

Personality development

Introduction

The ISTE Student Chapter, Maharaja Surajmal Institute of Technology (MSIT), organized an enlightening Expert Lecture on “Personality Development” on November 7, 2025, in Room 06. The session was conducted by Ms. Shalu Mehra (Dip. T&D), a distinguished ELT Expert and Workshop Consultant from *Eminent Strategy*. The event aimed to equip students with essential life skills such as self-confidence, effective communication, and emotional intelligence — crucial for success in both academic and professional environments. Faculty members and a large number of students from different departments enthusiastically participated in the session.



Session Highlights

The session commenced at 10:00 AM with a welcome address by the ISTE coordinators, followed by a brief introduction of the guest speaker. Ms. Mehra began the lecture by discussing how personality is not an inherent trait but a continuous process of growth and refinement.

She emphasized that developing one's personality involves understanding strengths and weaknesses, setting realistic goals, and maintaining a positive mindset.

Through interactive discussions, practical examples, and engaging activities, Ms. Mehra demonstrated the importance of body language, grooming, communication etiquette, and confidence building. She highlighted how verbal and non-verbal communication play a vital role in professional success. The speaker also guided students on managing stress, handling criticism gracefully, and cultivating emotional balance in challenging situations.

The session was highly engaging and encouraged students to participate actively by sharing their perspectives and experiences. Ms. Mehra concluded the lecture by motivating students to continuously work on self-improvement and to adopt a proactive approach towards life and learning.



Key Takeaways

- Confidence and self-awareness are the foundations of personality development.
- Effective communication and active listening enhance personal and professional relationships.

- Positive thinking and adaptability help in overcoming challenges.
- Proper etiquette, grooming, and body language significantly influence first impressions.
- Time management, consistency, and lifelong learning are key to sustained growth and success.

Conclusion

The expert lecture was an insightful and motivational experience for all attendees. It successfully instilled in students the importance of holistic development beyond academics. The session inspired participants to focus on building their inner strength, improving communication, and refining their overall demeanor.

The ISTE Student Chapter – MSIT expressed heartfelt gratitude to Ms. Shalu Mehra for conducting such an impactful and interactive session. The event concluded with a vote of thanks, leaving students with a renewed sense of confidence, purpose, and enthusiasm to apply the lessons learned in their personal and professional lives.