

- **TITLE OF EVENT/ PROGRAMME: Importance of Personality Development Career Adaptability**
- **THEME OF THE EVENT/ PROGRAMME:** One-Day State Level Seminar corroborating with the vision and mission of the College.
- **DATE:** 15th January, 2024
- **VENUE:** Seminar Hall of the Centenary Building,(Asutosh College)
- **COLLABORATOR/S:** Academic Sub-Committee in collaboration with IQAC , Asutosh College
- **OBJECTIVE/ PURPOSE:** The seminar can facilitate personal growth and development, empowering participants to become the best versions of themselves and achieve their goals.
- **SPEAKER/S / RESOURCE PERSON/S:** Ms. Sukanya Bose, Director of the Bengal Chamber of Commerce and Industry, also an Alumni of the college; Dr. Ratna Sinha, fellow (XLRI), ACC mentor, coach and HR Advisory; Swami Mahaprajnanda, Principal, Ramkrishna Mission Vidyamandir
- **TARGET AUDIENCE/ PARTICIPANTS:** Students of Asutosh College
- **ATTENDANCE SHEET (If Available):**
- **BRIEF REPORT ABOUT THE EVENT/ PROGRAMME:**

The programme started with an inaugural speech and welcome address by Prof. (Dr.) Manas Kabi, Principal ,Asutosh College. He welcomed the speakers and highlighted that the situation post covid has created a lacuna within the students and this seminar is meant to fill up that lacuna and meant for the holistic development of the students.

The distinguished speaker Ms. Sukanya Bose, Director of the Bengal Chamber of Commerce and Industry, also an Alumni of the college, participated in an inspiring interactive session with the students taking their views on how to build a career. She spoke about the pillars of career adaptability that one should focus on, like curiosity, confidence, patience, trustworthiness, concern and control. She also spoke on the basics of entrepreneurship, importance of good career, career growth, ways to adapt to career and also to new situations in life.

The second speaker, Dr. Ratna Sinha, fellow (XLRI), ACC mentor, coach and HR Advisory interacted with the students and told them to pursue their passion as well as gain knowledge and become a role model. She imparted knowledge on the posture of conversation and different facets of personality development. She also emphasized on the importance of personality development of a student, qualities of a good public speaker and fears that one should overcome during interview.

The second technical Session speaker Swami Mahaprajnanda, Principal, Ramkrishna Mission Vidyamandir, accentuated that the essential components of personality Development is Brahmacharya, Shraddha and Self-confidence. He interacted with the students through question-answers. He stressed that experience and habit build one's personality over time. Faith, Belief, Routine and planning in life are the other key points for personality development.

The event ended with Dr. Rina Kar Dutta, Teacher's Council Secretary, Asutosh College, giving the vote of thanks to the distinguished speakers whose knowledge and wisdom enriched our students.

- **EXPECTED OUTCOME:** Participants may gain insights into their own personality traits, strengths, weaknesses, and behavioural patterns. Through activities and exercises, attendees may develop greater self-confidence and self-esteem, enabling them to navigate social and professional situations more effectively.
- **GEO-TAGGED PHOTOGRAPHS:**

ASUTOSH COLLEGE
92, S.P.MUKHERJEE ROAD, KOLKATA - 26

One-Day State-Level Seminar
on

**IMPORTANCE OF
PERSONALITY DEVELOPMENT AND CAREER ADAPTABILITY**

Organised By
ACADEMIC SUBCOMMITTEE
In collaboration with
IQAC, ASUTOSH COLLEGE

DR. RATNA SINHA
Fellow (XLRI), ACC (ICF)
Mentor and Coach, HR Advisory
(Speaker)

SWAMI MAHAPRAJNANANDA
Principal
Ramkrishna Mission Vidyamandira
(Speaker)

Special Invitee: The Bengal Chamber of Commerce and Industry
15th January 2024, 12:30 P.M. Onwards
Venue: **Seminar Hall, Centenary Building, Asutosh College**

