

ANNA ADARSH COLLEGE FOR WOMEN

CAPACITY BUILDING & SKILL ENHANCEMENT PROGRAMMES

Personality development is the process of self-improvement, which focuses on building up one's own awareness, knowledge and skills, as well as an overall sense of identity. Personality development is a vital part of a student's growth and progression. By allowing students to explore key areas of self-improvement, they tend to feel fulfilled in their personal life and derive benefit from a professional perspective.

Personality development programmes at Anna Adarsh College are designed and implemented to provide a 360-degree transformation in students to function at their highest potential. The programmes provide training on a range of personality dimensions viz. Emotional intelligence, interpersonal skills, motivation and self-discipline, soft skills, team management, stress management and leadership skill.

The course modules comprising personality training and aptitude training are divided and offered during the 3 year period of study in the institution with 40 instructional hours each year. The skills that students acquire after completion of all modules are

- Communication and goal setting
- Interpersonal skills
- Stress and time management techniques
- Corporate etiquette
- Presentation skills
- Change management
- Reasoning and lateral thinking
- Numerical ability
- Language skills.

As per the requirements of the curriculum of University of Madras, the College offers the following papers

- I UG Soft skills - Essentials of Language and Communication Skills
- I UG Soft skills - Essentials of Spoken and Communication Skills
- II UG Soft skills - Essentials of Presentation and Communication Skills
- I PG Soft Skill - Language and Communication Advanced Level
- I PG Soft Skill - Life and Managerial Skills
- II UG & II PG Computing Skills