

COUNSELING FOR “PERSONALITY DEVELOPMENT”

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Abstract:

Life is about breaking our personal limits and outgrowing ourselves to live our best lives. Education is the primary driving force of personal growth. Besides the normal curriculum special training towards Soft skills is the requirement for the growth of Personality development and also to meet the current employment scenario. Key **Interpersonal skills** to equip students with employability skills and to enhance their prospect of placements are Communication Skills [LSRW skills],Self confidence, Positive Attitude, Self esteem, Self discipline, Time management, Goal setting, Team work abilities, Leadership qualities, Work ethics, Sustainability, Problem solving etc.,For **PERSONALITY DEVELOPMENT**:- One should be;1)Physically fit,2) Mentally Alert, 3) Intellectually Sharp,4) Emotionally well balanced and 5) Spiritually elated.

Keywords: Personality, Life, Skills, Communication, Employment etc

COUNSELING FOR “PERSONALITY DEVELOPMENT”

A man who works with his hands is a “Labourer”; A man who works with his hands and his brain is a “Crafts man” but a man who works with his hands, with his brain and with his heart is an “Artist”.

If you believe in yourself anything is possible. For improvement of self confidence;

- Don't compare with others. “**BE UNIQUE**”
- Be a better communicator.
- Overcome stage fear.
- Improve Public speaking skills.
- Face interviews confidently.
- Conquer fear – “Fear, is one of the biggest obstacles to success to success in any field.”[Fear of situations, Fear of meeting new people, Fear of failure, Fear of facing interviews and especially speaking in public is one of the biggest fears in people today.]

- ❖ Is there a way to overcome all these?
 - ✓ Yes, Practice effective techniques and practical tools to manage stress, fear and Nervousness.
 - ✓ Overcome from your inhibitions and increase confidence.
 - ✓ Courage to face up your dreams – for that you need awareness of communication, Interpersonal skills and Public speaking skills.

- The Art of interacting with others is known as Interpersonal behaviour. Inter personal skills are one of the top criteria used to evaluate candidates. Without Interpersonal skills, everyday business would be very difficult, since almost aspects of work involve communication.
- These are the Key **Interpersonal skills** to equip students with employability skills and to enhance their prospect of placements.
 - ✓ Communication Skills [LSRW skills]
 - ✓ Self confidence
 - ✓ Positive Attitude
 - ✓ Self esteem
 - ✓ Self discipline
 - ✓ Time management
 - ✓ Goal setting
 - ✓ Team work abilities
 - ✓ Leadership qualities
 - ✓ Work ethics
 - ✓ Sustainability
 - ✓ Problem solving etc.,

Communication Skills:-The ability to convey or share ideas and feelings effectively is known as Communication skill. Everybody needs good communication skills and must be able to work well with others. Improve your verbal skills – Listening, Speaking, Reading and writing. Among four skills Listening is most important aspect that initiates the path of other three skills.

Self confidence :-[Self assurance]To establish true Self confidence, we must concentrate on our success and forget about the failures and the negatives in our lives.

Positive Attitude :- A Positive attitude is an optimistic mindset that focuses on the good. Positive thinking is the back ground of the modern philosophy of living a successful and happy life. It is beneficial to both mental & emotional health.

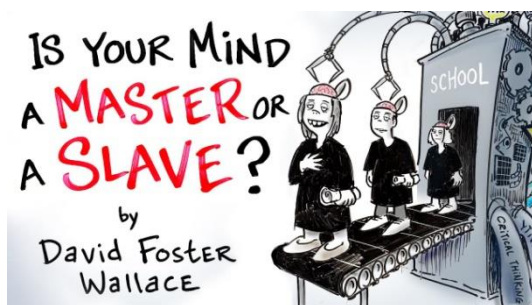
- Surround yourself with positive people.
- Fill your mind with positive input.
- Be nice to other people.

- Be curious and embrace learning.
- Keep smiling (Smiling releases feel good hormones like Endorphins & Serotonin.)

Self esteem:-[Belief & Confidence in ability] Self esteem refers to how you feel about yourself overall, it heavily influences people's choices and decisions. With self esteem, people will take care of themselves and explore their full potential. Self esteem develops from experiences.

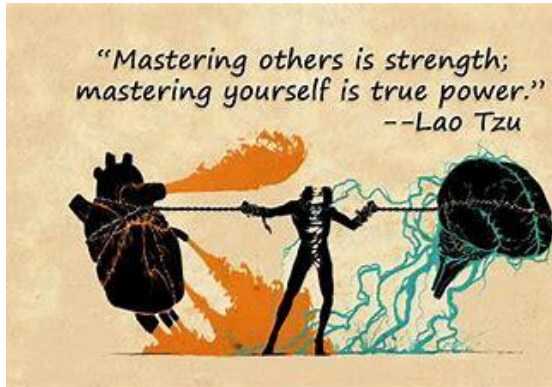
Self discipline:-[Self discipline is a key to many doors.] Self discipline means self control, which is a sign of inner strength and control of yourself, your actions and your reaction. It gives you the power to stick to your decisions and follow them through, without changing your mind.

- Self control on mind is an adaptive trait that helps to achieve meaningful goals with Personal intelligence. Habit is one of the most effective ways to make any positive change in our life.
- Mastering the mind means having Peace of mind without any anxiety, anger, frustration or pain. It's not possible to control the weather, the time or mind of other people, but it's possible to control our mind. Mind is a powerful thing, "Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality." The ability to control our mind is one of the greatest powers. Personality development gives that ability to learn and grow alone in fulfilment of dreamed aims in life in short period of time. Education is the primary driving force of personal growth. Besides the normal curriculum special training towards Soft skills is the requirement for the growth of Personality development.
- "You are what your mind is and not body is".
- Importance or Role of the mind in our own lives is "your own mind is your best friend and your own mind is your worst enemy".



- The mind is an amazing tool; "the mind is a great servant but a horrible master".

- Many come to think that their mind is something they cannot control, but with proper discipline you will prove to yourself that this is untrue.



- Once you begin to try and understand and pay attention to your mind, you come to see its positive and negative tendencies.
- If you constantly have thoughts of worry and anxiety, your mind will be robbed of its vital energy.
- It is very interesting that the quality of your mind is determined by the quality of your thoughts. Once you have mastery of mind, these all thoughts will not appear in the mind.
- Take an example, man invented mobile Phone and very intelligently developed “SILENT MODE” in it. In this mode, all phone calls and messages are received by the phone but it doesn't disturb you, so likewise your brain also needs silent mode to activate. Make it a habit to meditate once in the morning and before going to sleep. Meditation will help you develop a clam mind and develop silent mode in your body. It will help you become a witness to your inner world. The actual solution is stop creating agitation, then there is peace and possible to master your mind.

Time management:- It is a great task which we observe in the life of great people. The secret of their success is perfect management of time. Management of time is a thinking skill which helps in the process of planning and exercising conscious control of time spent on specific activities, especially to increase effectiveness. For completing a task – Prepare action plan to do, select priority list in action plan and start to do until you reach achievement.

Goal setting: - Goal setting is a powerful process for thinking about ideal future. “Life without a goal (especially life of student) is similar to a thread less Kite – we can't predict its

destination". It can be guided by criteria such as "**SMART criteria**", which defined as keeping goal should be **S- Specific, M- Measurable, A- Achievable, R- Realistic & T- time bound**.

Team work abilities:-Team work means co-operation among those who are working on a task. It is generally said to be as the willingness of a group of people to work together to achieve a common aim.

Leadership qualities:-Leadership is the art of motivating a group of people to act towards achieving a common goal.

Work ethics:-Work ethics are set of values centred on importance of work and manifested by determination or desire to work hard. Work ethics involve characteristics such as "Attitude, behavior, respect, communication, Interaction, honesty (not lying, cheating and stealing), accountability, taking responsibilities and valuing what others do".

Sustainability:-Sustainability means suffering to exist in difficult unpleasant or painful surroundings for a long time.

Problem solving:-The Process of finding solutions to difficult or complex issues. Problem solving skills can be separated as SMART WORK and HARD WORK .

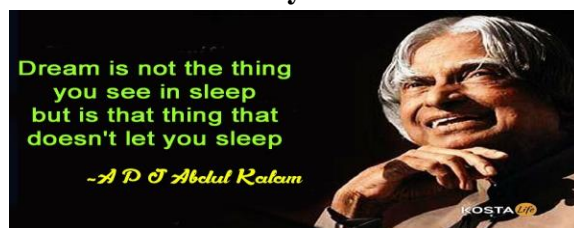
- Spontaneous decision making capacity by using own intelligence is called as SMART WORK.
- The knowledge learned through education, information, experience to resolve any problem is called HARD WORK.
- ➔ The key to success is to keep growing in all areas of life – Physical, Mental, Emotional as well as Spiritual.
- ❖ For Personality Development:-
 - One should be; 1) Physically fit, 2) Mentally Alert, 3) Intellectually Sharp,4) Emotionally well balanced and 5) Spiritually elated.

1] How to be physically fit:-Any type of regular, physical activity can improve your fitness and your health. The important thing is that you keep moving. Exercise should be a regular part of your day. Whatever you choose, make sure it includes aerobic activity that makes you breath harder and increases your heart rate. This is the best type of exercise because it increases your fitness level and makes your heart and lungs work better. It also burns off body fat. Examples of aerobic activities are basket ball, running or swimming.

A Healthy Life Style:- In addition to exercise, making just a few other changes in your life, can help to keep you healthy; such as

- ➔ Watch less TV or spend less time playing video games chatting in What's up, face book etc., instead use this time for exercise.

- ➔ Eat 3 healthy meals a day, including fruits, vegetables and dairy products. Avoid junk food and fast food, because they are full of fat& cholesterol.
- ➔ Here I want to say about a “**flying fish**”..and most successful athlete of games known as “**Michael Fred Phelps**”, an American competitive swimmer, most successful and most decorated Olympian of all time. Record breaking performances have earned him the “WORLD SWIMMER OF THE YEAR” Award **8 times** and “AMERICAN SWIMMER OF THE YEAR” Award **11 times** and so many other awards. He won 66 Gold Medals, 14 Silver Medals, 3 Bronze Medals and set 39 World records. It is truly great more than 100 medals and records ever won by one person. With all his achievements, he is often considered “**The Greatest Swimmer of all time**”. According to International Swimming federation[FINA] **Michael Fred Phelps** is the fastest swimmer in the world.
- ➔ Think a minute how much perseverance hidden behind that Success and also **how much he focussed on Healthier Life Style**.



2] For Mentally Alert: - Mentally alert means “be with clarity in every issue along with Super imposition of Brain (good memory)”.

When will a student be with clarity?

The answer is by studying the lives of prominent (famous) and eminent people (superior in position) and reading books authored by them.

- ➔ For having good memory, revision is very important. Only Academic Curriculum can't stand you as a great person. The books that help you the most are those that make you think the most. The hardest way of learning is that of easy reading. A great book that comes from a great thinker is a ship of thought with truth and beauty. So “**Be a lifelong Learner**”. Make it a habit to read good books of great persons like;
- ➔ APJ Abdul Kalam, Former President of India, who got 3 highest civilian awards in India Bharath Ratna, Padma Vibhushan & Padma Bhushan. {List of books written by Kalam are 1)What can I give? 2)Wings of fire 3) Ignited minds 4) India 2020 5)My Journey 6) Turning points etc., }
- ➔ Life of Marie Curie, the first woman to win a Noble Prize, the first Person to win two Noble Prizes, the only woman to win in two fields, and the only person to win in multiple sciences. How she focused so hard on her studies to develop the theory of “Radio activity, Discovery of Polonium & Radium. She got Noble Prize both in Physics and Chemistry.

- ➔ Life of Nelson Mandela, who got Noble Prize, Bharath Ratna and more to know about extra- ordinary humanity.
- ➔ Read books about Lal bahadur Sastri, 2nd Prime Minister of India, who was known for honesty and humility throughout his life. He gave the motto “ Jai Javan- Jai Kissan” and developed Green Revolution.
- ➔ Helen Keller, how she overcame the adversity of being blind and deaf to become one of the 20th century’s leading humanitarians. Keller received 8 honorary doctoral degrees from 8 great universities.
- ➔ Read successful life story of Kiran Bedi, a retired IPS Officer, who told students to build on Time & Energy they have and use them to add value to their lives to be self reliant. {List of books written by Kiran bedi are 1)Himmat hai? 2)Creating Leadership 3) Its always possible 4) Empowering Women 5)Dare to do etc.,}

“GENIUS ARE NOT BORN BUT MADE” Know Do’s & Don’ts for every work. Follow Do’s and eliminate Don’ts.

(I did mistake, but...) but is a bit of poison. Don’t say SORRY for everything. Try to do without mistakes. (I did it, Kindly forgive me) Be courageous to do everything.

ASPIRE – INSPIRE- ACHIEVE

3]How should be Intellectually Sharp:- Intellectually sharp - “one of the best traits, which no human being can possess”. Sharp means mentally alert, it implies a clever and smart quality with sharp mind, intelligence and keen observation. Intelligence mean not only sharp, alert and active, but also able to reason and understand. One can be intellectually sharp by reading books.

“Most people do not listen with the intent to understand: they listen with the intent to reply”. Intellectually sharp means having “**Enhanced listening skills**”.

Strategies for enhanced Listening:- 1) Having a definite objective of Listening, 2) Get rid of distractions, 3)Being patient, 4)Empathize with the speaker, 5)Don’t interrupt, 6)Don’t prejudge, 7)Concentrate on What the Speaker speaks, 8)understanding non verbal cues, 9)Don’t react emotionally, 10)Practice taking notes and 11)Cultivate positive body language etc.,

Example for best listener is Durgabai Deshmukh was an Indian freedom fighter, Criminal lawyer, social worker and politician. She was a member of the Constituent assembly of India & of the Planning Commission of India. 12years old Durgabai was influenced by Mahatma Gandhi when she met him in Kakinada in 1921. In that small age with her excellent listening skills, she understood aim of Freedom fight, She educated her total family to eliminate Western wear and decided to wear only Khadi,

She decided to quit school arguing against the imposition of English. Later she leaded Salt Satyagraha movement, she was spent for 3 years in Jail. After completing her law degree she started an adult literacy programme. Her efforts placed her at Steering Committee in Assembly debates. She motivated “Citizen Balika Hindi Prachar sabha” Her **self**

confidence, Accident initiation and Enhanced Listening Skills placed her in high position.

Best book written by Durgabai, which must be read not only by students but also by every Person, is “STONES THAT SPEAK”.

4] Emotionally well balanced: - Emotional balance is the ability of mind and body to maintain equilibrium and flexibility in the face of challenge and change. Emotional balance promotes health and is a prerequisite for personal wellbeing and growth.

- ✓ Don't underestimate your power & energy and determination. You don't justify your calibre with negative thoughts. **“Strong determination along with thinking is a tip for success – Abdul Kalam.”**
- ✓ When you want to be balance: Ask yourself, your consciousness will tell you that “I am not balanced”. Then you listen to your consciousness – as “Day & night I'm just immersed in enjoyment like watching TV, Playing Cricket, chatting by using different apps in cell phone. Playing video games, Now decide like I have to do justice to my work & duty.
- ✓ Enjoyment in life is like Salt in food. Anybody like too much salt in food?
- ✓ To be emotionally healthy balance you can spend 5% of your time on Devotional Discourses like “Guidance for students, Value of time, Personality development” etc.,
- ✓ You should read the “Knowledge facts book.” “Excellence is not a gift but a skill that takes a practice”. We do not act rightly because we are ‘excellent’ in fact we achieve excellence by acting rightly.
- ✓ Human behaviour flows from three main sources: Desire, Emotion and Knowledge. Don't label yourself that I can never handle this, I can never do that. Practice can make stones melt, you should not curse. Don't think bad, Don't say bad words out of your mouth, Don't allow filthy words to flow out of your mouth.
- ✓ If you can Embrace the Embarrassment, nothing can shake you.
- ✓ Among youth lot of anger, frustration and depression. suicidal attempts also happening. These youth should be guided for inner piece. Unique breathing system in Yoga which harmonize the body, mind and emotions. Breathing technique eliminates stress, fatigue and negative emotions such as anger, frustration.
- ✓ Intellectually we know everything, but when that moment comes, negativity comes like a FLOOD, It just throws all your knowledge.
- ✓ Keep Smiling – broaden your vision. Know that life is much bigger than small events that takes place in your life.

5] Spiritually Elevated:-For personality development, along with Physical & Mental fitness Spirituality also one of the requirements for every individual.

- Spirituality is linked to many important aspects of human functioning – Spiritual people have positive relationships, high self esteem, are optimistic, they have



meaning and purpose in life. Spiritual people self actualize. Spiritual practices are associated with better health and well being.

- Spirituality can be achieved by educating students. We need to change mindset among students to embrace everyone with affection.
- We tell to students don't feel bad, don't get depressed, don't be jealous, don't be greedy & don't get angry, but we don't tell them how not to depressed, how not to undergo all these emotions.
- Be consistently compassionate, be humble, Get good at being uncomfortable, Be a relationship builder, do the inner work.
- All Leadership in life begins with Leadership of self; Respect your time; Nurture your body; Communicate with nature and commit from your core (work) to elevating the way you think, feel and live.
- "Winners don't do different things – They do things differently".
- Don't give up. Life tests the big dreamers – the passionate revolutionaries.
- Real Leadership is not about prestige, Power or status. It is about responsibility.

Conclusion:-

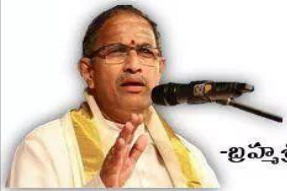
- Personality development will not come with only education. It is a gradual process of improvement in traits of individual behaviour like slow blossom of a flower from its bud stage. It is not possible in single day work; many important traits of individual behaviour must be gradually acquired with continuous practice in life.
- For reaching goal successfully, the distractions are favourable enemy (work which dominates our consciousness like Watching Cricket match/ movie etc during examinations time) or unfavourable enemy(addicting to bad habits), which prevent concentration. Don't behave to regret at the final day of Judgement. Don't show interest on unfavourable issues.
- **For accomplishing the IMPOSSIBLE as I'm Possible :-**
Work harder/smarter occasionally, improve your Perseverance (Dhruthi/pattudhala), insight(vichakshana drushti), Resolve(sankalpam), Distance vision (duura drushti), Consciousness (mathi), Raise your level of competence, Keep improving, follow through excellence, accomplish more than expected (Highly competent people always go the extra mile, Keep going when others stopped, work with persistence & determination and try to avoid Temptation(Pralobham).

వాల్మీకి మహర్షి శ్రీరామాయణంలో ఒక మాటంటాడు. 'ధృతి, దృష్టి, మతి, దాష్ట్యం సకర్మ సశీయతి' అంటాడు. ఇది ఆర్యోక్తి. ఒక్క విద్యార్థులకే కాదు, మనుష్యుడిగా పుట్టిన ప్రతివాడికీ ఇది అన్వయమవుతుంది. ధృతి అంటే పట్టుదల, నిర్ణయం. దృష్టి అంటే మీరు ఒక పనిని చేయడం మొదలుపెట్టిన తర్వాత అది పూర్తిగాక ముందే మీ వైభవాన్ని, కీర్తిని పొందడం. దానివల్ల వచ్చే పొగడ్లకోసం పోకుండా నిలదొక్కుకోగలగడం. మతి అంటే చెయ్యవలసిన పనిని చెయ్యవలసినదానిగా చేయకుండా పోవడం, దాష్ట్యం అంటే చెయ్యకుండా ఉండవలసిన పనిని చెయ్యకుండా ఉండడానికి కావలసిన దైర్యాన్ని పొంది ఉండడం. ఈ నాలుగూ ఎవరు పొంది ఉంటారో వారు తలపెట్టిన పనిలో విఫలంకాదు. వారు దీనిని సాధించాలనుకున్నాడో దానిని సాధించితిరతాడు.

విద్యా విలువలు - [విద్యార్థులకు, భావితరాలకు మార్గదర్శనం] - 57


మంచి పుస్తకాలు చదవండి, పెద్దలైన వారి జీవితచరిత్రలు చదవండి. చదివితే 'కింద పడిపోవడమన్నది జీవితంలో ఎప్పుడన్నో ఉంటుంది. అన్ని వేళలా **SUCCESS** ఉండదు. కానీ పడిపోయినా లేచి నిలబడ్డం చేతకావాలి'. అని తెలుస్తుంది.



-బ్రహ్మశ్రీ డా. చాగంటి కోటేశ్వరరావు గారు...

విద్యా విలువలు - [విద్యార్థులకు, భావితరాలకు మార్గదర్శనం] - 08

You should be sensitive enough but should not 'hypersensitive'. ప్రతి దానికీ తీవ్రంగా ప్రతిస్పందించే అలవాటుంటే ప్రయత్న పూర్వకంగా మార్పుకోవాలి. జీవితంలో ఏదో ఒకచోట ఎక్కడో అక్కడ ఒక చిన్న పొరపాటు ఉరుగుతుంది. అంత మాత్రం చేత చాలా తీవ్రంగా స్పందించి తీవ్ర ధోరణిలో ఆలోచించేసి డిప్రెషన్ అని పేరుపెట్టుకుని వెళ్తాడుకి మించిన మాత్రలు వాడి ప్రాణాలు విడిచిపెడుతుండడంలోంటి పనులు చేయకూడదు. శరీరత్యాగం చేయడం చేయకూడదు. అమ్మ తిట్టిందనీ, నన్ను తిట్టారనీ, గురువు తిట్టారనీ, పరీక్ష తప్పిందనీ ఇలా ఏదో ఒకటి ప్రతిదానికీ ప్రతి failureకి hyper sensitive అయ్యిపోయి శరీరత్యాగం చేయకూడదు. జీవితంలో complexities, challenges వస్తాయి. వాటిని face చెయ్యడమనేది ఒక గొప్ప అవకాశంగా తీసుకోవాలి. **FAIL** అంటే **First Attempt In Learning** గా తీసుకోవాలి అంతే కానీ ఛెంగెస్ట్ సుకుని డిప్రెషన్ పేరుతో శరీరం వదులకూడదు. అలాగే success వచ్చేకాడా అక్కరలేని ఛేషజాలకి అతి తీవ్ర ప్రతిస్పందనలకి పోయి పాడైపోకూడదు.



-బ్రహ్మశ్రీ డా. చాగంటి కోటేశ్వరరావు గారు...

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- <https://www.youtube.com/watch?v=4L7Uf16ZcKk>
- Personality Development: https://www.youtube.com/watch?v=TP_ZoUDFMUc
- <https://www.youtube.com/watch?v=dKuI4AYARgs>
- https://www.youtube.com/watch?v=_lEm19WWXRI
- Lakshyasiddhi : <https://www.youtube.com/watch?v=1AxFTRTraHY>