



Date/Day: 15th February 2025, Saturday

Title: “INTERVIEW PREPARATION AND PERSONALITY DEVELOPMENT”

Objective: To enable the students in the audience to

- Articulate their thoughts clearly and concisely
- Hone their active listening skills
- Use appropriate verbal and non-verbal cues
- Build their self-confidence and self-esteem
- Develop communication and interpersonal skills
- Promote a 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.

Mr. Adarsh Pal discussed the importance of the process of actively working on improving personal qualities and communication skills for confident presentation during an interview. He

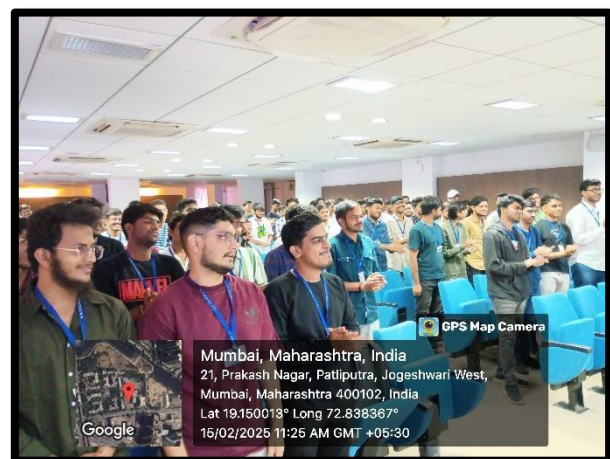
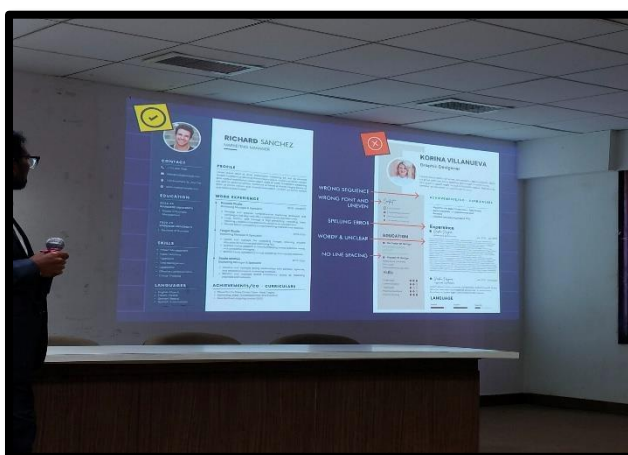
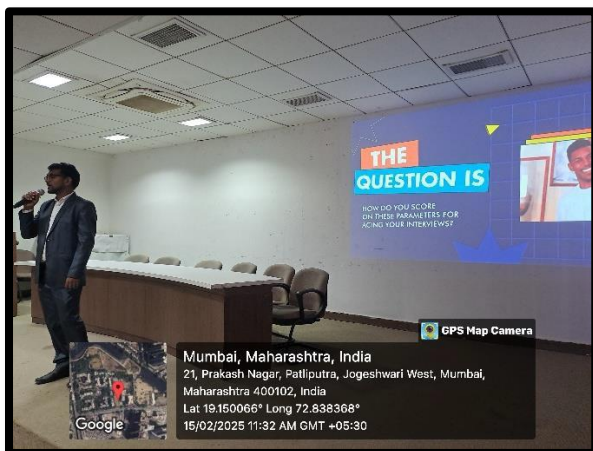
highlighted how personality traits symbolize strengths, weaknesses, values, and how they align with the job requirements. Also, the speaker emphasized improving verbal and non-verbal communication by practicing clear articulation, maintaining eye contact, and using positive body language.

Mr. Pal explained that everyone is endowed with a unique beauty, and students should not feel pressured by societal stereotypes. The speaker also discussed how changing personal beliefs can help change society. By promoting positivity and acceptance to work together, stereotypes can be abolished and a more inclusive environment can be created.

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 would 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.
- Encouraged students to cultivate 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=MzRIODBiNWFIZA==


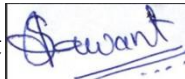


Dr. Sheela Yadav

Mrs. Dipti Chirmade

Ms. Sayli Sawant

Event Coordinators


Dr. Anagha Raut

IQAC Coordinator



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Principal

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