



B.V. Patel Institute of Management, Uka Tarsadia University



Date: 30th August, 2019

Personality Development and Etiquettes & Stress Management by Mr. Ratnadeep Joshi

B.V. Patel Institute of Management had arranged a session on 'Personality Development' for the students of FY, S.Y. and T.Y. of BBA inviting the speaker of the session Mr. Ratnadeep Joshi, Soft Skill Trainer.

The session began with introducing youth to the future of the new India, how to survive in competitive era. It was all about to achieve overall success in life, one must possess a strong personality while some people are born with it, others can shape up their personality if they work on themselves. The important aspects for surviving in the competitive environment were discussed i.e. self confidence and learning attitude was focused. The speaker emphasized the importance of having clarity while setting goals and building right attitude. The speaker also discussed some ground realities like stop judging things in limited time frame.

There was one to one conversation with students also resolved problems of students that they are facing nowadays. A practical activity was also done with the students for a realistic approach about competition and rivalry in today's market.

The concept of personality was introduced in regards to following areas:

- Image plays a major role in success life
- People judge you by how you present and behave
- Outer personality includes grooming and etiquette
- Handshakes
- Walking
- Sitting on the chair
- Visiting card
- Be what you are and project your image properly

Then some areas of stress management were briefed out where dealing with stress was essential than to react. The causes of stress were acknowledged as over expectation, mindset(attitude) and poor time management which could be overcome by broadening the view points and looking at the brighter side of the things. Also the distinguish between concern and influence was cleared in the circles. Be proactive and not reactive for managing stress.

Overall, the entire session was quite interactive for all with a free environment to come up with the useful insights into reality.



The speaker ended the session by conducting different activities, the students were asked to give feedback regarding their experience. As expected, the students were happy and satisfied as they could visualize their goals being achieved. Overall, it was an effective session. The feedback of the students was very positive and the students gained a lot of insights about how to set and achieve goals with right attitude.