

# Central University of Himachal Pradesh

HPKV Business School

School of Commerce and Management Studies

& SPARSH



In collaboration with National Commission for Women (NCW)



had organized an online

**Capacity Building and Personality Development sponsored by**

**National Commission for Women**

**for UG & PG Girls Students**

**on**

**10<sup>th</sup> December 2021 (Friday)**

Submitted by

Dr. Gitanjali Upadhaya  
Assistant Professor  
H.P.K.V. Business School  
(Chairperson, SPARSH)

Prof. Mohinder Singh  
Dean (SCMS)

**Himachal Pradesh Kendriya Vishwavidayala Business School (HPKVBS)**

**School of Commerce and Management Studies**

## Capacity Building and Personality Development

A program named “Capacity Building and Personality Development” was organized on 10 Dec 2021 by HPKV Business School, School of Commerce and Management, and SPARSH Committee which was sponsored by The National Commission for Women for female UG&PG Students of CUHP.

Banner for the Program:

### **CENTRAL UNIVERSITY OF HIMACHAL PRADESH** **HPKV BUSINESS SCHOOL,** **SCHOOL OF COMMERCE & MANAGEMENT STUDIES &** **SPARSH**



In Collaboration With  
**National Commission For Women**  
**Organises Online**



**CAPACITY BUILDING & PERSONALITY DEVELOPMENT PROGRAM (PDP)**  
**Postgraduate / Undergraduate Girl Students**

December 10,2021 (9:30 am - 4:30 pm)

#### **CHIEF GUEST**



**PROF. GEETA BHATT**  
Director (NCWEB)  
University of Delhi

Join us on Zoom :

#### **GUEST OF HONOUR**



**PROF. PARDEEP KUMAR**  
Dean Students Welfare  
CUHP



**PROF. MOHINDER SINGH**  
Dean,SCMS  
Convener



**PROF. SANJEEV GUPTA**  
Head ,Business School  
Co-Convener

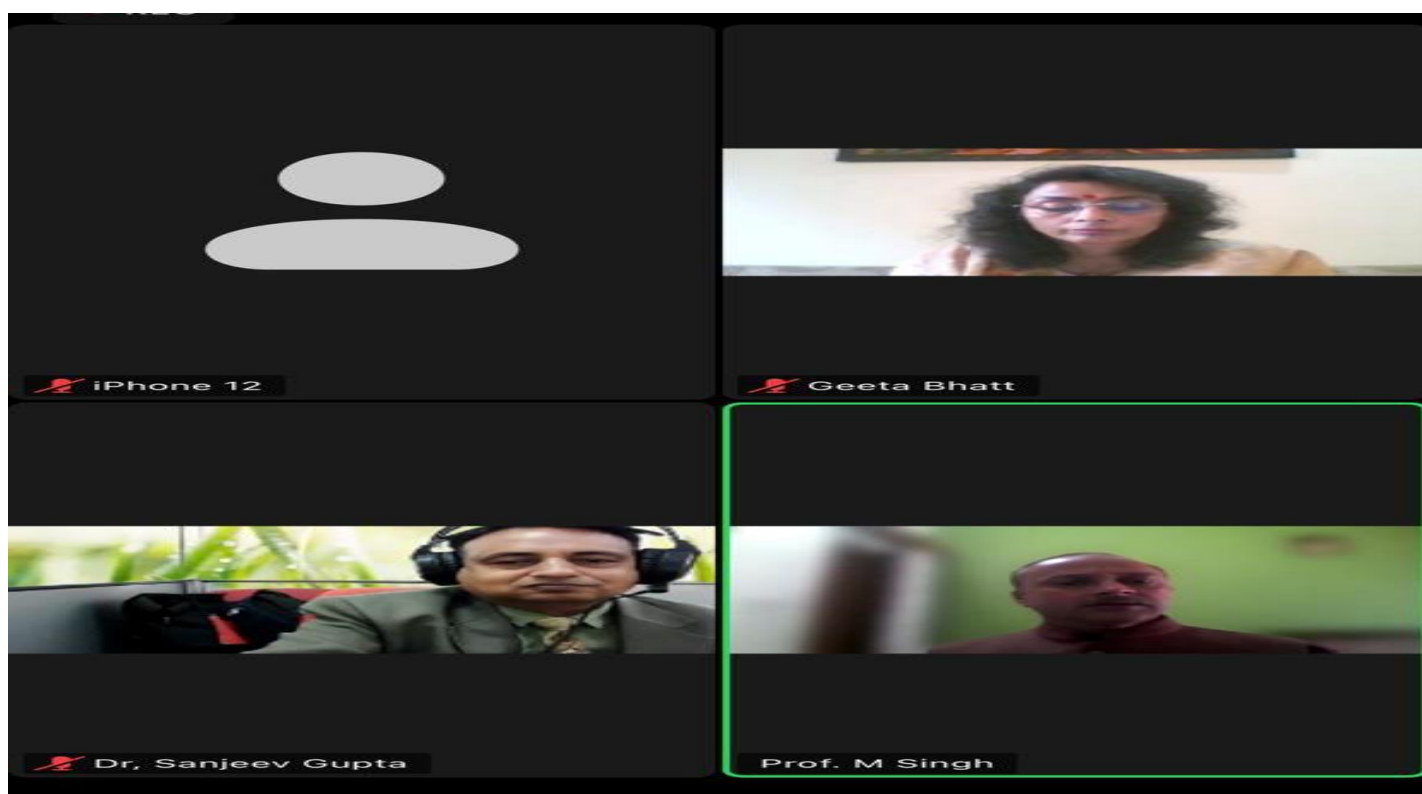


**DR. GITANJLI UPADHAYA**  
Chairperson , SPARSH  
Organisation Secretary

The main aim of this program was to develop the soft skills of the students which included communication skills, social skills, life skills as well as interpersonal skills which are considered very crucial in today's working environment.

### **Inaugural Session**

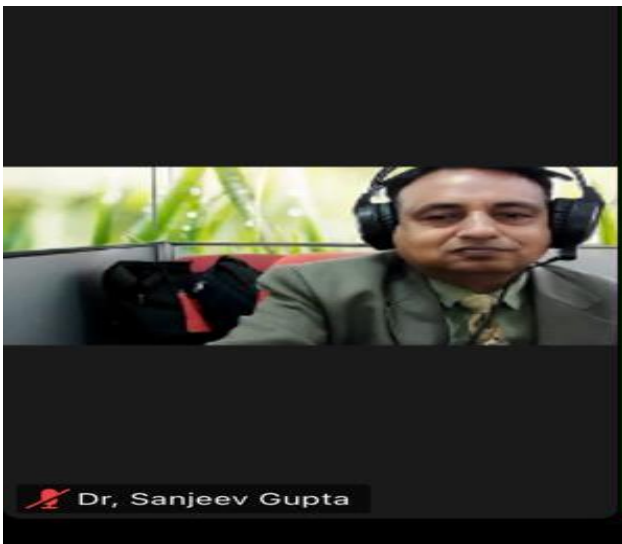
The program was initiated by **Prof. Mohinder Singh, Dean, HPKV Business School, SCMS, and CUHP**. He welcomed honorable Chief Guest and Guest of Honour all faculty and organizers as well as all the participants and inaugurated the program.



In this program, our **Honourable Chief Guest** was **Dr. Geeta Bhatt, Associate Professor, Former member of Academic Council, University of Delhi**. She addressed the gathering with her kind words and encouraged our students with her blessings. Our **Respected Guest of Honour for this program** was **Prof. Pradeep Kumar, Dean, School of Life Sciences, Dean Students Welfare, CUHP**. He also provided his valuable insights to the gathering and captured the event perfectly.



Concluding the inaugural session the Vote of Thanks was proposed by **Prof. Sanjeev Gupta, Head of Department, CUHP**. He addressed the gathering very beautifully and also thanked the honorable chief guest, guest of honor, all faculty, organizers, and participants of the program.





**Central University of Himachal Pradesh**  
**HPKV Business School**  
**School of Commerce and Management Studies**  
**& SPARSH**



In Collaboration with National Commission for Women (NCW)  
is organising an online

**Capacity Building and Personality Development**

For UG & PG Girls Students

on

10<sup>th</sup> December, 2021 (Friday)

(Zoom Meeting ID: 940 2733 0376, Pass code – 193085)

Zoom Link: [shorturl.at/uwIU6](https://shorturl.at/uwIU6)

**Minute to Minute Program**

<b>Inaugural Session - Introduction</b>	9:30 – 9:35	<b>Ms Arzoo Manhas</b>
<b>Welcome Address</b>	9:35 – 9:45	<b>Prof. Mohinder Singh</b> Dean School of Commerce & Management Studies, <b>Convenor</b>
<b>Chief Guest Address</b>	9:45 – 10:00	<b>Dr. Geeta Bhatt</b> Professor & Director Non – Collegiate Women’s Education Board University of Delhi
<b>Guest of Honour</b>	10:00 – 10:10	<b>Prof. Pradeep Kumar</b> Dean Students Welfare <b>CUHP</b>
<b>Vote of Thanks</b>	10:10 – 10:20	<b>Prof. Sanjeev Gupta</b> Head HPKV Business School <b>Co- Convenor</b>
<b>Moderator</b>		<b>Ms Nitika</b>
<b>Brief Overview of the</b>		<b>Dr. Gitanjali Upadhaya</b>

<b>Capacity Building Program</b>		Chairperson, SPARSH
<b>Session-I</b>	10:30 – 12:00	<b>Dr.Sarabjeet Kaur Sran,</b> Associate Professor Dept. of Psychology Mata Sundari College University of Delhi
<b>Session – 2</b>	12:30 – 2:00	<b>Dr. Alka Lalhall</b> Assistant Professor Department of Management Sciences. Mahatma Gandhi Central University Bihar ,
<b>Lunch Break (2:00 – 2:30)</b>		
<b>Session – 3</b>	2:30 – 4:00	<b>Ms Parul Kaul</b> Senior Team Leader Invisible Technologies inc. San francisco
<b>Vote of Thanks</b>		<b>Dr. Gitanjali Upadhaya</b> Chairperson of Apex committee SPARSH

This program consisted of three modules –

Module A- 10.30 am to 12.00 pm

Module B- 12.30 pm to 2.00 pm

Module C- 2.30 pm to 4.00 pm

Module A – The main emphasis of the module was ‘Personal Capacity Building’ which focused on-

1. Listening and Brainstorming.
2. Time Management and Stress Management.
3. Internal Communication and Group Discussion

The objective of the session was to make learners engage in effective communication by respecting diversity and embracing good listening skills. Practice interpersonal skills for better relations with seniors, juniors, peers, and stakeholders. Understand the importance of documentation of key critical ideas/thoughts articulated and action points to be implemented. Learning effective time management skills; thereby avoiding unwarranted stress.

**Dr. Sarabjeet Kaur Sran, Associate Professor, Dept. of Psychology, Mata Sundari College, University of Delhi.** She gave her valuable insights on Module A which was about Personal Capacity building. She told how to manage stress and time, what the importance of listening is and how essential communication is in today's era.

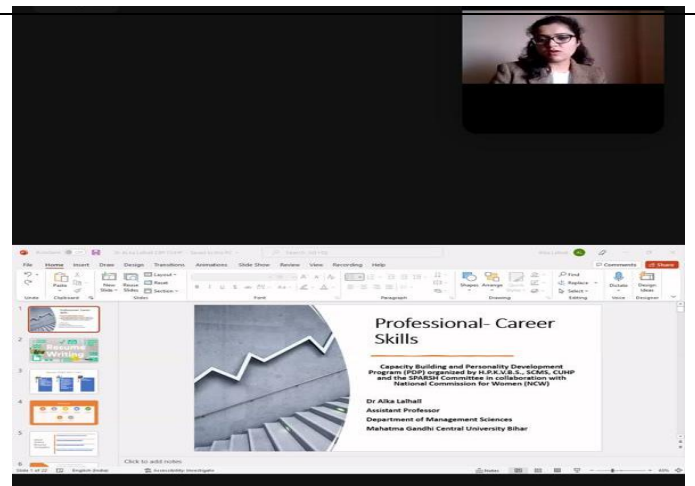


Module B – ‘Professional Career Skills’ which involved,

1. Identifying career opportunities.
2. Resume Skill.
3. Interview Skills.
4. Presentation Skills.

The main focus of the session was to empower an individual with the ability to prepare an appropriate resume, addressing the necessary gaps for facing interviews and actively and effectively presenting their skill set thereof, etc. It was also of significant importance that students /individuals possess the knowledge and how the aspect of exploring career opportunities for themselves, considering their innate strengths and weaknesses.

**Dr. Alka Lalhaal, Assistant Professor, Mahatma Gandhi Central University, Bihar.** She gave a thought-provoking discussion on Module B and taught students about how to prepare their resumes, how to prepare for interviews. What is the best way to present yourself and how to grab and identify the best career opportunities?



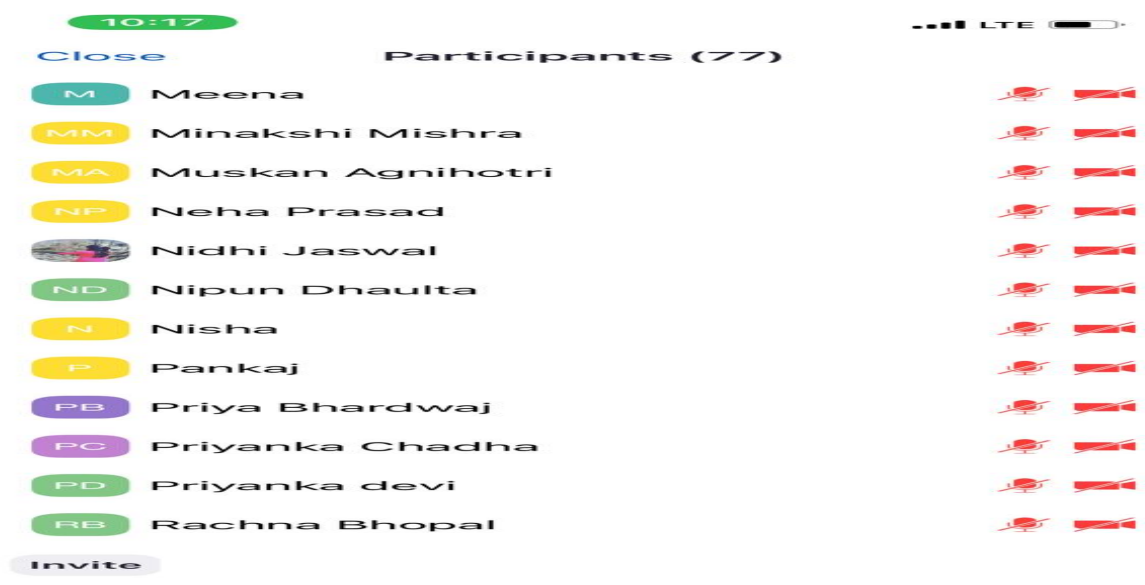
**Module C – Digital Literacy and effective use of social media.**

This session aimed at generating awareness among women on safe usage of the internet and social media platforms; raising awareness about cyber-crimes, and advising users about the resources available to women to prevent the problems and also how to handle such crimes.

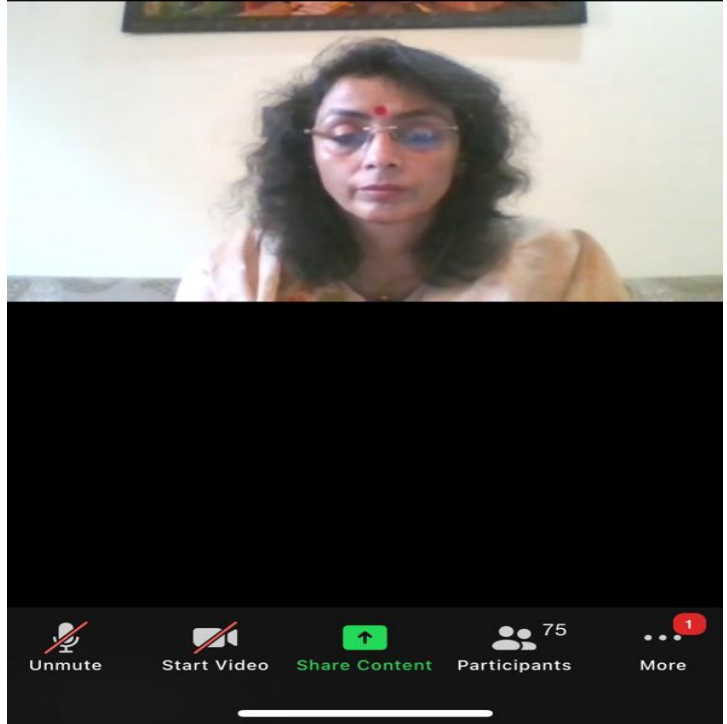
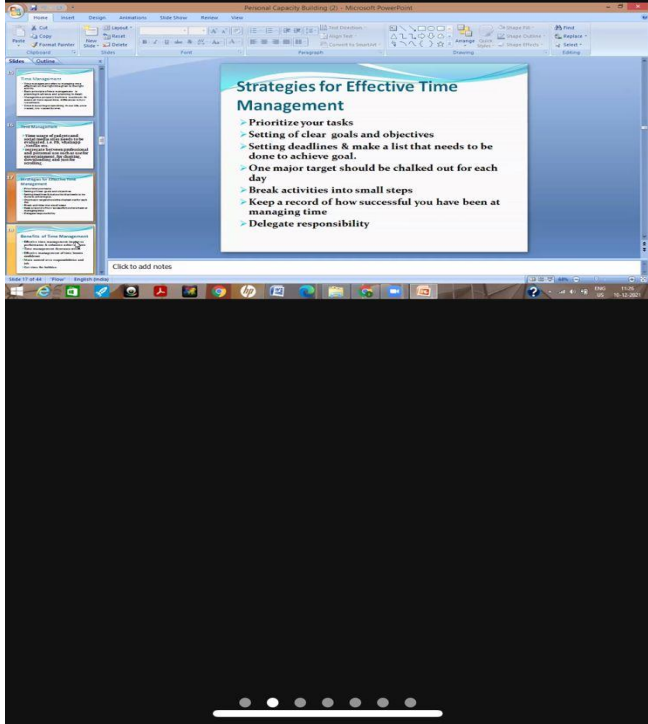
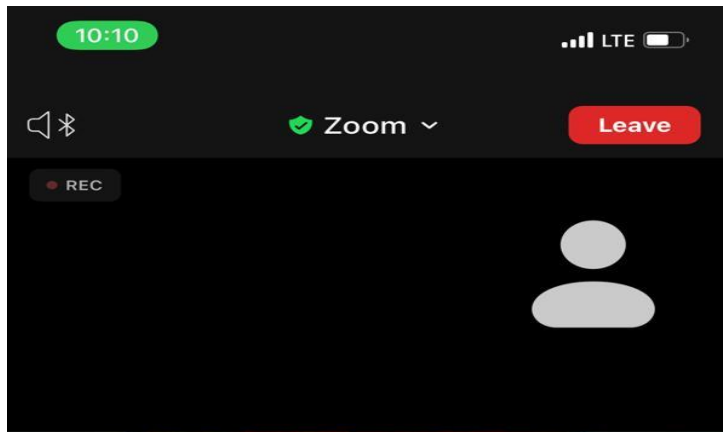
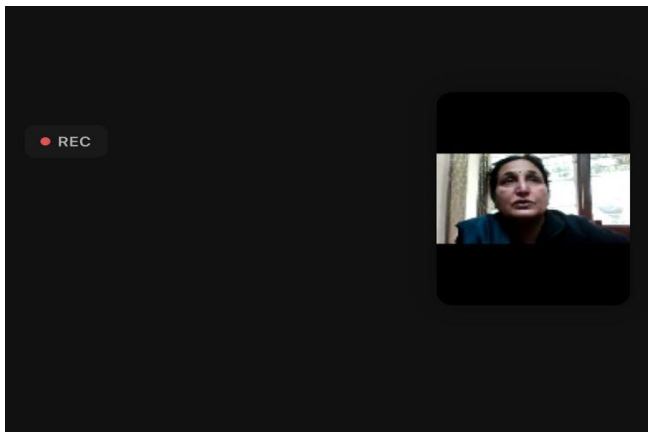
**Miss Parul Kaul, Senior team leader at Invisible Technologies Inc.**

She was the third resource person for the program who talked about Module C which was mainly about the safe usage of social media platforms as well as cybercrimes. And she captured the moment very beautifully by teaching the students about tackling the problems regarding cyber-crimes.

**HERE ARE SOME KEY HIGHLIGHTS OF THE PROGRAM WHICH WERE CAPTURED DURING THE ONGOING SESSIONS OF THE PROGRAM.**







10:17

LTE

Close

Participants (77)

M

Meena



MM

Minakshi Mishra



MA

Muskan Agnihotri



NP

Neha Prasad



Nidhi Jaswal



ND

Nipun Dhaulta



N

Nisha



P

Pankaj



PB

Priya Bhardwaj



PC

Priyanka Chadha



PD

Priyanka devi

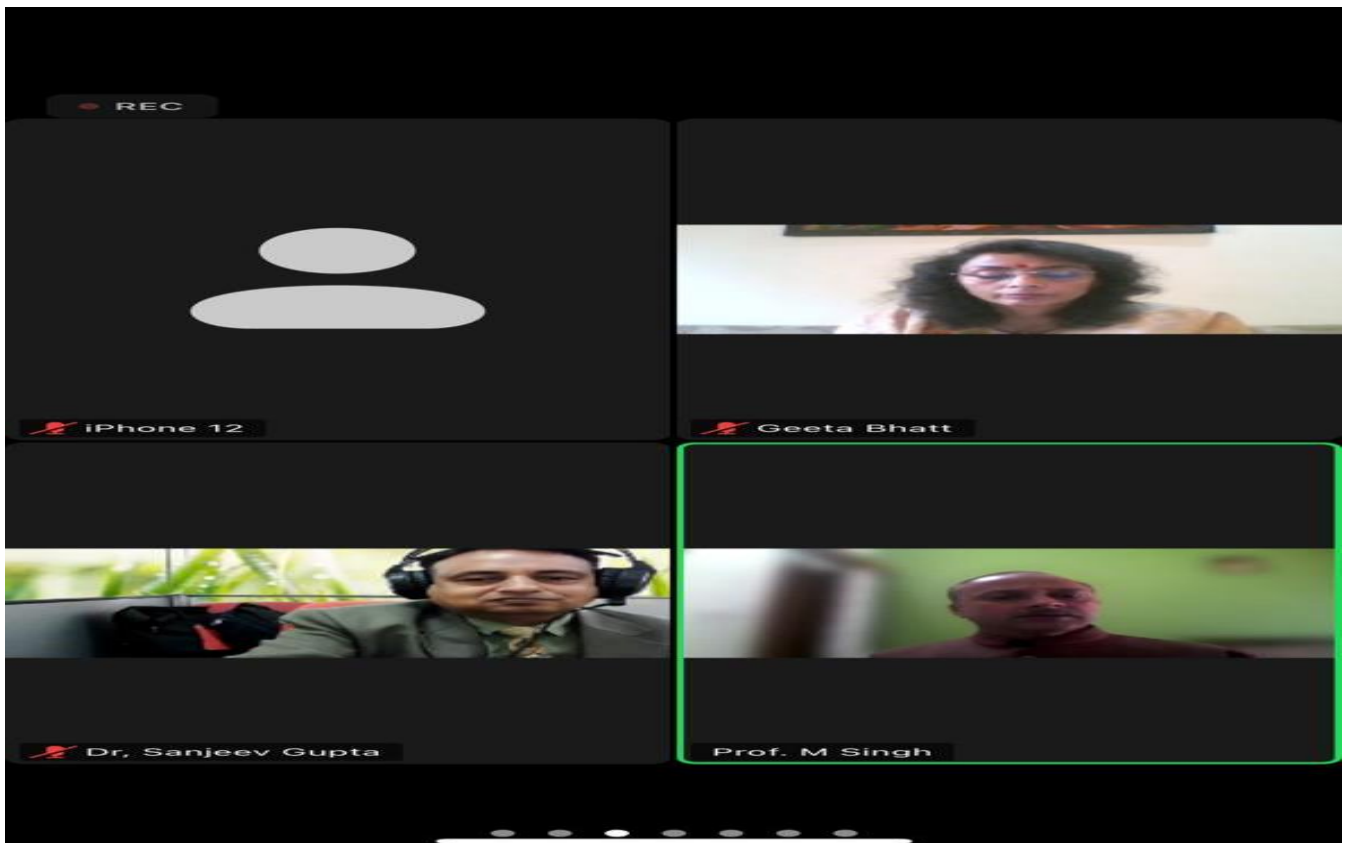


RB

Rachna Bhopal



Invite



At last, the program was concluded by Dr. Gitanjali Upadhaya, Chairperson, SPARSH with the Vote of Thanks to all the participants of the program. Feedback of the students was also taken at the end of the program. Positive feedback was given by the participants.

**Dr. Gitanjali Upadhaya**  
**Assistant Professor**  
**Chairperson, SPARSH**

**Prof. Mohinder Singh**  
**Dean, SCMS**