

## REPORT ON WORKSHOP ON 21<sup>st</sup> CENTURY TRANSFERABLE SKILLS

Topic of the Event – 21<sup>st</sup> Century Transferable Skills

Dates –6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> May, 2024

Hosted by - Sarojini Naidu Vanita Pharmacy MahaVidyalaya, Tarnaka, Hyd.

Sarojini Naidu Vanita Pharmacy MahaVidyalaya, College for Women, (Sponsored by The Exhibition Society) in association with TASK, Telangana State branch has organized a workshop on the topic “21<sup>st</sup> Century Transferable Skills” on 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> May, 2024. The Guest Speaker for the workshop was Mrs. Rose Mary , TASK Telangana.

The Programme started with a warm welcome to the TASK co-ordinator by Dr.A.V Srikanth, Vice Chairman, Dr. N . Srinivas, Director, Dr. T. Mamatha, Principal [SNVPMV].



## DAY-1

The first day of class started with the game of counting numbers from 1-50 by two different batches, wherein the team which counts fast with clarity of numbers are announced to be winners. By this game, we got to know about communication skills and that they play a vital role in daily communication.

We understood that communication is never a one-way process, its always a two-way process which means when an information is passed the sender encodes it and the receiver decodes it.

For an effective communication one should always listen effectively. There can be barriers for an effective communication like noise, lack of eye contact, any kind of physical barrier, language barrier, etc.

Later on we gathered at the entrance of campus for an outdoor activity where we were said to count from 1-5 from the start to end of line, which led us to divide into 5 teams like all ones in a group and all twos in a group and so on. At a later stage, in each team 5 players were selected and 4 players were blindfolded and 4 articles were placed at different places and one person in middle has to guide them to collect the articles and handover them to the person in the middle. The team which took less time to complete the task was announced as the winners.



In this activity we got to know the difference between listening and hearing.

Hearing means for example we hear sounds like telephone ringing, birds chirping, horns of vehicles etc., but we don't actively pay our attention to these sounds, even though we hear these. It's just our conscious attention, where listening is something done consciously that involves the analysis and understanding of sounds you hear which utilize energy.

On forward of the session we were said to witness a TED Talk show of Kiran Bedi where she verbalized how she remade one of India's toughest prisons of over 10,000 of prisoners into a community support without the government financial support.

We continued with learning about how one should appear for an interview? How one should maintain their posture during the interview? How the attire should be for an interview?

We concluded day-1 with a task for very next day of giving a presentation using a chart paper.

## **DAY 2 :**

### **1. Creative Visualized Summary of Day 1 Activity**

The second day of the TASK workshop started with chart making which was a summary of previous day activity. It involved students to be creative and helped them to know the importance of time management .

### **2. Land Mines: Navigating Emotional Consideration**

Understanding the importance of emotional intelligence is akin to navigating through a field of landmines. Just as one must tread carefully to avoid triggering explosive consequences, being considerate towards one's emotions and those of others is essential for maintaining harmony and productivity. This program delved into the significance of emotional awareness and its impact on individual well-being and team dynamics.



### 3. Interpersonal Skill Development

Effective communication and interpersonal skills are the cornerstone of successful collaboration. Through targeted training and practice, individuals can hone their ability to navigate diverse personalities, resolve conflicts, and foster meaningful connections. During this program we explored the strategies for enhancing interpersonal skills for cultivating positive relationships in the workplace.

### 4. Expression vs. Emotions: Unraveling the Difference

While often used interchangeably, expression and emotions are distinct aspects of human experience. Expression refers to the outward manifestation of internal feelings, while emotions encompass the complex array of psychological responses to stimuli. By understanding the nuances between expression and emotions, individuals can better interpret social cues and communicate effectively with others, which we learnt from this program.

### 5. Teamwork: Building Bridges to Success

No project can thrive without the collaborative efforts of a dedicated team. By leveraging individual strengths, fostering open communication, and cultivating a shared sense of purpose, teams can overcome challenges and achieve remarkable results. This program explored the principles of effective teamwork and offered practical tips for cultivating a culture of collaboration.

### 6. The Power of Storytelling

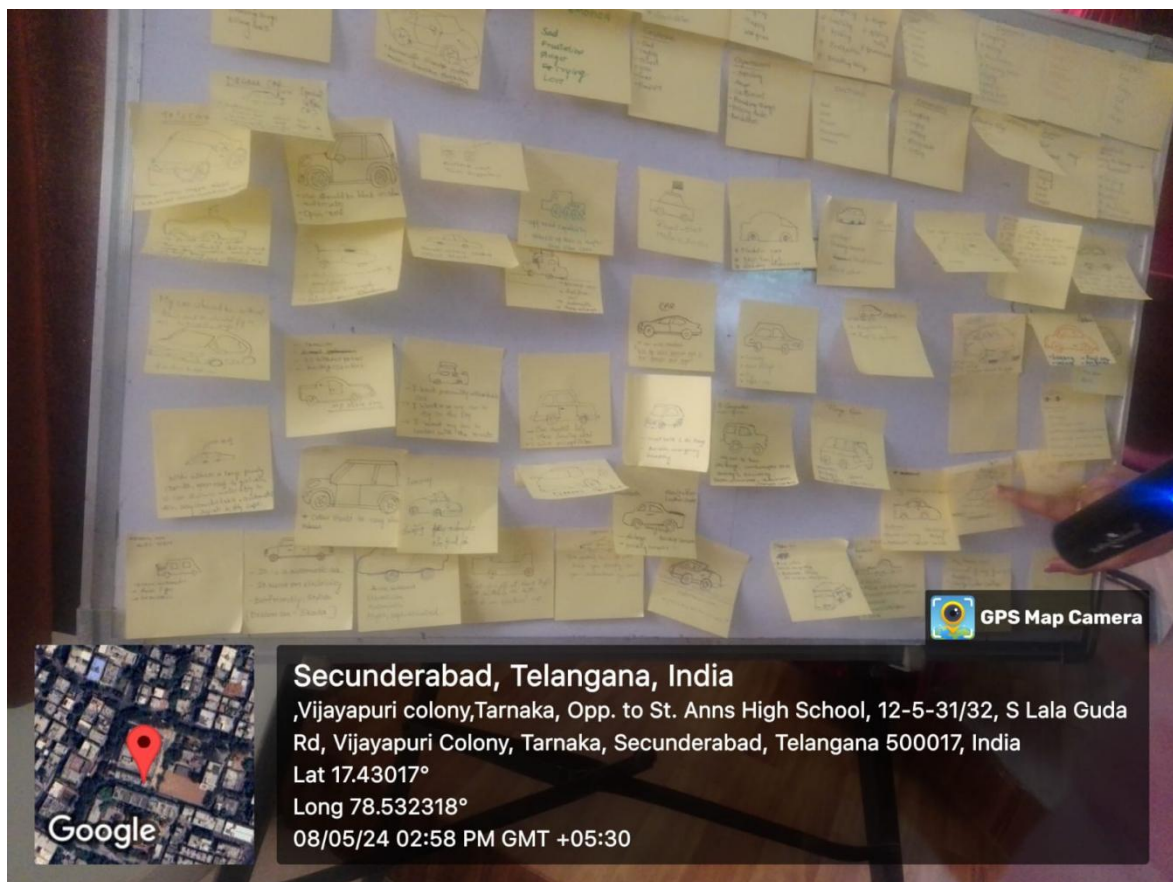
Storytelling transcends mere narration; it is a powerful tool for inspiring, connecting, and influencing others. Whether conveying a company's mission, sharing personal experiences, or articulating a vision for the future, storytelling captivates audiences and fosters deeper engagement. During this program we were examined for the art of storytelling and its role in shaping organizational culture and communication strategies.

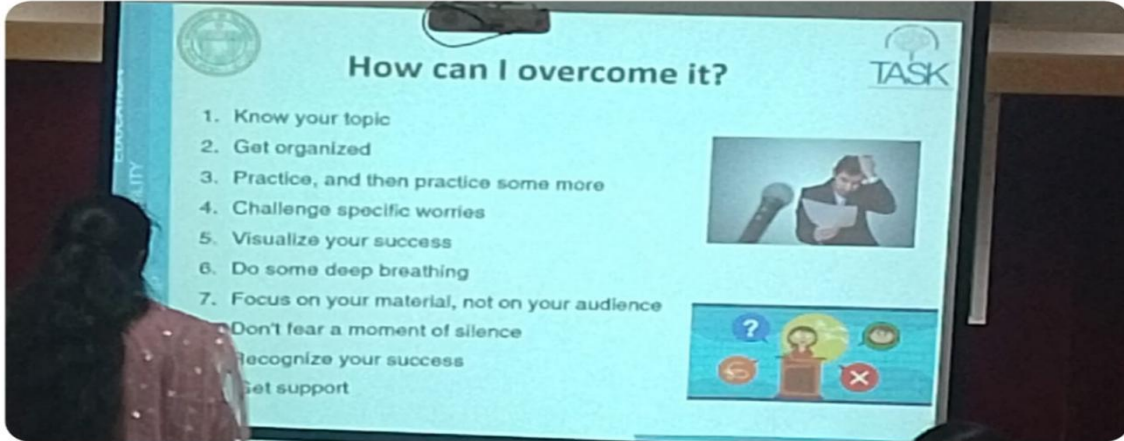
Each of these aspects plays a crucial role in shaping individual growth and fostering a

collaborative and supportive work environment. By embracing emotional intelligence, honing interpersonal skills, and harnessing the power of storytelling, individuals and teams can navigate challenges with confidence and achieve greater success. We were trained well on these aspects.

### **DAY-3 :**

The third day the session started with drawing and visualizing the events that are done on day – 2 on a chart paper . Next the session continued by dividing the students into teams and asked them to narrate a story. After lunch the day continued with an oral presentation on 2nd day topics. Eventually the instructor has said us to take a piece of paper and to sketch our dream car and write down the 3 unique qualities of the car.





From this activity we learned about :

1. Simplifying the activity by focusing more on drawing.
2. This encourages teamwork and collective brainstorming.
3. This activity encourages creativity, critical thinking, and public speaking.

Next the coordinator shared a valuable session on RESUME writing

1. Learned about the different parts of a resume and the purpose of resume writing.
2. To discover students own unique features and benefits.
3. Learned about resume rules and how they affect the development of a resume.
4. Learned about different types of resumes and discover the one best suited to develop our own individual resume.
5. To develop a cover letter and put the finishing touches on our resume.

In the continuation Task Coordinator conducted an activity for expression making. All the students were asked to put different expression for their thoughts.

Like this TASK 3 day session ended with great knowledge.

In the valedictory speech Mrs. Rose Mary addressed about the good knowledge and active participation of students .

All the students shared their experiences about the three days work shop.

Mrs. A. Shailaja Assistant Professor – Task Coordinotor proposed vote of thanks.

TASK coordinators Mrs P. Kavitha Baburao, Assistant Professor, and Mrs. A. Shailaja Assistant Professor have taken efforts for the success of the program.

