**"Unlock Your Potential: The Power Within You"**

**Interactive Training Session on Personality Development**

**P G Department of Social Work**

**Date of Event : 10.03.2026**

**Faculty-in-Charge: Ms. Reni V. Kalayil**

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Pongam, Koratty East
Thrissur District
Kerala-680 308

**No: NIMIT/NSW/PDS/17/2025-2026** **Date: 10th March 2026**

# Circular

Subject: Interactive Training Session on Personality Development

The P.G. Department of Social Work is organising an interactive training session titled "Unlock Your Potential: The Power Within You" on 10th March 2026 from 3.00 p.m. to 4.00 p.m. at Room No. 115, MSW Block.

The session aims to motivate students, enhance self-awareness, develop positive attitudes, and encourage personal growth through interactive activities and discussions. The training session will be handled by Ms. Reni V. Kalayil.

All first year BSW and MSW students are expected to participate in the session without fail.

**Fr. Dr. Paulachan K.J**

**(Principal)**

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# REPORT

An interactive personality development training session titled "Unlock Your Potential: The Power Within You" was conducted for the first-year BSW and MSW students. The primary aim of the session was to motivate students, encourage participation, and help them reflect on their personal strengths, habits, and future goals. Recognizing that many first-year students often experience confusion and lack of motivation at the beginning of their academic journey, the session was designed to be engaging and activity-based rather than a conventional lecture.

The session began with an icebreaker activity titled "The Wrong Handshake." Students moved around the room greeting each other with their left hand and introducing themselves with a humorous adjective. This activity helped reduce hesitation, created laughter, and built a friendly atmosphere among students. Another activity, the "Count to 20 Challenge," required students to count from 1 to 20 without two students speaking at the same time. If two students spoke simultaneously, the counting had to restart. This game helped students understand the importance of listening, patience, discipline, and coordination, emphasizing how teamwork is essential even for simple tasks.

The "3 Truths and 1 Lie About Me" activity encouraged students to interact in pairs and share personal statements about themselves. This helped improve class bonding and promoted self-awareness and mutual understanding among participants. In the "Energy Circle" activity, students stood in a circle and introduced themselves with a name and an action such as clapping or jumping. The whole group repeated the action. This created enthusiasm, increased energy in the room, and helped students overcome hesitation.

A key reflective exercise titled "Your Life in 10 Years" encouraged students to imagine their future in the year 2036. Students were asked to reflect on where they might live, what career they might pursue, and what kind of person they would like to become. They then wrote their thoughts privately. This activity promoted future-oriented thinking, self-reflection, and personal responsibility. Another anonymous activity invited students to write down one thing that stresses or frustrates them in college and one thing they wish teachers understood. This helped provide insights into students' concerns and created a channel for honest expression. In another exercise, students were asked to imagine themselves as entrepreneurs hiring employees and to identify the qualities they would expect from a good employee. Through discussion, students themselves highlighted qualities such as confidence, discipline, positivity, responsibility, and teamwork.

Finally, students were asked to write on a small paper one habit they want to change and one positive action they will begin from the next day, encouraging them to make small but meaningful personal commitments. During the session, several motivational ideas were discussed. Students were reminded that success does not depend only on intelligence but also on attitude, discipline, and consistency. The importance of positive thinking, active participation, goal setting, and responsible

decision-making was emphasized. Students were encouraged to develop small positive habits during their college years, as these habits significantly influence their future.

The personality development training session was highly interactive and engaging. Through games, discussions, and reflective activities, students were encouraged to communicate, cooperate, and think about their future in a meaningful way. The session helped build rapport between students and the facilitator, promoted class bonding, and motivated students to take responsibility for their personal growth and academic journey. Overall, the session successfully created awareness among students that their daily choices, attitude, and efforts play a crucial role in shaping their future.

| Prepared by: | Verified by: | Approved by: |
|---|---|---|
| Ms. Reni V. Kalayil | Ms. Joyshree Mondal | Fr. Dr. Paulachan K J |
| Asst. Professor | HoD, P.G Dept of Social Work | Principal |

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# BROCHURE

## INTERACTIVE SESSION ON

# PERSONALITY DEVELOPMENT

## FOR BSW & MSW STUDENTS

**"Unlock Your Potential: The Power Within You"**



Date : 10.03.2026
Time : 3.00 p.m. – 4.00 p.m.
Venue: Room No. 115,
MSW Block

**Resource Person:**



**Ms. Reni V. Kalayil**
Asst. Professor
Dept. of Social Work, NIMIT

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Organized by PG Department of Social Work

**NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY (NIMIT)**

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Pongam, Koratty East, Thrissur District, Kerala State, India, Pincode - 680 308

# PROGRAMME SCHEDULE

**Date:** 10 March 2026

**Time:** 3.00 p.m. – 4.00 p.m.

**Venue:** Room No. 115, MSW Block

**Participants:** BSW & MSW First Year Students

**Resource Person:** Ms. Reni V. Kalayil, Asst. Professor, P.G Dept. of Social Work, NIMIT

Welcome and Introduction of the Session by Ms. Aiswarya Alex, I MSW student

**Session by Resource Person:** Ms. Reni V. Kalayil, Asst. Professor, P.G Dept. of Social Work, NIMIT

**Icebreaker Activity** – "The Wrong Handshake"

**Activity** – "Count to 20 Challenge"

**Activity** – "3 Truths and 1 Lie About Me"

**Activity** – "Energy Circle"

**Activity** – "One Good Word"

**Reflective Activity** – "Your Life in 10 Years"

Discussion on Positive Habits and Success Qualities

**Vote of thanks:** Mr.Jeff Binoy, I BSW students

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## PHOTOGRAPHS











# PARTICIPANT'S LIST

**Name of the Event:**

**Date:**

**Class:**

| Sl. No. | Name | Signature |
|---|---|---|
| 1. | AGHILJITH E G | |
| 2. | AISWARYA ALEX | |
| 3. | AISWARYA S NAIR | |
| 4. | ALEENA K J | |
| 5. | ALPHA T GEORGE | |
| 6. | ANN LIYA BENNY | |
| 7. | JOEL TOM ANTONY | |
| 8. | NAYANA PAUL | |
| 9. | ABSAR SUDHEER | |
| 10. | ANTONY TOMSON | |
| 11. | AUGUSTINE JIJO | |
| 12. | DERIN BABU | |
| 13. | JEFF BINOY PALATTY | |
| 14. | RISVAN S | |
| 15. | ALNA LENOYKA | |
| 16. | ABHIJITH JOSHY | |
| 17. | ANJANA M P | |
| 18. | SREESHA SHAJU | |
| 19. | JITHIN SHAJI | |
| 20. | DONE JOSE | |

**Event Coordinator**

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