



Sandip University, Nashik (MS), India
Post Mahiravani, Trimbak Road, Nashik- 422213 Maharashtra
<https://www.sandipuniversity.edu.in>

Event Activity Report

Academic Year: 2025-2026

School Name: School of Science

Event Title: Session on Personality Development and Confidence Building

Event Date: 27.02.2026

Time: 11.00 am to 12:00 pm

Duration: 01 Hr.

Mode of conduction: Offline

Level of Program: School-Level

Session by: Dr. Nidhi Pandya, Assistant Professor Department of Forensic Science, SOS, SUN.

Number of participants attended : 80+

A session on Personality Development and Confidence Building was conducted by Dr. Nidhi Pandya, Assistant Professor, Department of Forensic Sciences, School of Science, Sandip University Nashik, on 27th February 2026 for the students of B.Sc., School of Science.

The session focused on enhancing students' self-confidence, improving personality traits, and developing a positive attitude essential for academic and professional success. Dr. Pandya highlighted the importance of self-awareness, effective body language, grooming, communication style, and emotional intelligence in shaping an individual's personality.

Sandip University, Nashik (MS), India
Post Mahiravani, Trimbak Road, Nashik- 422213 Maharashtra

<https://www.sandipuniversity.edu.in>

Through interactive discussions and practical examples, students were guided on overcoming hesitation, building self-esteem, and presenting themselves confidently in academic settings, interviews, and social interactions. The session encouraged students to recognize their strengths and work consistently on self-improvement.

Objectives of the Session

1. To enhance self-confidence among students.
2. To develop a positive and professional personality.
3. To improve body language and interpersonal skills.
4. To prepare students for interviews and professional environments.
5. To promote self-awareness and continuous personal growth.

Conclusion

The session was highly informative and inspiring for the B.Sc. students. It provided valuable insights into personality enhancement and confidence building, equipping students with practical strategies for self-development. The interactive nature of the session motivated students to apply the learned techniques in their academic journey and future careers. Overall, the program significantly contributed to the holistic development of the students.

Photos



Sandip University, Nashik (MS), India
Post Mahiravani, Trimbak Road, Nashik- 422213 Maharashtra
<https://www.sandipuniversity.edu.in>



Session by Dr. Nidhi Pandya on Confidence Building



Associate Dean, SOS