

Personal Development Plan (PDP)

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 Section: **22**

Current Status	Goals (SMART)	Action Plan	Resources Needed	Total Score
Lack of confidence in speaking	Improve verbal communication in 3 months	Join clubs, weekly presentations	Courses, mentor	30
Struggling to contribute effectively	Be active participant	Engage in group tasks	Faculty guidance	25
Challenging prioritizing	Build daily routine	Use planner, Pomodoro	Planner app	15
Managing stress control	Improve self-awareness	Journaling, mindfulness	Books, apps	40
Overcoming social exposure challenges	Lead a mini-project	Volunteer for leadership	Peer coordination	60
Addressing self-doubt and lack of confidence	Increase confidence	Affirmations, challenges	Mentor, content	35
Improving physical exercise routine	Workout 4 days/week	Beginner plan, walking	Fitness apps	15
Reducing emotional stress levels	Improve clarity	Meditation, detox	Meditation app	25
Developing balanced eating habits	Adopt healthy diet	Fruits, hydration	Nutrition guide	15
Establishing consistent habits	Build 3 good habits	Daily tracking	Habit apps	30