

Soft Skills

2018-19

Workshop on Soft skills and Group Discussion Programme (09-08-2018)

SOFT SKILLS AND GDP

On 9th Aug 2018- A career guidance cum knowledge sharing program on the topic " Soft skills and GDP" was organized. The resource persons were Ms. NidhiTak from IBS (ICFAI Business School, Gurgaon, 9870136153). 140 students of B.com V sem participated in this program. They highlighted on various topics like soft skills, communication skills, and career opportunities.



Career Guidance Programme on Interview skills (28-02-2019)

INTERVIEW SKILLS

On 28th Feb 2018- A career guidance program on "Interview Skills" was organized. The resource person was Mr. Pardeep Singh (Director IBT) from IBT, Jalandhar accompanied by Mr. Gurcharan Singh & Ms. Monica. Around 200 students of final year B.Com, BCA, M.com & MSc IT attended the program. The focus was on Govt. exams and interview skills.



2017-18

Professional Development Programme Level 1 (03-09-2017 to 05-09-2017)

PROFESSIONAL DEVELOPMENT COURSE LEVEL-1

From 3rd Sept to 5th Sept 2017, Career Counselling Cell organized workshop on "Professional Development Course Level-1." The resource person was Mr. Rajneesh Dev Sehajpal from Kalapataru Professional & Educational Services Ltd. 54 students plus 3 volunteers participated in the workshop. The main contents of workshop were personal grooming, time management, stress management, • relationship management, - behavioral study communication skills & group dynamics. The workshop was 200% success and got tremendous feedback.



Professional Development Programme Level -1(25-09-2017 to 27-09-2017)

PROFESSIONAL DEVELOPMENT PROGRAMME LEVEL-I

From 25th Sept – 27th Sept 2017 again one “Professional Development Programme Level-I was organized by the cell. 47 students from various streams participated in the program. The resource person was Mr. Rajneesh Dev Sehajpal from Kalapataru Professional & Educational Services Ltd. Students was provided training on time management, stress management, personal grooming & other personality traits.



Mastering The Soft Skills (25-09-2017)



The Fashion Designing department of Hans Raj Mahila Maha Vidyalaya organized a seminar on the topic **Mastering the Soft Skills** by resource person Dr. Anish Dua from GNDU Amritsar. The students from the department of Fashion Designing attended this seminar along with all faculty members. He enlightened the audience with positive attitude, effective communication, pleasant body language and many other traits required for Mastering the Soft Skills. Principal Dr. (Mrs.) Ajay Sareen appreciated this initiative of the department. On this occasion, HOD Mrs. Cheena, Mrs. Navneeta and other faculty members were also present.

Professional Development Level -11(17-03-2018 to 19-03- 2018)

PROFESSIONAL DEVELOPMENT PROGRAMME LEVEL-1 1

From 17th -19th March 2018, "Professional Development Program Level-11 was organized by the cell. The resource person was Mr. Rajneesh DevSehajpal from Kalapataru Professional& Educational Services Ltd. 55 students from various classes attended the program. The students learnt communication skills, listening skills, group discussion, inter- personal relationships, personal grooming, corporate development attributes, resume writing along with practical training.



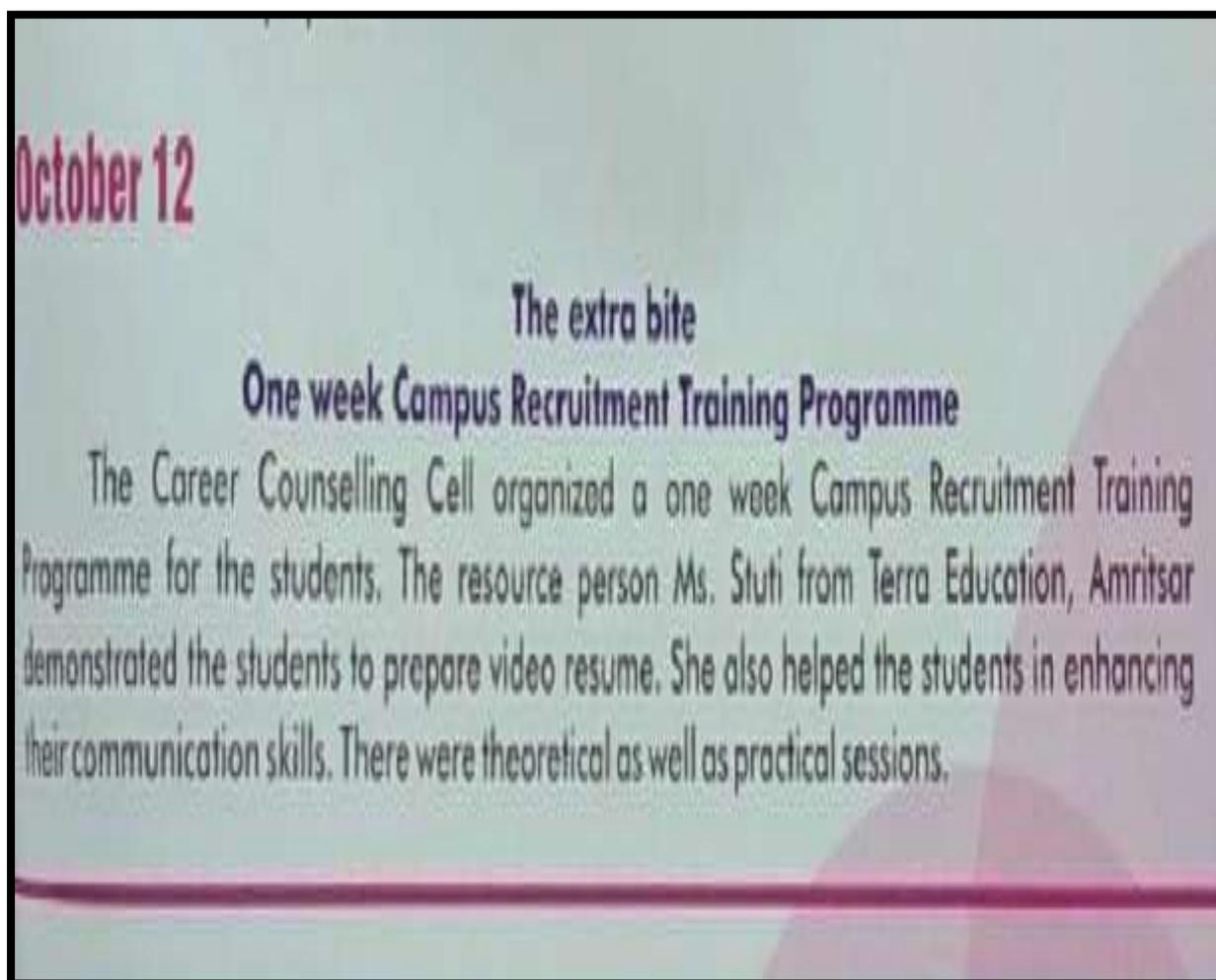
International Workshop on Stress, Mental Depression and Suicide Ideation: Casual Factors and Coping Strategies (17-04-2018)



The Psychology department of Hans Raj Mahila Maha Vidyalaya organized an **International Workshop on Stress, Mental Depression and Suicide Ideation: Casual Factors and Coping Strategies**. The resource person was Dr. Daya Singh Sandhu, Director of Research, Lindsey Wilson College, Columbia. His wife Mrs. Usha Sandhu also accompanied him. Head of Psychology department Dr. Ashmeen Kaur welcomed him with planter and gave a brief introduction of the workshop. Dr. Daya Singh Sandhu said that mental health crisis is prevailing throughout the world. He gave the figures that 1.52 billion people of the world need serious mental help, which is a very serious issue. He said that 95% problems are created by stress. In this world, there are only two types of people – either stressed out or depressed. He said that depression is actually frozen anger. Our mind affects our body and soul. He said that suicide is basically ‘cry for help’. No one wants to die as life is very beautiful. Mental Health Counselling is the need of the hour. He advised the participants to talk to themselves in a very genuine way. Suicidal attempt is the result of hallucination which lasts for a very short span of time. He also conducted a practical session of stress relief. Principal Professor Dr. (Mrs.) Ajay Sareen honoured him and said that such workshops are necessary to tell our young generation that depression or suicide is not the solution of any problem. Dr. Sharanjeet Kaur, Assistant Prof. in Psychology gave vote of thanks. On this occasion, teachers of various department and students of all faculties were present.

2016-17

\One Week Campus Recruitment Training(CRT) programme (19-07-2016 TO 27-07-2016)



From 19-07-2016 to 27-07-2016 A “One Week Campus Recruitment Training (CRT) Programme” was organized for students in the college. The resource person was Ms. Stuti from Terra Education, Amritsar. She taught the students about making video resumes. She also helped the students in enhancing their communication skills. There were theoretical as well as practical sessions. Around 30 students attended this programme. The students were from different streams. Practical sessions of mock interview were also conducted.

Workshop on Personality Development (02-08-2016)



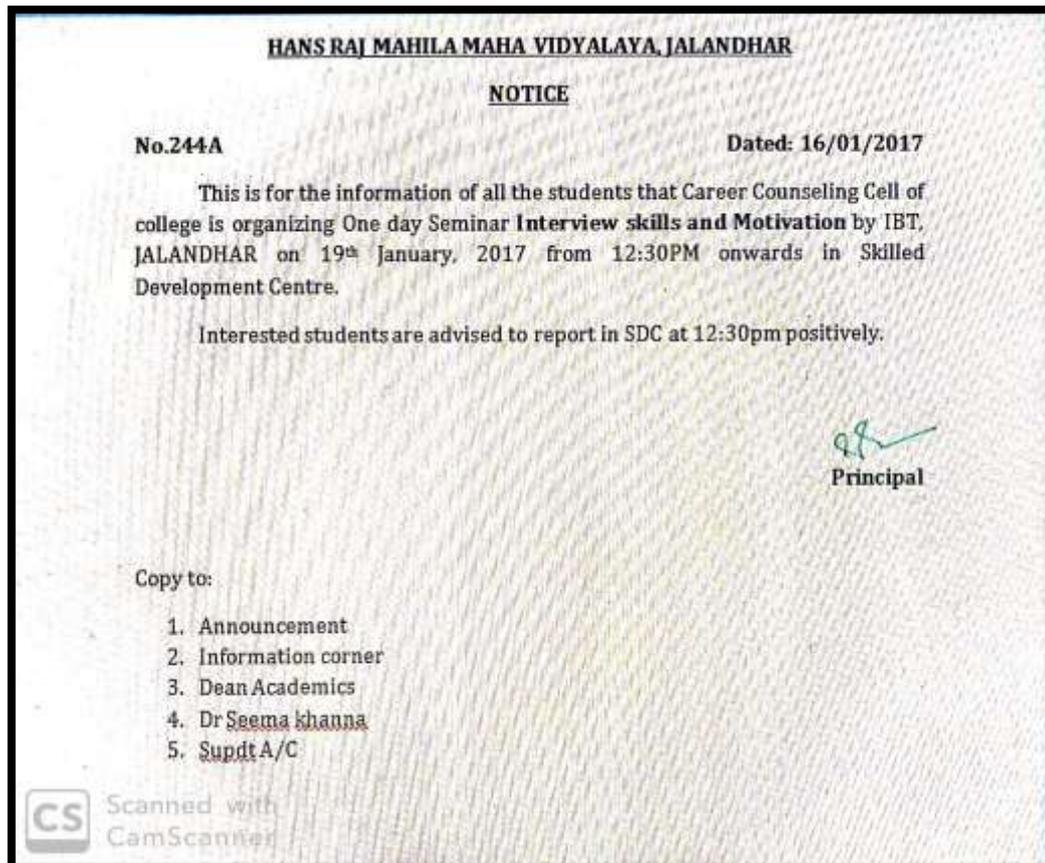
On 02-08-2016, A workshop on “Personality Development” was organized in which the resource persons were Mr. Amit Mahajan, Co- founder of “Build Skills” , Mr. Avilesh Mahajan (Co- founder) , Mr.Milan Kapoor(Professional Motivator and Trainer) and Mr.Meet Inder (Head Councillor in HR.) About 220 students from Arts, Science, Commerce and Computer Science streams participated. They talked about spontaneous speaking, body language, listening skills, and brain controlling techniques. Mr. Amit Mahajan differentiated between listening and hearing. He said, “The students should focus on their brain and overcome fear.” Hand movements are also proven to be effective during communication. He also performed some personality reflection games with the students

Motivational seminar on Never Give Up (03.09.2016)



R. Venkataraman Chemical Society organized a DBT sponsored motivational seminar on the topic Never Give Up. Resource person Dr. Umesh Arya from Guru Jambheshwar University, Hisar emphasized that it's better to overlook things that cannot be corrected, instead focus upon new goals, regaining confidence and enthusiasm and give all your energy to achieve this goal. He practiced different techniques like deep breathing, meditation and hypnotizing session and tried to clear the heart and mind of students of negative feelings and guilt and rejuvenated them with positive energy.

Seminar on Interview Skills and Motivation (19-01-2017)



On 19-01-2017 A Seminar on “Interview Skills and Motivation” was arranged by IBT, Jalandhar. The resource person was Mr. Manbir Singh. About 150 students of M.Com & B.Com final year participated in the event. Mr. Manbir Singh gave few practical skills on resume writing he discussed about interviews taken by different types of sectors. He conducted some mock interviews. He encouraged the students to be confident in interviews

2015-16

Workshop on Art of Interviewing (17-09-2015 to 18-09-2015)

A 2-day workshop on **Art of Interviewing** was organized on 17th & 18th Sept., 2015. The workshop was held by Ms. Ramanpreet Kaur, Director, Shamsheer Communications Pvt. Ltd. for the students of Diploma in Journalism and Media. The first day was dedicated to research in this direction. Ms. Ramanpreet taught students things that are needed to prepare before the interview. The second day of the workshop included preparing scripts and show. She involved students in various practical activities. The students presented their interview based shows.



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Workshop on Group Discussion (26-02-2016)



On 26-02-2016, a workshop on “Group Discussion” was organized. The resource person was MD of IMS, Mr. Kamlesh Sajnani, accompanied by Mr. Dikshant Dawar (Director) and Ms. Neha (Centre Manager). He focused on presenting logic and content in GD’s. He strengthened the Make In India Project. He discussed about the social perspective in India, as the citizens are divided between economy and socialism giving rise to social capitalism. He also related it with problems to the youth. Mock GD was also conducted and students were motivated with award or prizes. Total 150 students participated in the event.

2014-15

Workshop on Interview Skills (26-08-2014 to 29-08-2014)



Workshop on Interview Skills was conducted from 26-08-2014 to 29-08-2014. The resource person was Mr. Rajneesh Dev Sehajpal from Kalpataru Professional and Educational Services, New Delhi. About 348 students from Commerce, Science and Computers participated in this event.

One Day Workshop on Group Discussion (11-02-2015)



On 11-02-2015, Career Counselling Cell organized One Day Workshop on “Group Discussion”. Director of TIME Institute Jalandhar, Mr. Rishab Gupta was the key speaker who gave theoretical as well as practical training to about 195 students of various streams. He also discussed 3P’s for Personality Development i.e. Passion, Planning and Practice

Seminar on Personality Development (13-03-2015)



A seminar on Personality Development was organized on 13-03-2015 in which Mr. Simerjeet Singh, Motivational Speaker was the Resource person. He gave various practical tips to stay happy and calm. Total no of students participated were 31.