Momentum 2023

Venue: III DC Zoology Class room
Resource Person: Ms. Bincy Baby, Former ASAP Trainer
Date: 25-26 September 2023

Enhancing Soft Skills for First-Year Degree and Postgraduate Students

Introduction

Soft skills play a crucial role in the personal and professional development of students. They encompass a wide range of interpersonal and communication abilities that are essential for success in academic settings and future careers. This report outlines the implementation and impact of a Soft Skills Program designed for first-year degree and postgraduate students. The program began with Dr. V. Neetha introducing the resource person, Ms. Bincy Baby who has worked as an ASAP trainer for several years. She began the workshop by giving an overview of what the participant can expect from the program. She introduced the concept of soft skills and how it helps in improving their personal development.

Program Objectives

The Soft Skills Program was initiated with the following objectives:

a. To equip students with essential soft skills, including communication, teamwork, adaptability, and critical thinking.
b. To enhance students' employability and readiness for their future careers.
c. To create a supportive and inclusive learning environment for all participants.

Program Activities

The program was structured to provide a comprehensive learning experience over a period of 10 hours. Key activities included:

a. Soft Skills Workshop: These sessions covered various aspects of soft skills, such as effective communication, time management, problem-solving, and conflict resolution.
b. Group Activities: Students were given the opportunity to collaborate on real-world projects, emphasizing teamwork, leadership, and adaptability.
c. Cultural and Diversity Training: Promoting inclusivity and intercultural understanding was a vital component of the program. This was achieved through a competition at the end of the program where the students had to make a reel on any topic of their choice. They were to use the skills that they were trained in to convince their teachers to contribute to the reel making process.

Outcomes and Impact

The Soft Skills Program had a significant impact on both first-year degree and postgraduate students. The following outcomes were observed:

a. Improved Communication: Participants demonstrated enhanced verbal and written communication skills, aiding their academic performance and interpersonal relationships.
b. Effective Collaboration: Students displayed improved teamwork and leadership skills, which were evident in their group project results.
c. Critical Thinking: The program encouraged critical thinking and problem-solving abilities among students.
d. Increased Employability: Graduates of the program were better equipped for the job market, with improved interview skills and well-crafted resumes.
e. Inclusivity and Empathy: Cultural and diversity training promoted understanding and empathy, fostering a more inclusive campus environment.

Challenges Faced

Some students initially faced challenges in engaging with the program, indicating the need for more interactive and engaging activities.
Implementing continuous assessments and tracking students' progress throughout the year can help monitor the effectiveness of the program along with Post-Program Support.

Conclusion

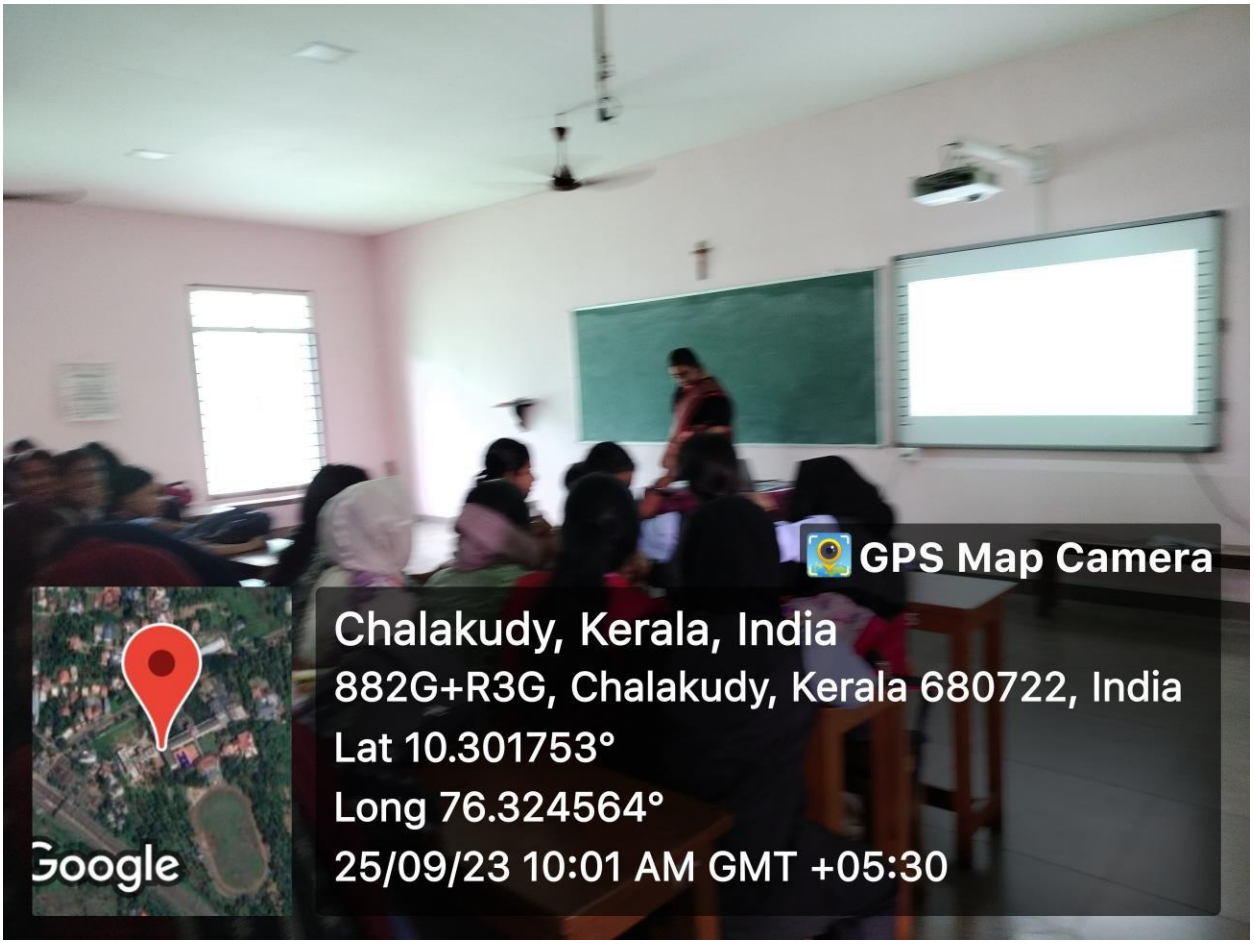
The Soft Skills Program for first-year degree and postgraduate students has proved to be a valuable initiative in promoting essential skills and preparing students for the challenges of the future. The positive outcomes observed, such as improved communication, and collaboration among the students demonstrate the importance of integrating soft skills training into the educational curriculum.

This program not only benefits students during their academic journey but also equips them with the tools needed to succeed in their professional lives, ultimately contributing to their personal and career development. Continuous improvement and support will ensure that the Soft Skills Program remains a valuable asset to the institution and its students.

Brochure


SACRED HEART COLLEGE
CHALAKUDY
Light shines in darkness
MOMENTUM
SOFT SKILL DEVELOPMENT PROGRAMME
ORGANISED BY
ZASHC
ZOOLOGY ASSOSIATION OF SACRED HEART COLLEGE
BINCY BABY
Resource person
25TH & 26TH
SEPTEMBER
All are welcome!!

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