

Report – Soft/Life Skills Training Workshop-2022  
**A Report**  
On  
**One Week Workshop on “Soft/Life Skills Training  
Workshop-2022”**  
**In Association with Rubicon, Pune**

1. **Title of Workshop :** Soft /Life Skills Training Workshop-2022
2. **Date of Workshop:** 5<sup>th</sup> to 9<sup>th</sup> December 2022 (From 9:30 am to 4:15 pm)
3. **Kind of Activity:** Hands on Soft/ Life Skills Training
4. **Organized By :** T&P Cell of BS&H Engineering Department  
in Collaboration with Central T&P Cell
5. **Collaborating Agency :** Rubicon Foundation, Pune
6. **Resource Person /Trainer :** Mr. Amrut Kulkarni & Mr.Abdul Peerzade

**7. Objectives of the Workshop:**

Life skills go hand in hand with development and can assist students to succeed later in life. Life skills are recognized as those essential skills that bring together the social, emotional, and cognitive capacities of a person to solve problems and achieve goals. Life skills training equip students with the social and interpersonal skills that enable them to cope with the demands of everyday life. The objectives of this training are to build self-confidence, encourage critical thinking, foster independence and help students to communicate more effectively. It helps participants/studnets become more assertive, communicate effectively with others by developing good listening skills and learn to handle stress and deal with disappointments and setbacks. Such training sessions help students to explore their beliefs and attitudes through group discussions and confidence building techniques such as positive visualization. They encourage students to play to their strengths by engaging in creative activities and following a healthy lifestyle. **After completing this workshop students will be able to:**

- Learn how to deal with failure
- Improve their study skills

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- Learn how to manage their time
- Learn how to manage their emotions
- Learn how to establish and maintain healthy relationships
- Learn how to communicate effectively
- Learn to develop interpersonal skills and adopt good leadership behavior for empowerment of self and others

**8. Place of Activity (venue):**     **Drawing Hall & BS&H Department**

**9. Number of Participants:**    Total 184 students participated for this workshop

**10. Participants from:**         **All Branch** Students from Engineering Department  
(First Year)

### 11. Workshop Discussions & Hands on Training on:

<b>Day 1</b> Monday (05/12/2022)	<p><b>Introduction: Soft Skills &amp; Communication</b></p> <ul style="list-style-type: none"> <li>➤ In-demand soft skills,</li> <li>➤ Clarity , Confidence, Respect, Empathy, Listening</li> <li>➤ Verbal communication ,Non-verbal communication</li> <li>➤ Written communication, Constructive feedback, Friendliness</li> </ul>
	<p><b>Practical Activities on Above</b></p>
<b>Day 2</b> Tuesday (06/12/2022)	<p><b>Teamwork</b></p> <p>--- Collaboration, Cooperation, Coordination,</p> <p style="padding-left: 40px;">Delegation, Listening, Active listening,</p> <p style="padding-left: 40px;">Idea exchange,Mediation,Negotiation</p>
	<p><b>Practical Activities on Above</b></p>
<b>Day3</b> Wednesday (07/12/2022)	<p><b>Time Management</b></p> <p>--- Prioritizing,Self-starter,Planning,</p> <p style="padding-left: 40px;">Decision making ,Focus,Delegation,</p> <p style="padding-left: 40px;">Stress management ,Coping,Organization,</p>
	<p><b>Practical Activities on Above</b></p>

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<p><b>Day 4</b> Thursday (08/12/2022)</p>	<p><b>Problem solving</b> ---Lateral thinking, Logical reasoning, Initiative  Persistence,Observation,Persuasion,  Negotiation,Brainstorming,Decision making</p> <p><b>Practical Activities on Above</b></p>
<p><b>Day 5</b> Friday (09/12/2022)</p>	<p><b>Critical thinking</b> ----Problem solving, Logical reasoning,Brainstorming  Creative thinking,Communication,Collaboration,Observation  Applying data to real-world situations</p> <p><b>Practical Activities on Above</b></p>

### 12. Photographs:

#### Inauguration Function at (Central Drawing Hall)



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### Felicitation of Chief Guests at Inauguration Function (Central Drawing Hall)



### Training Session at BS&H Department Class Rooms, Trainer- Mr.Abdul Peerzade



**Training Session at BS&H Department Class Rooms, Trainer- Mr.Amrut Kulkarni**



**Last day of Training Session at BS&H Department Class Rooms with Trainer, Organizing committee & Students**



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**Training Completion, Official Photo with Principal Dr.Sanjeev Jain, TPO, Trainers, Organizing committee -Faculties & Students**



**13. Report Prepared By:** Asst. Prof.Ashok B.Kolekar ( Students Affair Coordinator)

BS&H Department, Sanjeevan Engineering & Technology Institute, Panhala.

\*\*\*\*\* **Thank You** \*\*\*\*\*