

## Report on the On-line Workshop on Soft skills Programme

**Date:** 25<sup>th</sup> to 28<sup>th</sup> May 2021

**Organised By:** IQAC Lady Keane College And Career Counselling Cell

**Topic:** People skills and necessary conditions

**Attended By:** Final Year Students

### Session Details:

SL NO	Date	Batch	Departments	No of Students Attended
1	25/05/2021	Final Year	Botany, Zoology, Chemistry, Physics, Bio-Chemistry, Mathematics and BCA	85
2	26/05/2021	Final Year	History, Khasi, Bengali and Philosophy	76
3	27/05/2021	Final Year	Political Science, Economics and Sociology.	83
4	28/05/2021	Final Year	English, Education and BTM.	77

### Aims and Objectives Soft skills training:

1. To give each student a realistic perspective of work and work expectations,
2. To help formulate problem solving skills
3. To educate the students in decisions making, communication skills, Team work and interpersonal skills.
- 4.To Enhance development

The Online workshop on Soft skills “People’s Skill: A Necessary Condition” was organized by the Career and Counselling Cell, Lady Keane College, Shillong in collaboration with the Internal Quality Assurance Cell (IQAC), was held on the 25<sup>th</sup> to 28<sup>th</sup> May, 2021. The Target Groups was the final year students of the College. The workshop was funded by RUSA (under Equity Initiative Fund) and the Resource Person was Mr. Eboton Kharkongor, Manager and Trainer, Logos Foundation. The online workshop was held through Google Meet Platform . A power point presentation being delivered by the resource person . The students actively participated with enthusiasm and joined in the conversations, activities, during the whole session. There is a Question-and-Answer session at the end of each session from the students, in order to clear their doubts and seek for advice from the resource person where he answer all their questions with motivational and encouraging words which make the students satisfied with the overall programme.

The Aim and objective of soft skills training:

1. Improve performance and productivity.
2. improve self-confidence and reduce stress.
3. Improve communication skills and problem-solving skills.
4. Provide a realistic future Work expectations and goals.
5. Improve the desire to reach their goals.

Soft skills are personal attributes that influence how well we can work or interact with others. These skills make it easier to form relationships with people, create trust and dependability and lead the team. The online soft skills training help the students to enhance their performance and

being productive in life. A four days program has enlighten the students to be more confident in life as well as to improved their communication skills,self confidence level,Adaptability skills and also the ability to read body language,eye contact or the facial expressions and so on. The workshop programme also helps the students to become more assertive ,active listening ,problem solving skills etc.It helps the students to focused mainly on improving their performance and productivity related with their studies. The main aim is to help them focus on qualities productivity of their studies. Another important aspect of students is the stress level which give rise to their low self confidence. Helping them manage stress and focus on themselves and their strength.

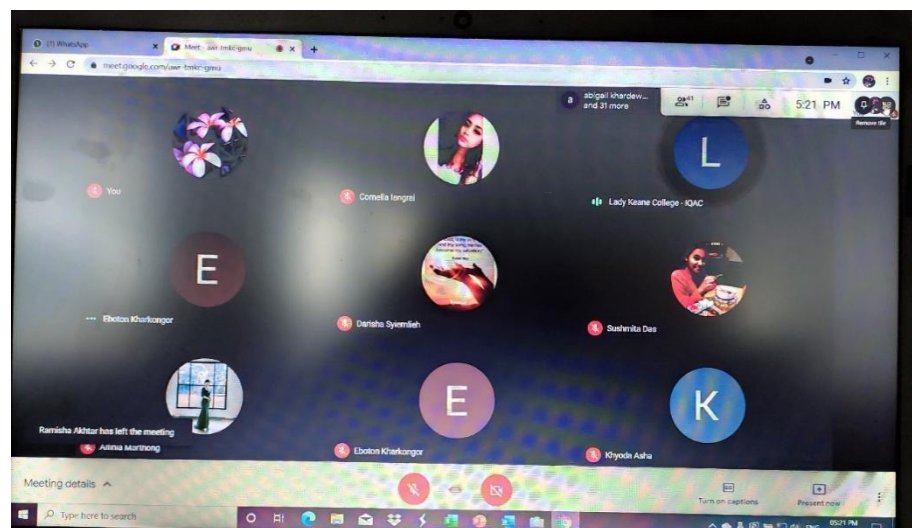
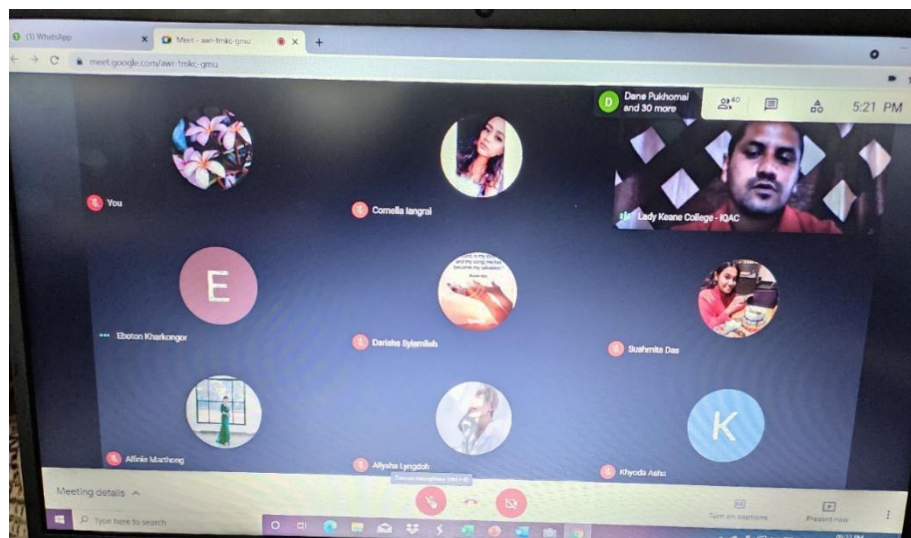
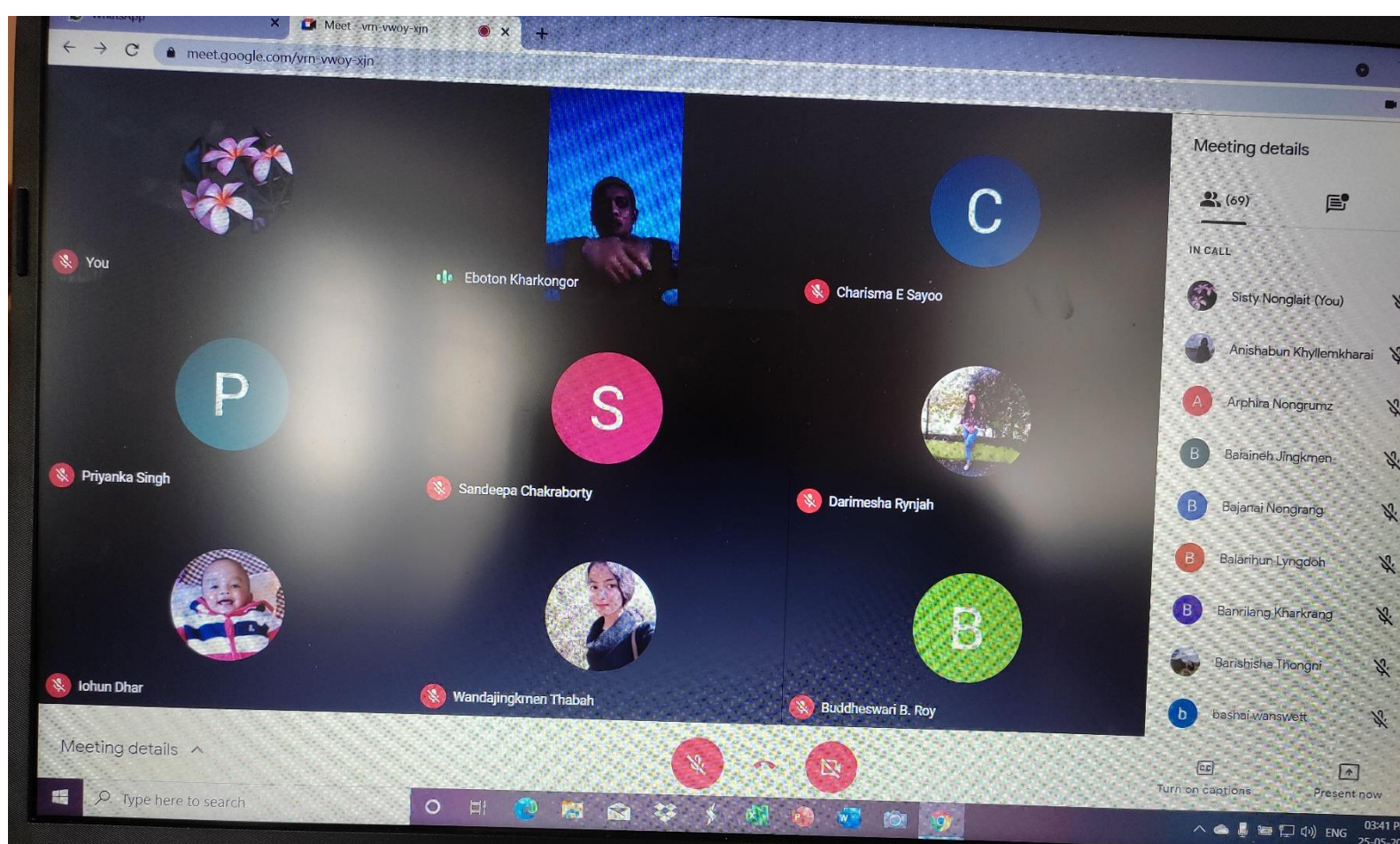
Peer pressure and competitions results in low self confidence in the students. Knowing and focusing on their strength will result in positive outcomes.

Communication skills and problem solving skills is an important skills for everyone . Communicating their doubts and fears and their apprehensions will help them improve their studies and relationships considerable. Facing and solving their problems rationally will help them conquer their dreams and goals. Inability to solve basic human problems will lead to low self confidence and isolation from their peers and lead to depressions. Hence, helping the student with problem solving skills will improve their lives.

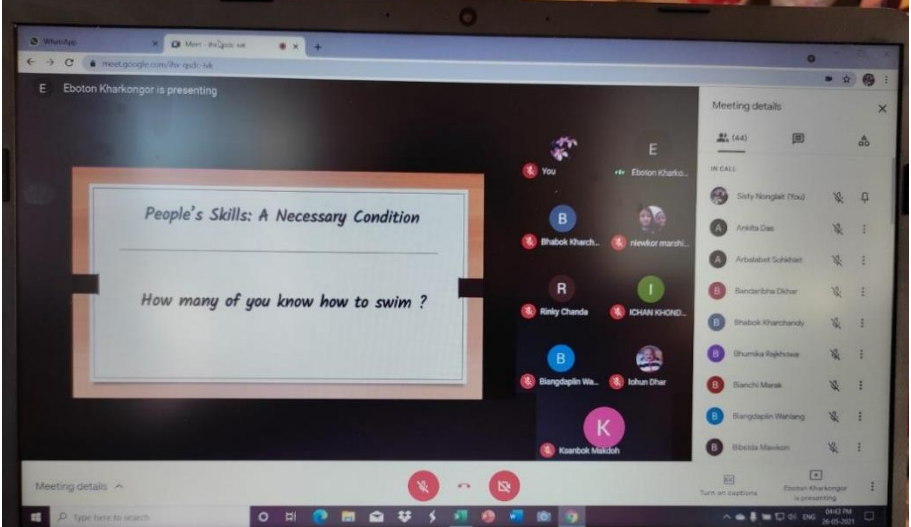
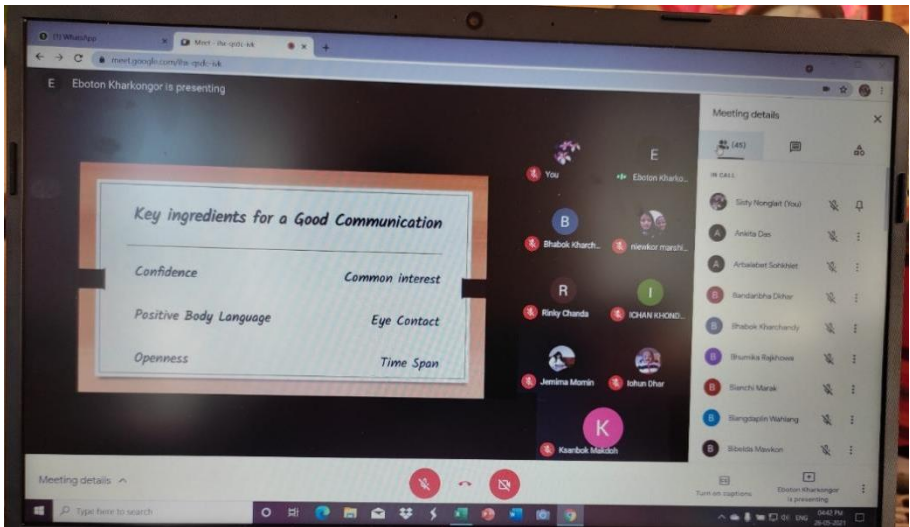
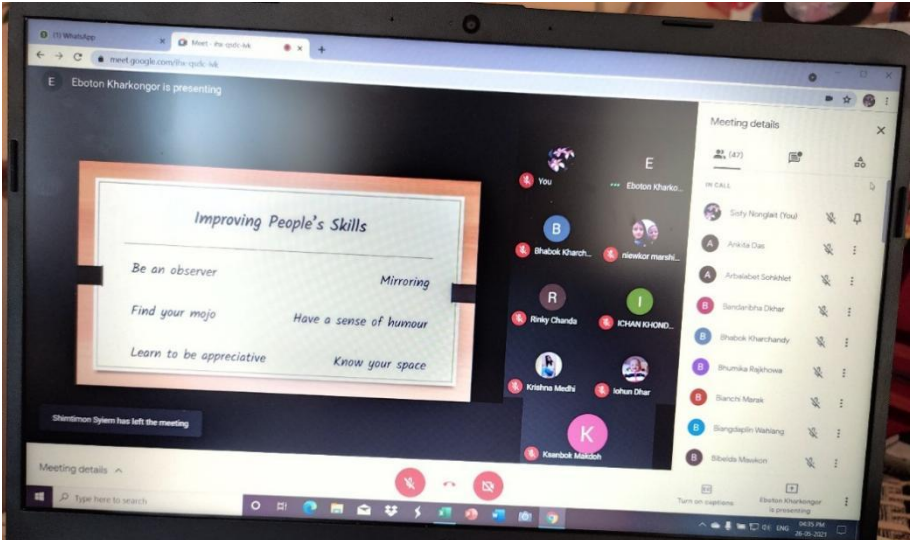
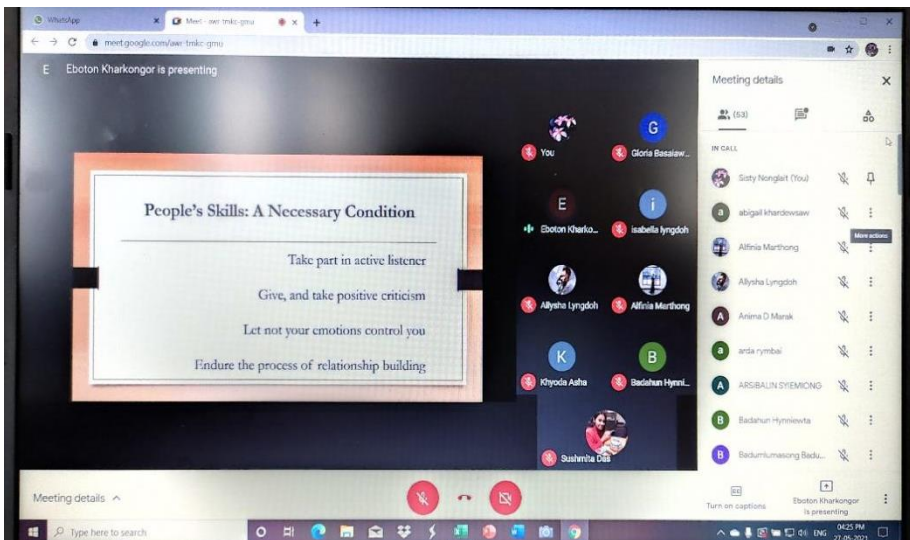
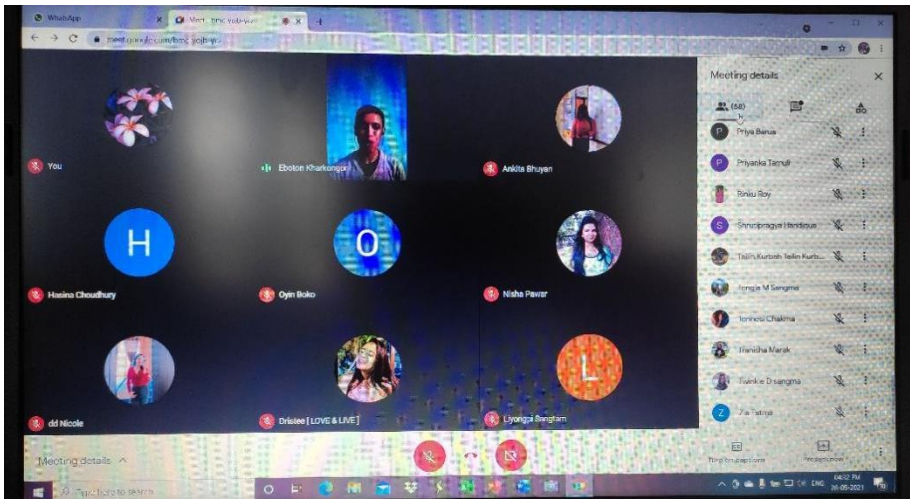
This training help the students to deal with the realistic future goals and dreams. Either way it is not crushing big dreams and aspirations, rather than, distinguishing the world of reality of future prospect of work and of daydreams big high end impossible goals.

Again, this training help the students to work hard to reach their goal. Nothing is impossible to a determine soul. Helping the students and igniting the desire to work hard for fulfilling future goals and aims in life.

## PICTURES:







Question and Answer Session



