

GOVERNMENT DEGREE COLLEGE THEOG, SHIMLA, HIMACHAL PRADESH

Department of English

DETAILED REPORT ON THE 10-DAY PERSONALITY DEVELOPMENT AND GROOMING WORKSHOP

Introduction

The Department of English, Government Degree College Theog, Shimla, Himachal Pradesh, organized a **12-day Personality Development and Grooming Workshop** from **1 August to 12 August 2026** for the freshers of **B.A., B.Sc. and B.Com.** programmes.

The workshop was conceived as an orientation and capacity-building initiative to help first-year students make a confident transition into college life. It focused not only on academic development but also on communication, personal presentation, mental well-being, healthy lifestyle practices, leadership, and overall personality enhancement.

The principal objective of the programme was to equip students with practical skills that would help them communicate effectively, develop self-confidence, maintain personal and mental well-being, and prepare themselves for future academic, social and professional challenges.

Objectives of the Workshop

The major objectives of the workshop were:

1. To enhance students' confidence and communication skills.
2. To develop effective public speaking and interpersonal communication abilities.
3. To promote awareness of personal grooming, hygiene and healthy lifestyle practices.
4. To encourage positive thinking, emotional balance and stress management.
5. To develop leadership qualities and decision-making skills.
6. To improve students' posture, poise and overall personal presentation.
7. To prepare freshers for the social, academic and professional demands of college life.
8. To help students develop a positive attitude towards themselves and their future careers.

Major Sessions and Activities

1. Communication Skills

The communication skills sessions focused on helping students express themselves clearly and confidently. Students were introduced to the importance of **public speaking, active listening and effective body language**.

Practical activities encouraged students to speak before others and overcome hesitation and nervousness. Emphasis was also placed on maintaining appropriate eye contact, using confident gestures, listening attentively and communicating ideas in a clear and organized manner.

2. Personal Grooming

The personal grooming sessions highlighted the importance of neatness, appropriate appearance and self-care. Students were sensitized to the role of professional dressing and personal presentation in creating a positive impression.

The sessions also emphasized simple and practical daily grooming habits that contribute to self-confidence and a disciplined lifestyle.

3. Mental Hygiene and Emotional Well-being

Recognizing the importance of mental well-being in student life, the workshop included sessions on **mental hygiene, stress management, positive thinking and emotional balance**.

Students were encouraged to develop healthy ways of dealing with academic pressure and everyday challenges. The importance of maintaining a positive outlook, managing emotions constructively and preserving mental peace was discussed.

4. Personal Hygiene and Physical Wellness

The workshop also addressed personal hygiene and physical health. Students were made aware of the importance of cleanliness, healthy daily habits and physical wellness.

The sessions encouraged students to take responsibility for their personal health and to understand that physical well-being is closely connected with confidence, productivity and overall quality of life.

5. Personality Development

The personality development sessions aimed at nurturing qualities essential for both personal and professional success. Students were encouraged to develop **leadership qualities, positive attitudes, self-confidence and decision-making skills**.

The activities provided opportunities for students to reflect on their strengths, identify areas for improvement and develop a more confident and constructive approach towards challenges.

6. Modelling and Personality Presentation Sessions

Special modelling and personality presentation sessions were organized to provide students with practical exposure to **poise, correct posture, confident walking and stage presentation**.

Students practiced maintaining proper posture and walking with confidence. These activities helped them become more comfortable with public presentation and improved their awareness of body language and personal presence.

Participation and Engagement

The workshop received active participation from the first-year students of B.A., B.Sc. and B.Com. The practical and interactive nature of the sessions encouraged students to participate in activities, communicate with their peers and gradually overcome hesitation.

Students responded positively to the activities and demonstrated enthusiasm throughout the programme. The workshop also provided an opportunity for freshers from different academic streams to interact with one another and develop a sense of confidence and belonging within the college community.

Outcomes and Impact

The workshop produced encouraging results among the participating students. A noticeable improvement was observed in their willingness to communicate and face an audience.

The major outcomes included:

- Improved confidence in speaking clearly before others.
- Greater willingness to participate in public and group activities.
- Better awareness of effective body language and posture.
- Increased understanding of personal grooming and professional appearance.
- Greater awareness of personal hygiene and physical wellness.
- Improved understanding of stress management and emotional balance.
- Development of positive attitudes and self-confidence.
- Increased awareness of leadership and decision-making skills.
- Better preparedness for academic, social and professional situations.
- Greater confidence among freshers in adapting to college life.

Conclusion

The **12-day Personality Development and Grooming Workshop**, held from **1 August to 12 August 2026**, was a meaningful and beneficial initiative for the freshers of Government Degree College Theog.

The programme successfully addressed important dimensions of student development beyond the classroom. By combining communication training, grooming, hygiene awareness, mental well-being, personality development and practical presentation activities, the workshop helped students become more confident and self-aware.

The positive response and visible improvement among the participants indicate that such programmes can play an important role in preparing young learners for the challenges of higher education, employment and responsible social life. The workshop therefore served as a valuable foundation for the holistic development of the college's first-year students many of them Participated in the Freshers' Welcome function on 13th August 2026 and won various titles based on Ramp Walk, Talent and Question Answer Rounds.





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