

Webinar on **Personality Development**

Programme dates :28th September to 30th September

President of WCOP : Prof. B.G.Reddy

General Secretary of WCOP : Prof.R.Subhashini

Treasurer of WCOP : Prof.V.Suresh

Resource Person : Prof. VedagiriGanesan

Assistant Secretary & Technical support: Ms. G.Anupama&Dr.Ashok

Assistant Secretary &Organizer : Dr.L.Poornima

Dr.Poornimawelcomed all delegates and participants for the day session and introduced the President of WCOP Prof. B.G.Reddy. The session continued with opening remarks by the President of WCOP.

The President introduced the topic of the day 'Personality development', its role and necessity for the current situation .He also mentioned this topic is 'need of the day' irrespective of age.

Speaker: Prof. VedagiriGanesan, Rtd professor, Bharathiyar University, Coimbatore

Topic: Personality Development

Highlights of Day 1:

- Personality development is defined as, the changes brought in the development for good in a person.
- Behavioural changes can be brought in a person with the help of relevant therapies and techniques.
- In this session, how to bring interest in the school, college students who refuse to go to school/college was said.
- Participants in the interactive session came up with different cases they were handling. Different perspectives were shared by the speaker to handle the cases.
- Cases like School drop outs, phobia to sit in the front desk, eating Chalk pieces, parents being physical to the child, introvert child, girl inferior about her physical appearance etc.,
- Practical suggestions were stated by the speaker like usage of ironical desensitization, using reward techniques, way to treat epilepsy, usage of few yogic technique like Jal neti and Sutra neti.

- The session ended with a suggestion from the speaker to start camps in the school to monitor and guide the mental well-being of students.

Highlights of Day 2

- Behavioural changes help the person to walk on the right track. It helps one to know "What to do and what not to do".
- Speaker explained about the Kohlberg's stages of moral development.
- The speaker spoke on the 'Rule orientation' in the behavior.
- In bringing changes in a person, we shouldn't be judgmental rather; we should help one to change his/her behavior.
- On the second day, the participants came up with interesting cases for interaction.
- Cases like boy seeking attention, children leaving home, family problems like quarrelling for small issues, Girl have repeated thought process to hang her, applying for divorce for silly reasons.
- Techniques and therapies to be used to overcome the above said problems were discussed. Speaker guided the participant to use techniques like paradoxical technique, applying controlled behavior theory, Echo-it technique, giving unexpected responses to avoid conflicts at home, giving assertive training, usage of verbal warnings, how to defreeze an introvert, how to give contextual counseling were discussed.

Highlights of Day 3

- Day 3 started up with the participants queries about their cases.
- Cases like girls transferred phobia, doctor's dying with cardiac arrest, delayed speech, psychologist, fear of counseling the cases, thumb sucking habit of a child, university teachers dying within five years after retirement, Bedwetting etc.,
- The speaker's suggestion on the above cases were as follows bringing change in food habit, training to confront, giving timely rewards, talking therapies to remove the trauma, devising stability and engaging in different activities after retirement, creating schedule for the usage of washroom etc.,
- The session concluded with vote of thanks to the speaker by the President and the session's organizer.