Momentum: Personality and skill development programmes.

Venue – III DC Class room
Date – 15th and 16th November 2022

Introduction

Soft skills play a crucial role in shaping individuals' personal and professional success. Recognizing this importance, the Department of Zoology of Sacred Heart College initiated the "Momentum 2k22" a soft skills program aimed at enhancing students' holistic development. The program was conducted on 15th and 16th November 2022 under the guidance of Ms. Bincy Baby, a former ASAP Trainer renowned for her expertise in soft skills training.

The Department has always aimed at giving a holistic education to our students and has identified the need to equip its students with essential soft skills to thrive in the dynamic professional landscape. Momentum 2K22 was designed to address this need, with objectives centered around fostering effective communication, teamwork, leadership, and time management skills among participants.

Program

The program spanned over 2 days, comprising interactive workshops, seminars, and practical exercises. Ms. Bincy Baby, leveraging her extensive experience, curated engaging sessions covering diverse topics such as effective communication techniques, conflict resolution strategies, emotional intelligence, and stress management.

The resource person adopted a participatory approach, encouraging active involvement and collaboration among participants. Through dynamic presentations, group discussions, role-playing exercises, and case studies, she facilitated an immersive learning environment conducive to skill acquisition and self-reflection.

Participants exhibited commendable enthusiasm and engagement throughout the program, actively participating in discussions, sharing personal insights, and seeking clarification on key concepts. Feedback sessions were conducted regularly to gauge participants' understanding and address any concerns promptly.

Momentum 2k22 yielded significant outcomes, evident in the observable improvement in participants' soft skills proficiency. Participants reported enhanced confidence in interpersonal communication, a greater ability to work collaboratively in teams, and improved time management practices. Post-program assessments revealed a notable increase in participants' self-awareness and adaptability, indicative of the program's positive impact.

In conclusion, the soft skills program, led by Ms. Bincy Baby, was a significant success and helped in nurturing well-rounded individuals equipped with essential life skills. The program's success underscores the transformative impact of tailored soft skills training in



empowering students to realize their full potential and thrive in today's competitive landscape.





