



Arunodaya University

(Established Under Section 2(f) of UGC Act. 1956)

Ref No: AU/2026/O/EC/PDP/3008

Date: 6th March 2026

Activity Report on:

PERSONALITY DEVELOPMENT PROGRAMME (PDP)

Title: "Campus to Corporate: Unlocking Corporate Readiness Skills"

Organized by: Department of Management Studies, AU

Coordinator by: Mrs. Jinu Phukan (HoD & Asst Prof) & Dr. Bijay Das (Asst Prof), AU

Resource Person: Mr. Manish Mall (Consultant – Government & Public Advisory, Policy Implementation & Governance Reforms Specialist, Startup Mentor, Advancing Entrepreneurship Development).

Venue: Seminar Hall, Block A, Lekhi Village Campus, AU.

Date: 6th March 2026

❖ INTRODUCTION:

The Department of Management Studies organized a Personality Development Program on 6th March 2026 for the students with the objective of enhancing their personal and professional skills. The program aimed to guide students in developing essential competencies such as time management, communication skills, career planning, and overall personality development, which are important for academic and professional success.

The session was conducted by Mr. Manish Mall, who served as the resource person for the program. The session was interactive and focused on practical strategies that students can apply in their daily lives and future careers.

❖ OBJECTIVES OF THE FDP:

- To enhance students' personality development by improving their self-awareness, confidence, and positive attitude.
- To develop effective time management skills among students through practical techniques such as the 80/20 rule and Pomodoro method.
- To improve communication skills by helping students understand the importance of body language, tone of voice, and clarity of words.



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- To encourage a growth mindset and motivate students to focus on continuous personal and professional improvement.
- To create awareness about the importance of internships and guide students in selecting and applying for suitable internship opportunities.
- To prepare students for professional environments by introducing concepts such as professional dressing, email etiquette, meeting behavior, punctuality, and online etiquette.
- To enhance students' career readiness by providing a structured action plan for skill development and professional growth.
- To improve students' employability skills by emphasizing the relationship between qualification, skills, discipline, and career success.

❖ PROGRAM OVERVIEW:

The program featured a comprehensive technical session led by Mr. Manish Mall, which was divided into two core thematic areas:

- **1st Core Area – Personality Development:**

During the session, the resource person emphasized the importance of time management and introduced students to effective techniques such as the 80/20 Rule (Pareto Principle), which highlights that 80% of results often come from 20% of efforts. He also explained the Pomodoro Method, a productivity technique that encourages focused work sessions followed by short breaks to improve efficiency and concentration.

Another important topic discussed was "Who Are You Becoming?", where Mr. Mall encouraged students to focus on continuous personal growth. He explained the concept of personality development and highlighted the difference between a growth mindset and a fixed mindset. Students were motivated to adopt a growth mindset and practice daily self-improvement to achieve long-term success.

The session also focused on the importance of effective communication skills. Mr. Mall explained the three key components of communication: 55% body language, 38% tone of voice, and 7% words. He also introduced the STAR Method (Situation, Task, Action, Result), which helps individuals communicate their experiences clearly during interviews and professional interactions.



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- **2nd Core Area – Internship:**

A significant portion of the program was dedicated to internship awareness and career preparation. The resource person discussed why internships are important, how students should choose the right internship, and practical tips on how to secure internship opportunities. He highlighted that the first internship plays a crucial role in shaping professional experience and provided guidance on maintaining professionalism through proper dressing, email etiquette, meeting behavior, punctuality, and online etiquette.

Furthermore, Mr. Mall presented a 30-Day Career Readiness Action Plan for students:

- Week 1: Master time management.
- Week 2: Sharpen communication skills
- Week 3: Apply for internships
- Week 4: Build a professional presence.

At the end of the session, he shared the Employability Formula, stating that:

“Your degree gives you a qualification, your skills give you opportunities, and your discipline gives you success.”

❖ PROGRAM OUTCOME:

- Students gained awareness about the importance of personality development and self-improvement for career success.
- Students developed a better understanding of growth mindset and continuous learning for personal and professional development.
- Participants gained knowledge about internship opportunities, application strategies, and professional expectations in workplaces.
- Students became aware of professional etiquette, including dressing, email communication, punctuality, meeting behavior, and online conduct.
- The session motivated students to focus on career readiness and skill development through a structured action plan.

❖ CONCLUSION:

The Personality Development Program proved to be highly informative and motivating for the students. The resource person shared practical tips and real-life strategies that can help students improve their productivity, communication skills, and career readiness. The session also created awareness about the importance of internships and professional behavior in the workplace. Overall, the program contributed to enhancing the employability skills, confidence, and professional outlook of the students.



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❖ ACKNOWLEDGEMENT:

We express our profound gratitude to Prof. Nikhil Sangvikar, Hon'ble Vice-Chancellor, Arunodaya University, for his constant encouragement and invaluable support in the successful conduct of this programme. We also extend our sincere thanks to Dr. Suresh Verma, Pro-Chancellor; Mr. Kumod Kumar Jha, Deputy Registrar and Mr. Sohan Kumar Jha, Dean (Academics), Arunodaya University, for their wholehearted support, guidance, and encouragement.

Our heartfelt appreciation goes to Mr. Manish Mall (Consultant – Government & Public Advisory, Policy Implementation & Governance Reforms Specialist, Startup Mentor, Advancing Entrepreneurship Development) for graciously serving as the resource person and sharing his valuable insights, which greatly contributed to making the Personality Development Programme a grand success.

We would also like to extend our sincere gratitude to Mrs. Jinu Phukan (HoD & Assistant Professor) and Dr. Bijay Das (Assistant Professor), Department of Management Studies, Arunodaya University, for their dedicated efforts in organizing this programme. Special thanks are also due to Miss Soma Barman (Assistant Professor), Department of Management Studies, Arunodaya University, for efficiently hosting the programme.

We are grateful to all the esteemed faculty members and students of the Department of Management Studies, Arunodaya University, for their enthusiastic participation, cooperation, and support throughout the programme, which made the event meaningful and successful.

Finally, the organizing committee expresses its sincere appreciation to the resource person, university management, coordinators, student participants, and support staff for their valuable contributions and cooperation, which played a significant role in the successful completion of the programme.

Report Prepared by:

Dr. Bijay Das

(Asst. Prof – Dept of Management)



Dy. Registrar

12/03/26

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PHOTO GALLERY





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ATTENDANCE SHEET

Personality Development Programme
[6.03.2021]

S/L	Name	Dpt	Designation	Signature
1.	Valuk Chingba	B.A Political Sci	student	
2.	Lindum Tanjung	B.A political Sci	As Sports Secretary (KCU)	
3.	Naga Pledge	B.B.A	student	
4.	TANIA DANIEL	BBA	student	
5.	Sangbam Hakum	BBA	Student	
6.	Menam LMDA	B.B.A 2nd	"	
7.	Kanchan	B.B.A 2nd	Student	
8.	Sonju Ghimizi	B.B.A 2nd	Student	
9.	Santi Shosha	B.B.A 2nd	Student	
10.	Lourembam David Singh	MBA 2nd	Student	
11.	Dorjee Lano	MBA 2nd	Student	
12.	Gange Yalle	MBA 2nd	student	
13.	Juju Hali	MBA 2nd	student	Juju
14.	SAPPHIR AHMED	BBA 6 th	Student	
15.	Sanje Sanand	BBA 6 th	Student	
16.	Taba Masang	BBA 6 th	Student	T. Masang
17.	Techi Dokub	BBA 2nd	student	
18.	Somnie Tash	BA pol science 6 th	student	
19.	Kamang Made	BBA 6 th	Student	
20.	Namahi Taku	BBA 4 th semester	Student	
21.	PBUI Meason	BBA 4 th Sem	Student	
22.	Pimen Jongkey	BBA 4 th Sem	Student	P. Jongkey
23.	Chello Mechek	BBA 4 th Sem	Student	C. Mechek
24.	Sutapa Ghosh	MBA 4 th Sem	Student	
25.	Renu Rio	"	"	Renu
26.	Bird meme	"	"	B. Meme
27.	Nyali Riba	"	"	Nyali
28.	Yaujune Kana	B.A Pol science	Student	
29.	Dr. C. Suresh Kumar	Management	Associate Professor	C. Suresh
30.	Dr. B. Jayanti	Mgt. Studies	Asst. Professor	B. Jayanti
31.	Jinu Phukan	"	"	Jinu
32.	Monica Phukan	"	"	Monica
33.	Soma Barman	"	"	Soma
34.	Bishu Barman	"	"	Bishu



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