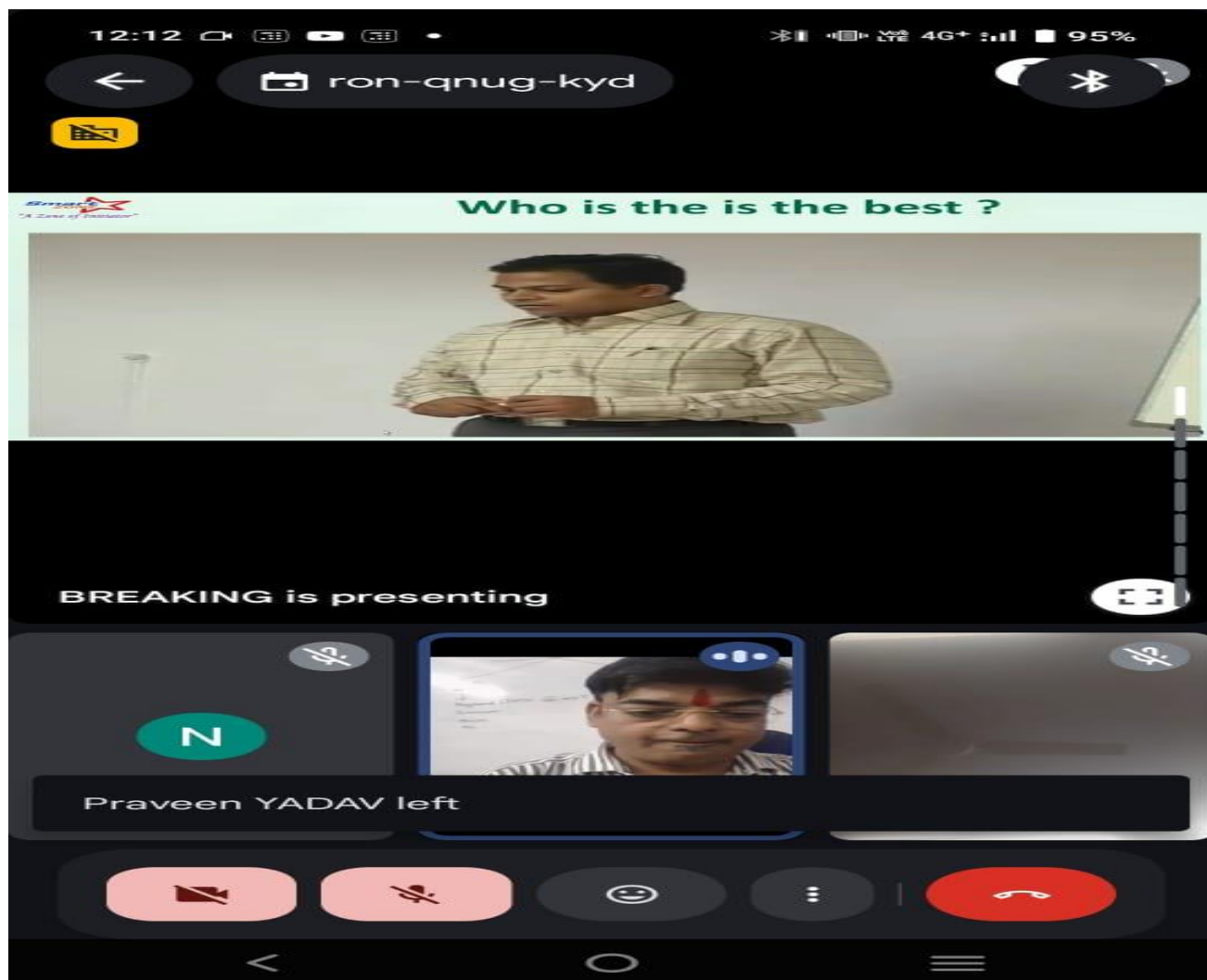
A highly informative and engaging lecture on "**Social Personality Development**" was delivered by **Mr. Anshuman Mishra** as part of the Personality Development Programme. The session focused on the development of social skills and interpersonal behavior, which play a vital role in shaping an individual's overall personality. Mr. Mishra emphasized that being socially aware, emotionally intelligent, and able to interact effectively with others are key components of a well-developed personality. He highlighted important traits such as empathy, active listening, respect for others, and the ability to work in a team. The lecture also covered how communication, body language, and cultural sensitivity influence social interactions and relationships. Through real-life examples and interactive activities, Mr. Mishra encouraged students to enhance their social presence, build meaningful connections, and handle social situations with confidence and maturity. The session was insightful and practical, leaving a strong impact on students and motivating them to focus on developing both their individual and social personality traits.

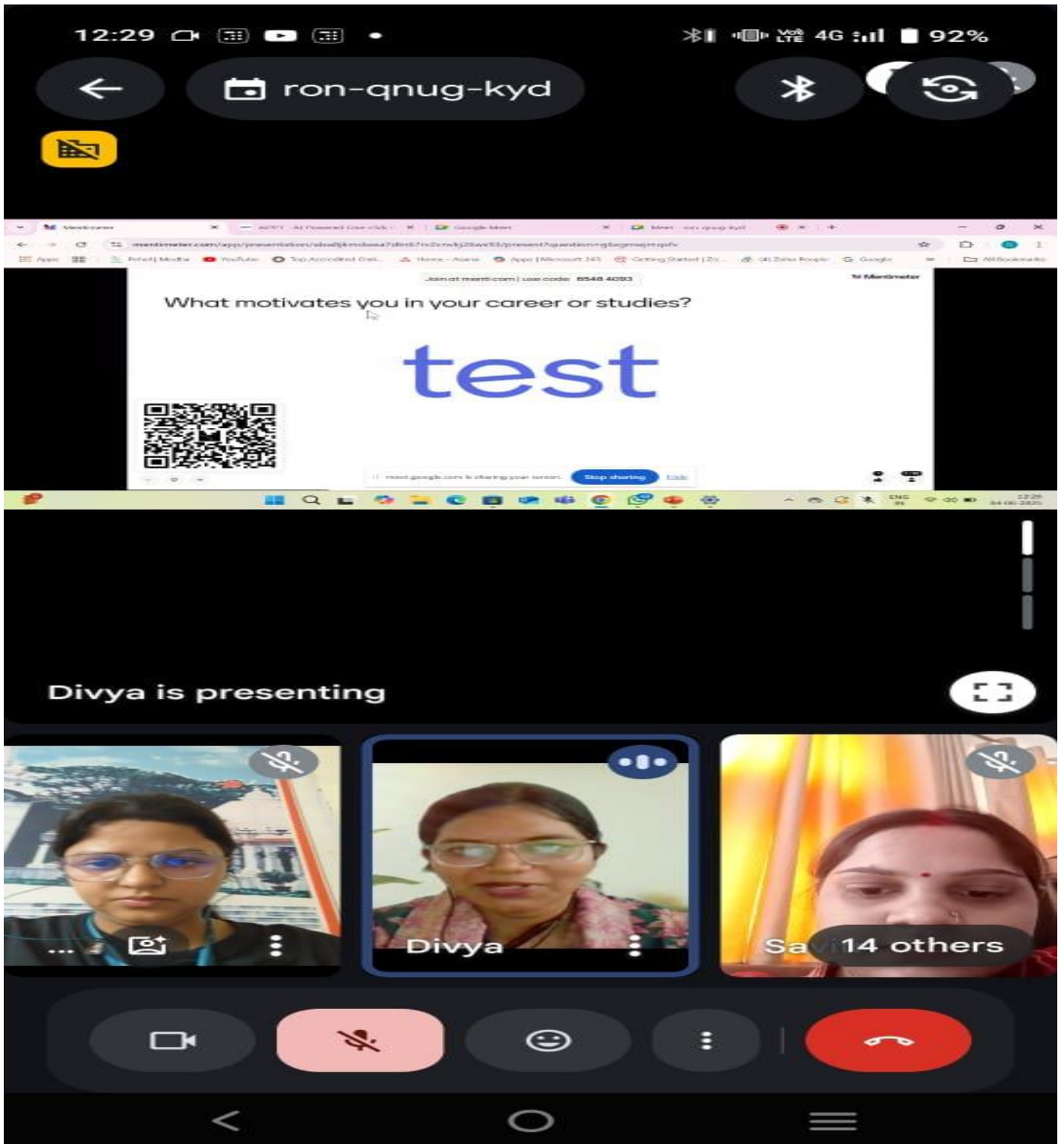


Technical Session- 02

“How to Prepare for Interview”

A practical and informative session on "**How to Prepare for an Interview**" was conducted by **Mr. Sudhir Srivastava** as part of the Personality Development Programme. The session aimed to equip students with essential strategies and confidence to face interviews effectively. Mr. Srivastava highlighted that interview success depends not only on academic knowledge but also on communication skills, confidence, body language, and attitude. He guided students through the key steps of interview preparation, including researching the company, understanding the job role, creating a strong resume, dressing appropriately, and practicing common interview questions. The importance of first impressions, maintaining eye contact, and answering with clarity and honesty was emphasized. He also discussed how to handle difficult questions, reduce nervousness, and conclude the interview on a positive note. Through interactive discussions and practical tips, Mr. Srivastava encouraged students to stay calm, focused, and well-prepared. The session was highly beneficial and gave students the tools and confidence to perform successfully in real interview settings.





Technical Session-03

“Grooming Leadership”

An inspiring and insightful lecture on "**Grooming Leadership**" was delivered by **Mr. Ravi Prakash Giri** as part of the Personality Development Programme. The session focused on developing leadership qualities among students and preparing them to take on responsible roles in both academic and professional settings. Mr. Giri emphasized that leadership is not about holding a position, but about having the vision, confidence, and ability to inspire and guide others. He discussed essential traits of a good leader, such as communication skills, decision-making ability, emotional intelligence, accountability, and teamwork.

The lecture also highlighted the importance of self-discipline, adaptability, and continuous learning in shaping effective leaders. Through engaging stories, practical examples, and interactive discussions, Mr. Giri encouraged students to identify their leadership potential and start building it through consistent effort and a positive mindset. The session proved to be motivating and valuable, leaving students more aware of their capabilities and inspired to take initiative in their personal and professional lives.

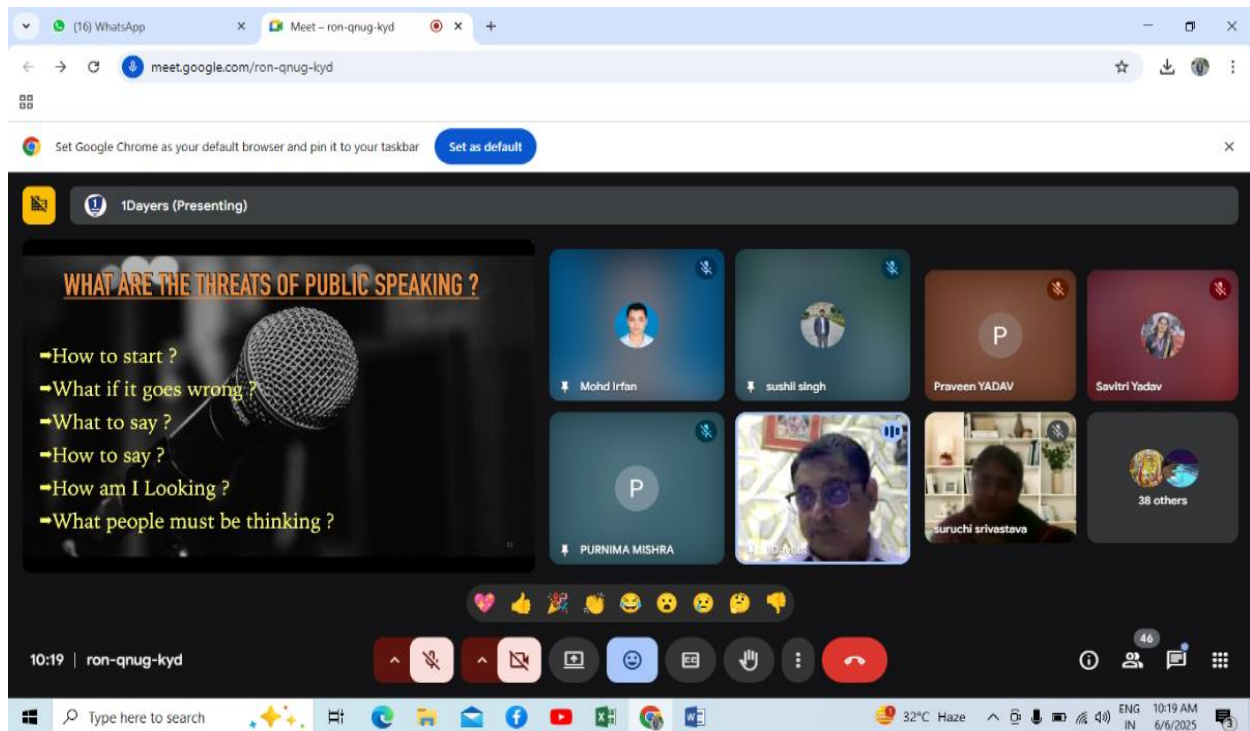
Day-05

Date- 06/06/2025

Technical Session -01

"Public Speaking"

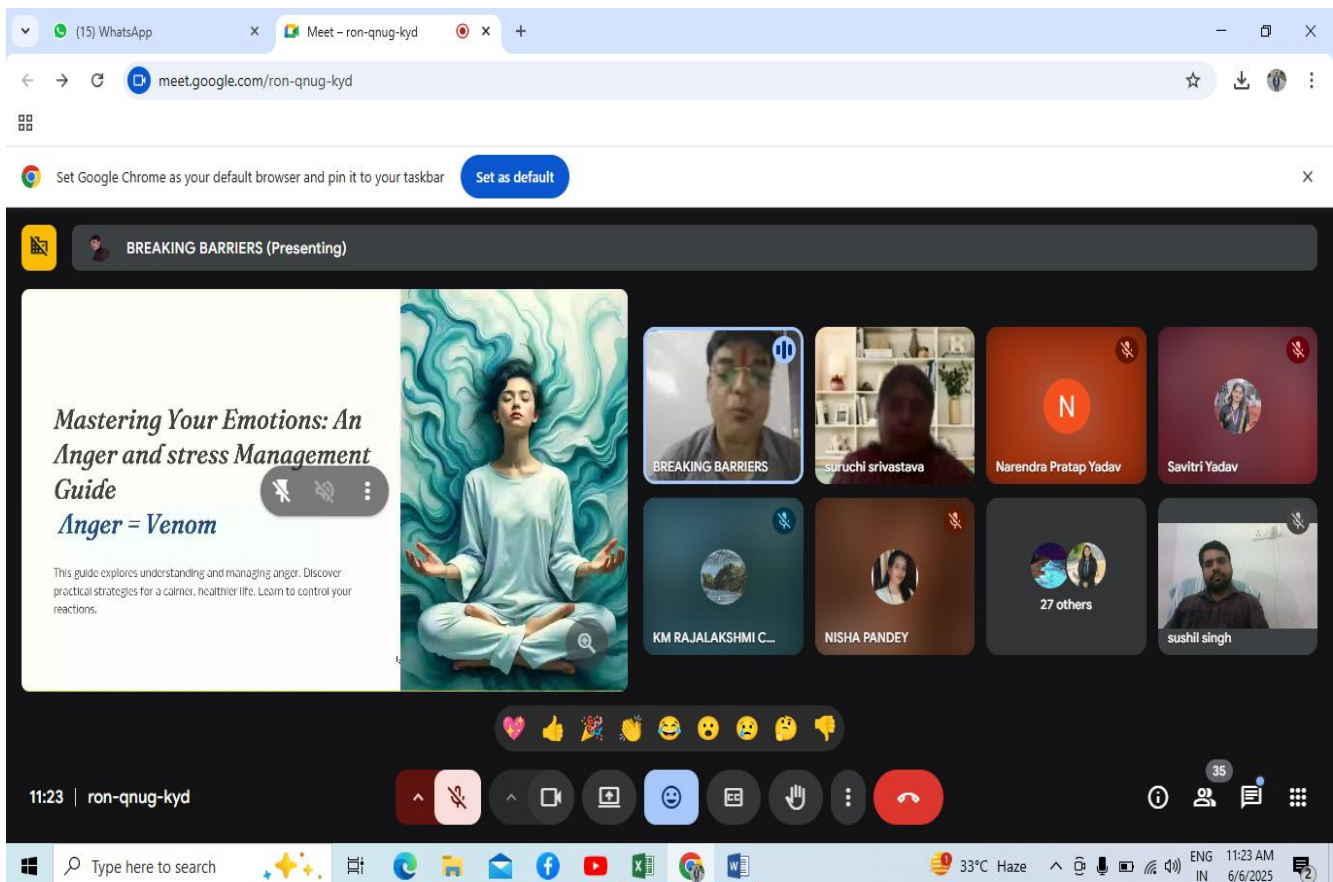
An inspiring and insightful lecture on "**Grooming Leadership**" was delivered by **Mr. Ravu Praksagh Giri** as part of the Personality Development Programme. The session focused on developing leadership qualities among students and preparing them to take on responsible roles in both academic and professional settings. Mr. Giri emphasized that leadership is not about holding a position, but about having the vision, confidence, and ability to inspire and guide others. He discussed essential traits of a good leader, such as communication skills, decision-making ability, emotional intelligence, accountability, and teamwork. The lecture also highlighted the importance of self-discipline, adaptability, and continuous learning in shaping effective leaders. Through engaging stories, practical examples, and interactive discussions, Mr. Giri encouraged students to identify their leadership potential and start building it through consistent effort and a positive mindset. The session proved to be motivating and valuable, leaving students more aware of their capabilities and inspired to take initiative in their personal and professional lives.



Technical Session -02

"Stress & Anger Management"

A highly relevant and thought-provoking lecture on **"Stress and Anger Management"** was delivered by **Mr. Sudhir Srivastav** as part of the Personality Development Programme. The session aimed to help students understand the causes, effects, and healthy coping mechanisms for dealing with stress and anger in everyday life. Mr. Srivastav explained that while stress and anger are natural human emotions, if left unmanaged, they can negatively impact mental health, relationships, and overall well-being. He discussed various techniques such as deep breathing, mindfulness, time management, physical activity, and positive self-talk to control stress and respond to anger constructively. The lecture also emphasized the importance of emotional awareness and self-regulation in maintaining a balanced personality. Interactive discussions and real-life examples helped students connect with the topic and reflect on their own behavior patterns. The session was highly engaging, informative, and empowering, encouraging students to practice emotional control and adopt a calm, composed approach in challenging situations.



Technical Session-03

“Health Fitness”

An enlightening lecture on **"Health and Fitness in Personality Development"** was delivered by **Mr. Sudhir Srivastava** as part of the Personality Development Programme. The session emphasized the deep connection between physical well-being and overall personality. Mr. Srivastava highlighted that a healthy body supports a healthy mind, and both are essential for confidence, energy, and a positive outlook in life. He discussed how regular exercise, a balanced diet, adequate sleep, and mental relaxation contribute not only to physical fitness but also to improved focus, emotional stability, and better social interaction. The lecture also stressed the importance of self-care and discipline in maintaining long-term health. By sharing practical tips and encouraging students to adopt a healthy lifestyle, Mr. Srivastava inspired them to take responsibility for their fitness as a vital component of personality development. The session was highly motivating and made students more aware of how good health positively influences their behavior, communication, and overall presence.

The screenshot shows a Google Meet interface within a Chrome browser. The browser's address bar displays 'meet.google.com/ron-qnug-kyd'. The Meet window has a title bar with 'Set Google Chrome as your default browser and pin it to your taskbar' and a 'Set as default' button. The main content area shows a presentation slide titled 'Strategy 1: Recognize Early Warning Signs'. The slide lists four categories of signs: Physical Signs (Clenched jaw, increased heart rate, sweating, Your body reacts.), Emotional Signs (Irritability, feelings shift quickly.), Cognitive Alerts (crying, negativity, Your mind spirals down.), and Behavioral Signs (Actions become tense.). To the right of the slide is a grid of participant video thumbnails. The participants visible are: BREAKING BARRIERS (the presenter), suruchi srivastava, Narendra Pratap Yadav, Savitri Yadav, Praveen YADAV, NISHA PANDEY, 28 others (represented by a group icon), and sushil singh. At the bottom of the Meet window is a toolbar with icons for chat, mute, video, and other controls. The system tray at the very bottom shows the time as 11:37 AM on 6/6/2025, with weather information (35°C Haze) and system icons.

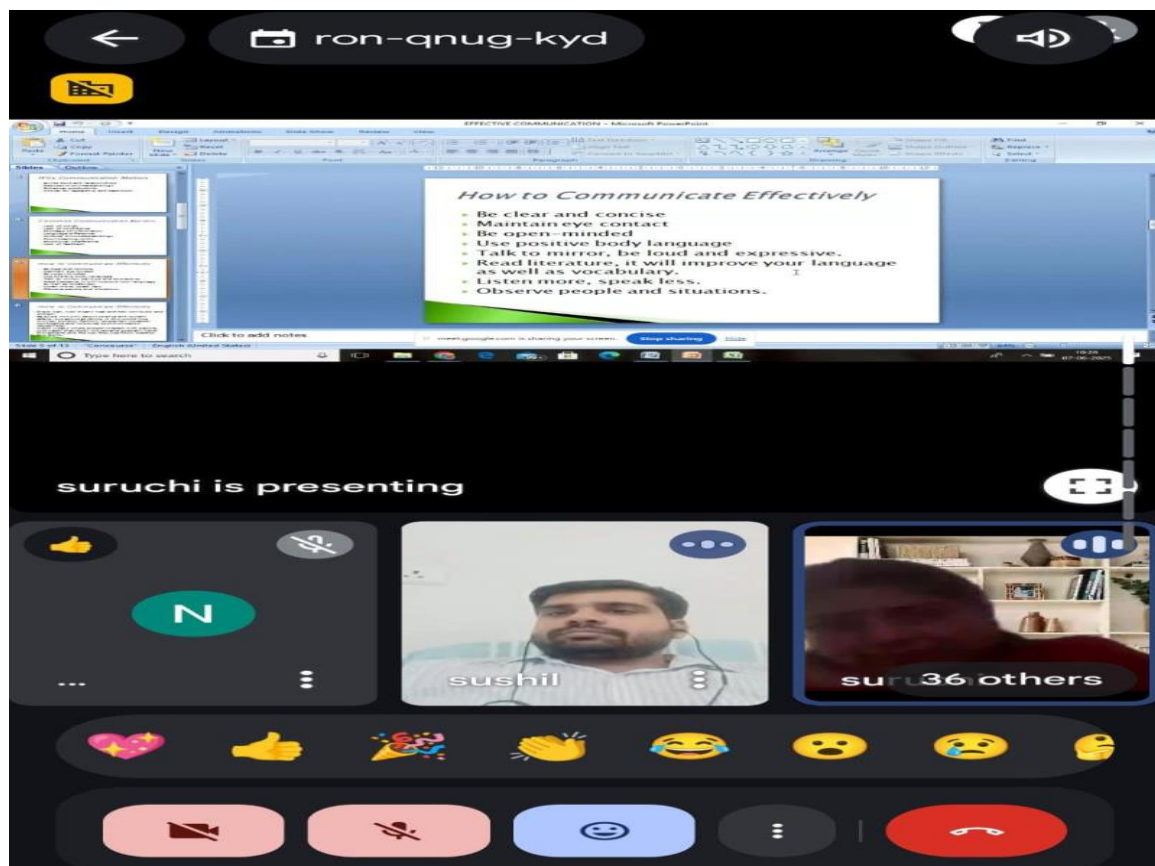
Day -07

Dated- 07/06/2025

Technical Session – 01

“7 C’s of Communication”

A highly informative and impactful lecture on the **"Importance of 7 Cs of Communication"** was delivered by **Dr. Suruchi Srivastava** as part of the Personality Development Programme. The session focused on enhancing students' communication skills by introducing them to the 7 key principles that ensure effective communication—**Clarity, Conciseness, Concreteness, Correctness, Consideration, Completeness, and Courtesy**. Dr. Srivastava explained each component in detail, emphasizing how these elements help in delivering messages more effectively, professionally, and with greater impact. She highlighted that mastering the 7 Cs is essential not only for academic and professional success but also for developing a confident and influential personality. Real-life examples and practical tips were shared to help students apply these principles in their day-to-day interactions, presentations, and written communication.



Technical Session – 02

“Emotional Intelligence and Interpersonal Effectiveness”

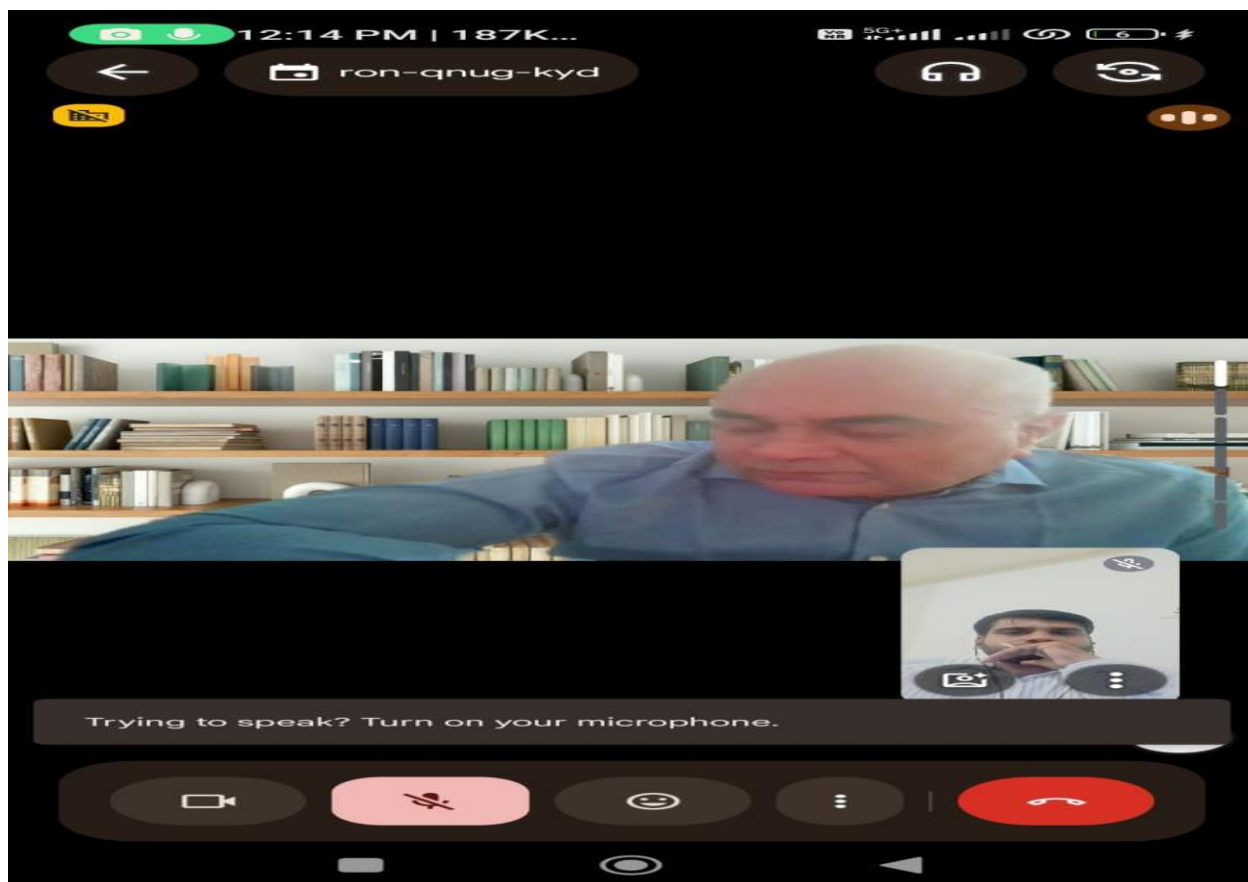
An insightful and enriching lecture on "**Emotional Intelligence and Interpersonal Effectiveness**" was delivered by **Ms. Payal Jaiswal** as part of the Personality Development Programme. The session highlighted the importance of understanding and managing emotions—not only for personal well-being but also for building strong and meaningful relationships. Ms. Jaiswal explained that **emotional intelligence (EI)** involves self-awareness, self-regulation, motivation, empathy, and social skills, all of which are essential for effective interpersonal communication. She emphasized how individuals with high emotional intelligence are better equipped to handle conflicts, work in teams, and respond to stressful situations calmly and wisely. The lecture also focused on **interpersonal effectiveness**, which includes active listening, respectful communication, empathy, and the ability to maintain healthy personal and professional relationships.



Technical Session –03

“Facing Corporate Interviews”

An informative and career-focused lecture on "**Facing Corporate Interviews**" was delivered by **Mr. Karminster Ghuman** as part of the Personality Development Programme. The session aimed to prepare students for the demands of the corporate world by equipping them with the skills and confidence needed to succeed in professional interviews. Mr. Ghuman emphasized that corporate interviews are not only a test of knowledge but also of personality, presence of mind, communication, and problem-solving abilities. He guided students through the entire interview process—from resume screening and HR rounds to technical and panel interviews. Key areas discussed included professional grooming, body language, time management, and answering situational and behavioral questions effectively. Mr. Ghuman also shared useful strategies for handling stress, projecting confidence, and leaving a lasting impression on recruiters. Real-world examples, mock interview tips, and interactive discussion made the session highly engaging and practical. The lecture significantly boosted students' awareness and preparedness for corporate interviews, making it a highly valuable experience.



Day -08

Dated- 09/06/2025

Technical Session-01

"Stress Management"

An insightful and interactive lecture on "**Stress Management**" was delivered by **Mr. Punit Agrawal** under the Personality Development Programme. The session focused on helping students understand the causes of stress and how it affects both their mental and physical well-being. Mr. Agrawal explained that while stress is a common experience, learning to manage it effectively is key to maintaining a healthy and positive personality. He discussed everyday stressors such as academic pressure, workload, and personal expectations, and offered practical strategies to deal with them. Techniques like deep breathing, regular exercise, proper time management, mindfulness, and maintaining a positive mindset were emphasized. Mr. Agrawal also encouraged students to identify their personal stress triggers and adopt constructive habits to cope with challenges. The lecture was enriched with relatable examples and engaging activities, making it both meaningful and practical. Overall, the session empowered students with valuable tools to handle stress confidently and maintain emotional balance in their daily lives.

“Valedictory Session”

As the **Chief Guest, Prof. Vinay Pratap Singh**, a renowned **business consultant** and **Director of the Industrial Training Institute, Lucknow**, delivered an insightful lecture during the Value Added Programme. In his address, Prof. Singh emphasized the growing need for such programmes in today’s competitive and evolving academic and professional landscape. He highlighted that while academic knowledge forms the foundation of a student’s career, value-added programmes play a crucial role in developing essential soft skills, industry readiness, and personality traits that employers actively seek. According to him, initiatives like these help bridge the gap between theoretical learning and real-world application by enhancing communication, leadership, emotional intelligence, time management, and overall confidence. Prof. Singh encouraged students to actively participate in such programmes, as they not only build competence but also contribute to the holistic development of an individual. His words were highly motivating and gave students a clear understanding of how such programmes can significantly boost their future career prospects.





Following this, a detailed report on the **30-hour Value-Added Course** was presented by **Dr. Purnima Mishra**, the **Programme Convenor**. A formal **Vote of Thanks** was then delivered by **Dr. Sushil Kumar Singh**, who expressed gratitude to all the dignitaries, guest speakers, the organizing team, technical team, office staff, and all the enthusiastic participants for their valuable contribution in making the programme a success. Finally, our **Head of Department, Prof. M. K. Srivastava**, addressed everyone and extended his heartfelt thanks to all those involved in the successful execution of the programme. He also emphasized the importance of continuing such initiatives in the future, as they play a vital role in the **career development of students**. The programme witnessed the active presence of **Prof. M. K. Srivastava** (Head of Department), **Dr. Purnima Mishra** (Programme Convenor), **Dr. Suruchi Srivastava** (Programme Coordinator), along with the dedicated members of the organizing team: **Dr. Sushil Kumar Singh, Dr. Mohd. Irfan**, and **Dr. Anubhav Nath Srivastava**.

Prof. Manish Kumar Srivastava

Head