



# **GURU NANAK COLLEGE BUDHLADA**

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

**NAAC - SSR - Cycle - II**

## **Activity Report**

**Personality Development, Stress Management  
and Time Management Cell**



## **2019-20**



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## Personality Development, Stress Management and Time Management Cell Session 2019-20

**Activity:** Special Lecture on Personality Development

**Date:** 18-2-2020

**Students:** 100

**Description:** Students learnt that everyone wants a better personality and we all are born with our own set of strengths and weaknesses.

**Impact:** Students must have learnt this key point that developing the personality is the secret for success in all walks of life. Body image and self-confidence are all elements that contribute to ones' over all personality.



### Guru Nanak College, Budhlada

**Personality Development, Stress Management and Time Management Cell**



**Special lecture  
on Personality  
Development on  
18-2-2020**



**Speaker: Dr.  
Rupinder kaur ( Eng )**





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