

Report on Personality Development Program by Disha Bharat



Malla Reddy College of Engineering
Humanities and Sciences

Disha Bharat, an India registered NGO, known for delivering customized workshops, counseling sessions and sensitization programs to students and faculty of educational institutions across India, has organized a Personality Development Program for first year students of Malla Reddy College of Engineering. The program was conducted on Sep 9, 2024 at MRCE seminar hall.



ABOUT DISHA BHARAT

Disha Bharat's programs promote and sustain holistic development of students by enabling and supporting their development in five distinct, yet inter-related spheres, viz. an individual's physical quotient, emotional quotient, intellectual quotient, social quotient and spiritual quotient. There is a compelling need to evolve a holistic, action-based approach to instilling values in our youth, and this is what Disha Bharat aims to deliver. Knowledge without action is of little use. That is why Disha Bharat's programs involve activity-based workshops, so that students learn by doing and experiencing.



Objectives of the personality development program

- ☐ To unleash the inner potential by building self-confidence
- ☐ To evolve into good leaders in the chosen field
- ☐ To make use of the student life for the benefit of the self and society To lead a purposeful life on the strong foundation of values.

The core objective of the program is to impart values and necessary skills for holistic personality development. The program revolved around the theme "Know Yourself, Know Your Country and Know Your Culture". All of the sessions were activity based with a unique blend of learning, reflection and fun.



Experts from Disha Bharat taught the methods of Yoga asanas and informed about the benefits of exercising yoga on a daily basis. Students also participated very actively in learning the Yoga asanas, which can be seen in the following photos.



The main attraction of the program was the "Know Yourself, Know Your Country and Know Your Culture" session. Students were divided into various groups and questions were asked group wise from Indian history and culture. This session was intended to create awareness among the students who are the future of India.





More than 200 students participated from various branches of first year. At the end of the session a number of students provided feedback and informed them they have learned many things which will be proved beneficial in their future endeavors.