



ए. अशोली चलाई  
A. Asholi Chalai  
संयुक्त सचिव  
Joint Secretary



सत्यमेव जयते

भारत सरकार  
राष्ट्रीय महिला आयोग  
प्लॉट नं. 21, जसोला इंस्टीट्यूशनल एरिया  
नई दिल्ली-110 025  
GOVERNMENT OF INDIA  
NATIONAL COMMISSION FOR WOMEN  
PLOT NO.-21, JASOLA INSTITUTIONAL AREA,  
NEW DELHI-110 025  
Website : [www.ncw.nic.in](http://www.ncw.nic.in)  
E-mail : [asholi.chalai@nic.in](mailto:asholi.chalai@nic.in)  
[jnncw-wcd@nic.in](mailto:jnncw-wcd@nic.in)

D.O. No. 5-1/4/2021-22 WW&CB (NCW)

15<sup>th</sup> September, 2021

Dear Prof.Dr.N.Panchanatham,

National Commission for Women (NCW) has proposed to initiate 'Capacity Building & Personality Development Program (PDP)' for UG/ PG female students. Current course will focus on preparing students for entering job/employment market. The course will focus on learning and applying the use of intuitive, logical and critical thinking, communication and interpersonal skills, not limited to cognitive/creative skills and will also touch on digital literacy. These skills and behavior set, when learned, will enhance outcome of employability. Details of the proposed training program are enclosed for your kind perusal.

The program will be conducted through college having sizable female students in rural/ educationally backward areas, so as to enhance communication and interpersonal skills of the female students. It is also to be mentioned here that the entire cost of the training i.e. remuneration to resource person and miscellaneous expenditure will be borne by NCW.

I shall be grateful if you could forward the proposal to colleges/ departments affiliated with your University (based in Tier 2 and Tier 3 cities). The Commission would also appreciate if a list of these Colleges with contact details of the head be shared with us.

The interested and motivated departments may get associated with NCW program for the empowerment of their female students. A line of acceptance to the proposal with the proposed number of webinar, list of students willing to enroll for the training and proposed dates may be forwarded to this office. A positive response from your side would be highly appreciated, which may please be sent on [neha.ncw@nic.in](mailto:neha.ncw@nic.in) (Phone no. 8937900189).

Warm regards

Yours sincerely,

(A. Asholi Chalai)

Prof.Dr.N.Panchanatham,  
Vice Chancellor  
Tamil Nadu Teacher Education University, Kamarajar Salai,  
Chennai- 600 005  
[vc@tnteu.ac.in](mailto:vc@tnteu.ac.in)



## **CAPACITY BUILDING & PERSONALITY DEVELOPMENT PROGRAM (PDP)**

Personality Development Courses deal with developing the communication and interpersonal skills of an individual. Such courses are known to be high in demand as they help candidates to learn soft-skills and techniques that are required to gain a competitive edge during placement and job interviews. Personality development is gaining more and more importance as it enables students to create a good impression about themselves on others and helps them to build & develop relationships for career growth.

### **Objective:**

Current course will focus on preparing students for entering job/employment market. Sometimes because of lack of confidence an individual may not be able to demonstrate good professional and communication skills. The course will focus on learning and applying the use of intuitive, logical and critical thinking, communication and interpersonal skills, not limited to cognitive/creative skills. These skills and behavior set, when learned, will enhance outcome of employability.

### **Course content: (total time duration 4.5 Hours)**

- A. Personal Capacity Building**
- B. Professional -Career Skills**
- C. Digital Literacy & Effective use of Social Media**

#### **A. Personal Capacity Building**

- Listening
- Brainstorming
- Time management
- Stress management
- Group Discussion Skills and Internal Communication

**Session duration-** 1.5 hours

### **Objective and outcome:**

The objective of the session is to make learners engage in effective communication by respecting diversity and embracing good listening skills. Practice interpersonal skills for better relations with seniors, juniors, peers and stakeholders. Understand the importance of documentation of key critical ideas/thoughts articulated and action points to be implemented. Learning effective time management skills; thereby avoiding unwarranted stress.

**B. Professional -Career Skills** shall focus on building

- Identifying Career Opportunities
- Resume Skills
- Interview Skills
- Presentation Skills

**Session duration-** 1.5 hours

**Objective and outcome:**

The career skill aims at empowering an individual with ability to prepare an appropriate resume, addressing the necessary gaps for facing interviews and actively and effectively presenting their skill set thereof, etc. It is also of significant importance that students /individuals possess the knowledge and how aspect of exploring career opportunities for themselves, considering their innate strengths and weaknesses.

**C. Digital Literacy & Effective use of Social Media**

**Objective and outcome:**

The session aims to generate awareness among women on safe usage of internet and social media platforms; raising awareness about cyber crimes; and advising users about the resources/ recourse available to women to prevent the problems and also how to handle such crimes.

**Session duration-** 1.5 hours

**Target Group:**

Any female under graduate/ post graduate students who is interested in upgrading her soft skills.

**Training session:**

There will be one day virtual session for each University; with minimum 150 students. The University may use the mode/ platform available with them for conducting the training. Further the Commission will provide a list of resource persons for the training, however the list will not be exhausting and the University may invite resource persons who they deem fit for the purpose.

| <b>Time*</b>     | <b>Session</b>                                   |
|------------------|--|
| 10:00- 11:30 AM  | Personal Capacity Building                       |
| 11:45- 01:15 PM  | Professional -Career Skills                      |
| 03:00- 04:30 Hrs | Digital Literacy & Effective use of Social Media |

\*University may rearrange time as per their convenience.

**Budget estimate:**

The Commission offers an estimate budget of Rs. 15,000/- per webinar. Estimated expenditure as per budget head is marked under:

| <b>S.No</b> | <b>Budget Head</b>                     | <b>Amount</b> |
|-------------|--|---------------|
| 1.          | Honorarium to resource persons @2500*3 | Rs. 7,500/-   |
| 2.          | Misc. Expenditure                      | Rs. 7,500/-   |

**TEST YOURSELF:**

In order for studying to be effective, it is important that the students actually remember the information taught to them. After completion of all three sessions students will be asked to take an online quiz which will be organized through MyGov. The participants will be tested for their understanding of the subject through MCQs. The question paper will be based on the booklet/ training sessions conducted under the program. The participants will have to answer 20 Multiple-Choice Questions prepared by NCW within a time frame of 30 minutes. The question paper will be made available online at the time of examination. Assessment of question papers will be computerized.

**Marking scheme:** Each correct answer will be awarded two marks. There will be no negative marking.

**Certificate:** All the participants will be able to download a 'Certificate of Participation' on completing the quiz. Top 25 participants will be provided 'Certificate of Commendation' duly signed by NCW, MyGov and or Head of the Institute. In case of duplicity of result, preference will be given to participant who has taken lesser time to answer all the questions correctly.

**Output:** It would be great if the University could also conduct a campus placement program for students later in the session and encourage those who have undergone PDP program to apply. We would also appreciate if you could share with us the results of the campus placement program.

\*\*\*\*\*