



## ATHARVA INSTITUTE OF MANAGEMENT STUDIES

( Approved by AICTE, DTE & Affiliated to University of Mumbai )  
( NAAC Accredited )

Name of the Trainer: **DR. REENA POOJARA**

HOD – Human Resource, Atharva Institute of Management Studies, Mumbai

### *Title of the Seminar: Personality Development*

Venue : L. S. Raheja College of Arts & Commerce – Seminar Hall

21st March, 2022

#### I BACKGROUND AND RATIONALE

Everyone wants a better personality. We are all born with our own set of strengths and weaknesses, and no magic formula works wonders for all of us. When we know who we are and why we act the way we do, we can begin to understand our inner selves, improve our personalities, and learn to get along with others. As a public servant we play a very important role in the society which is the very reason why we need to develop our personality.

One of the greatest benefits of learning about personalities is the relief you feel when you can understand why another person reacts as he does. Until we recognize our uniqueness, we can't understand how people can sit in the same place for the same amount of time and all achieve different degrees of success. Thus, this seminar is designed.



## II.OBJECTIVE

Terminal:

At the end of the seminar, participants will be able to get acquainted with the real me underneath before trying to change what shows on the surface.

Specific Objectives:

As a result of the seminar, the participants will be able to:

- determine their type of personality;
- understand the different personality determinants;
- identify their strengths and weaknesses.

## III. METHODOLOGY

To attain effectiveness, a combination of lecture-discussion and workshops was instituted in the said seminar.







Audience listening to the talk delivered by Dr. Reena Poojara.