



PERSONAL DEVELOPMENT FOR ADOLESCENT

By-

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THREE DIMENSIONAL DEVELOPEMENT

- Personal (Confidence in family/ friends)
- Social (Confidence in Public/ School / Society)
- Professional (Confidence at workplace)

CONFIDENCE
BUILDING



- Facial expressions
- Eye contact
- Posture
- Gestures
- Movement
- Touch
- Apprearace

BODY
LANGAUGE



- Public Speaking
- Group discussion
- Telephonic conversation
- Dramatics
- Voice modulation
- Interview skills

VERBAL
SKILLS



Why ?

- To make students competitive , bold and aware of mannerisms
- To build student's self confidence and self esteem
- To improve student's body language and verbal skills
- To prepare students who wish to make career abroad



How ?

- This project will be worked with M.4/1,2,3 and M.5/1,2,3
- Few students will be selected on an interview basis where their aptitude will be judged.
- Students in the number within 50-100 will be chosen so that the quality of project is gained.
- The class will be taken once a week.
- Monthly will be the assessment of the project.
- Students will be assessed on speech tasks and practical tasks.



OUTCOME

- Students will be more confident and bold in various situations personally and socially.
- Students will learn mannerisms.
- Students will be prepared for interview skills
- Students will apply communication ethics in day to day life

