

Life Skill Training (17th – 20th Oct 2022)

Objective:

- To make the students aware of important Soft Skills and various ways to improve those Skills.

Description:

Soft skills training focuses on developing skills such as communication, teamwork and problem solving. Other soft skills include emotional intelligence, a positive attitude, adaptability, positivity and taking the initiative. To inculcate these skills in students; Banarsidas Chandiwala Institute of Physiotherapy has organised a 4 day Soft Skills Training Program for students from 17 Oct, 2022 to 20 Oct, 2022. It was mentored by Akshay Kumar sir. Sir has pursued Bachelors in Psychology Honors. The training focused on developing skills such as communication, teamwork and problem solving, emotional intelligence, positive attitude, adaptability, positivity and taking the initiative. He emphasized upon the significance of soft skills. Students got to learn numerous skills such as effective communication, stronger leadership, improved problem solving, enhanced creative and critical thinking, better teamwork, efficiency, and productivity which would help them in increasing their credibility.

On the first day, students were asked to introduce themselves efficiently, everyone discussed about their strength and weaknesses and they were asked to sculpt a team and discuss about a startup. This inculcated an enhanced creative thinking, effective communication and positive attitude in them.

Second day began with an interview round. Everyone was assessed individually and they were trained various skills such as critical thinking and adaptability.

On third day, all the students were acquainted with few patients on call. This imparted teamwork, problem solving and time management skills.

The Program concluded with the noteworthiness and implications of these crucial skills and the major impact, it creates in an individual's life. Students gave a positive feedback about the event and showed interest to attend such events in the future

