



Integral University Lucknow

Centre for Career Guidance & Development

Creating Possibilities.... Enabling

Growth



Report on Personality Development Workshop: "Right Side Story LMP"

On **Tuesday, 12th November 2024**, Integral University hosted a **Personality Development Workshop** titled "**Right Side Story LMP**", conducted by **Ms. Shreya** from **Procter & Gamble (P&G)**. This event was organized under the aegis of the **Center for Career Guidance & Development (CCG&D)** and the **Office of the Dean, Students' Welfare**, as part of P&G's initiative to help students develop essential life and career skills.

The workshop aimed to equip students with the necessary tools for personal and professional growth, covering various aspects of personality development, including self-confidence, grooming, body language, and interview skills. The event was attended by students from the Chemistry Department.

Key Highlights of the Workshop:

1. Introduction to "Right Side Story LMP":

- The workshop began with an introduction to **P&G's "Right Side Story LMP"** initiative, which focuses on helping individuals unlock their potential through personality development and life skills.
- Ms. Shreya explained how these skills are crucial for success in both personal and professional life.

2. Keynote Session by P&G Representatives:

- The speaker provided an in-depth session on developing a positive mindset and building the right foundation for success.
- Key topics covered in the session included:
 - **Claiming Your Right:** Emphasizing the importance of understanding and claiming one's rights, particularly in personal and professional spaces.
 - **Right to Consent and Safety:** A discussion on the right to make decisions and ensure personal safety in various contexts.
 - **Be Your Own Boss:** Encouraging students to take charge of their own lives, responsibilities, and career paths.

- **Feel Your Best, Be Your Best, Do Your Best:** The speaker stressed the significance of a positive self-image and mindset. When students feel good about themselves, it naturally leads to better performance and outcomes in life.
- **Fit and Fabulous:** Promoting the importance of physical fitness and mental well-being as foundational elements of personality development.

3. Grooming for Interviews:

- Ms. Shreya outlined key points for students to focus on, such as:
 - Dressing appropriately for interviews.
 - Basic grooming tips to enhance personal presentation.
 - The importance of hygiene and neatness.

4. Body Language and Posture:

- Ms. Shreya highlighted the power of **body language** in communication, especially in interviews and professional environments.
- Key aspects such as posture, eye contact, hand gestures, and facial expressions were discussed.
- Students were encouraged to maintain an open and confident posture, as body language plays a significant role in conveying self-assurance.

5. Creating an Effective CV:

- An essential part of the session focused on **CV making**, where students were taught how to structure a clear, professional, and impactful CV.

6. Grooming Essentials by P&G:

- **P&G grooming essentials** were also introduced during the session, which included a range of personal care products designed to enhance personal presentation.

Throughout the workshop, Ms. Shreya engaged students with **interactive discussions** make the session more relatable and engaging.

As a special gesture, **free goodies** were distributed from **Procter & Gamble (P&G)** to all **registered participants**—both male and female students and staff members present at the event.

In conclusion, the students expressed great enthusiasm about the session and found it to be an enriching experience, with practical takeaways they could implement in their professional journeys.

Glimpse of the Session –



Ms. Shreya from Procter & Gamble conducting the workshop
