



# **GURU NANAK COLLEGE BUDHLADA**

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

**NAAC - SSR - Cycle - II**

## **Activity Report**

**Personality Development, Stress Management  
and Time Management Cell**



## **2017-18**



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## Personality Development, Stress Management and Time Management Cell

Session 2017-2018

**Activity:** - Mock Interview Session

**Date:** - 6-2-2018

**Description:** - The very session was participated by all the students who were supposed to join it and it is useless to say that they didn't pay needed heed on it.

**Impact:** - The students faced a kind of environment which they would face at some stage of their life. It was a kind of session which helped them a lot

**NOTICE:** -Personality Development Cell

**Dated:** -01-02-2018

It is hereby informed to all the students that "Mock Interview Session" will be held on 06-02-2018 organized by Personality Development Cell in College Campus. Session timing will be 10am to 2pm. This session will be beneficial for your career advancement in future so be present in session at proper timing as mentioned above.

**Total No of Students:-60**







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## **Personality Development, Stress Management and Time Management Cell**

**Activity:** Communication Skills Workshop

**Date:** 24-3-2018

**Description:** This workshop was organized for the students to gain knowledge through different activities, games especially with the help of working models, word wheel etc.

**Impact:** Students came to know about the importance of communication skills in life hence they paid needed attention on the workshop.



## **Guru Nanak College, Budhlada**

**Personality Development, Stress  
Management and Time Management Cell**



**Communication  
skills workshop on  
Personality Development  
on 24-3-2018**

**Speaker : Gagandeep Singh  
(Asst. Prof. English)**



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## **Personality Development, Stress Management and Time Management Cell**

**Activity:** Interview Skill Practice Session

**Date:** 30-8-2017

**Description:** The very activity Interview Skill Practice Session brought many students to participate it. The students showed critical attention.

**Impact:** The students felt confident enough to face any sort of interview after the attending this session, therefore the objective of this very activity achieved its desired result.

**Attendance Total no of Students: 60**





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## Personality Development, Stress Management and Time Management Cell

**Activity:** Lecture on Leadership Development

**Date:** 27-9-2017

**Description:** Lecture on Leadership Development was participated by all the concerned students and they showed keen interest to learn something.

**Impact:** Students learnt that to lead someone isn't a child play. So they found the session interesting and full of knowledge.



## Guru Nanak College Department of Commerce and Management



## Lecture on Leadership Development on 27-09-2017

**Speaker : Dr. Neena Brar  
( Asst. prof. Commerce)**





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