

Date/Day: 15th February 2025, Saturday

Title: “INTERVIEW PREPARATION AND PERSONALITY DEVELOPMENT”

Objective:

- Articulating thoughts clearly and concisely
- Active listening skills
- Using appropriate verbal and non-verbal cues
- Building self-confidence and self-esteem
- Developing communication and interpersonal skills
- Promoting positive body image and self-acceptance

Program Outcome: PO1, PO2, PO6, PO7, PO9, PO10, PO11

Details of the Resource Person/Event:

The workshop was organized in the auditorium of the college and was coordinated by Dr. Jaya Agnihotri, Mrs. Dipti Chirmade and Ms. Sayli Sawant. The speaker of the session was Mr. Adarsh Pal Procter and Gamble (P &G) Ltd.

Participants Details:

Total no. of college students: 250

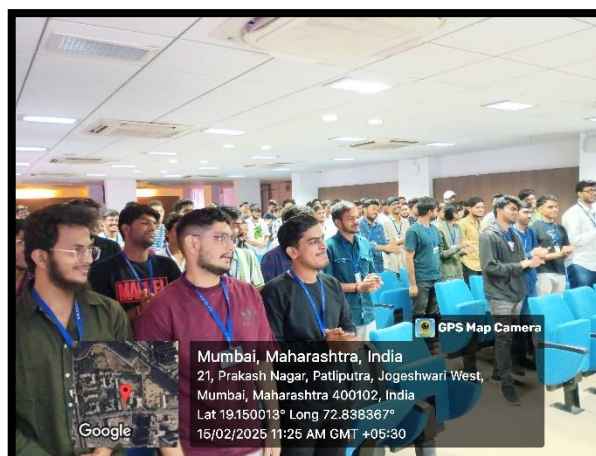
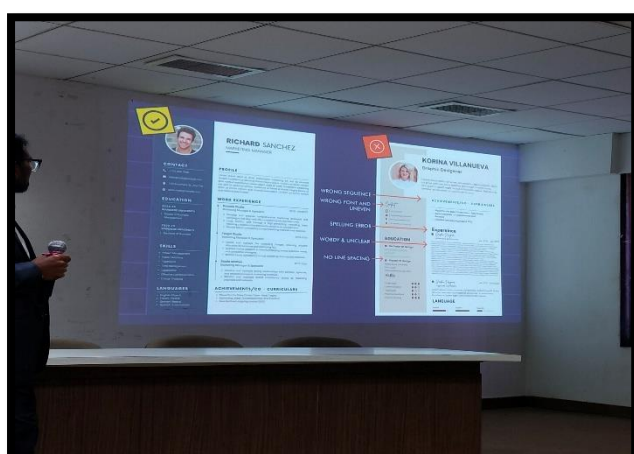
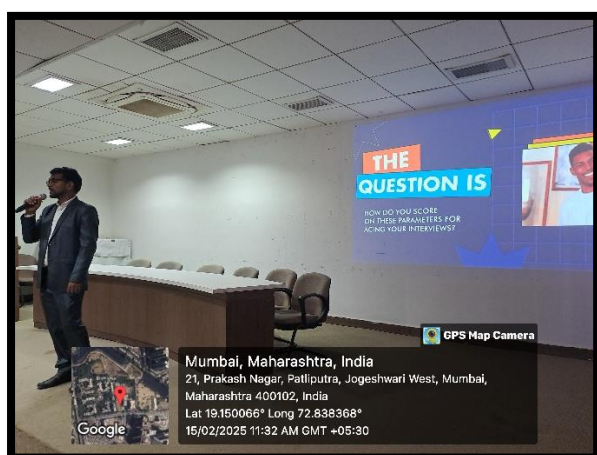
Total no of Faculty: 05

Summary of the Lecture/Activity:

A workshop on “**Interview Preparation and Personality Development**” was organized by Skill Enhancement Committee & Extension and Outreach Committee in collaboration of Department of Lifelong Learning and Extension of H. K. College of Pharmacy on 15th February 2025. The purpose of the workshop was to enhance student’s self-awareness, communication skills and confidence. The session was led by the esteemed speaker, Mr. Adarsh Pal. The event began with a warm welcome to the speaker followed by a brief introduction to the speaker. Mr. Adarsh Pal discussed the importance of the process of actively working on improving personal qualities and communication skills to present ourselves confidently during an interview. He highlighted how our personality helps us understand our strengths, weaknesses, values, and how they align with the

job requirements. Also, the speaker emphasized improving verbal and non-verbal communication by practicing clear articulation, maintaining eye contact, and using positive body language. Mr. Pal explained that everyone is beautiful just the way they are and should not feel pressured by societal stereotypes. The speaker also discussed how changing our personal beliefs can help change society. By promoting positivity and acceptance to work together to break down stereotypes and create a more inclusive environment. Overall, the workshop was informative and inspiring. Mr. Adarsh Pal shared practical tips and made complex topics easy to understand. Attendees felt empowered to apply what they learned in their everyday lives, especially regarding facing interviews and personal development. Kits (Gillette Macho 3) were given by Procter and Gamble (P &G) Ltd.

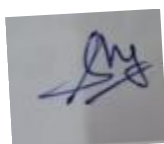
Brochure/Photo Gallery:



Key Outcome of the Lecture/Activity:

- Students realized the importance of developing self-belief by highlighting their accomplishments and practicing positive self-talk. Self-confidence can help them make good decisions and motivate others.
- Participants gained knowledge on building relationships with professionals in their field to gain insights and practice communication skills
- Understanding that it is essential to seek feedback from mentors, colleagues, or mock interviews to identify areas for improvement.
- Helped students in Cultivating traits like adaptability, problem-solving skills, leadership potential, teamwork, and initiative.
- **Link for social media:**

LinkedIn:	https://www.linkedin.com/posts/h-k-college-of-pharmacy-mumbai-303524222_a-workshop-on-interview-preparation-and-activity-7305515726247804931-ZbrU?utm_source=share&utm_medium=member_desktop&rcm=ACoAAdf2WrMBUFgAeZVznddoMfc3VtpDnyqdS4Y
Facebook:	https://www.facebook.com/photo/?fbid=1100947562044885&set=a.470185965121051
Instagram:	https://www.instagram.com/p/DHF_paXob-I/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==

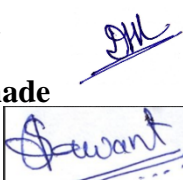
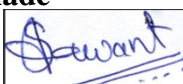


Dr. Sheela Yadav

Mrs. Dipti Chirmade

Ms. Sayli Sawant

Event Coordinators


Dr. Anagha Raut

IQAC Coordinator



Dr. Tushar N. Lokhande

Principal

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