



PERSONALITY DEVELOPMENT PROGRAMME FOR GIRLS by

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13th July, 2016



To achieve overall success in life **RAGA Cell** of RISE Krishna Sai Prakasam Group of Institution organized personality development programme for girls.

Dr. Yandamuri Veerendranadh was the resource person for this programme. In the first session he discussed the concepts self, one's desires, dreams, passions and motivations. Students were encouraged to be optimistic and to have positive approach about everything in life. Students must pursue their dreams regardless of what may happen and succumb to the negativity around them.

Students were given the importance of setting goals and overcoming obstacles to achieve them. An interactive method was taken up so that students could assess and speak out their short term and long term goals. He talked about obstacles that can be either internal or external.



This was followed by an exercise of visualization in which students were asked to visualize the goals as well as the process involved to achieve them. The students were asked to give feedback regarding their experience. As expected students were happy as they visualized their goals. The final phase was on procrastination. It can be a dream killer. They were given different ways to overcome this.



