

## **REPORT ON WORKSHOP ON INTERVIEW SKILLS**

**Topic of the Event – Interview Skills**

**Date –3<sup>rd</sup>, 4<sup>th</sup> and 6<sup>th</sup> June 2022**

**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 “Interview Skills” on 3<sup>rd</sup>, 4<sup>th</sup> and 6<sup>th</sup> June, 2022. The Guest Speaker for the workshop was Mr. Marc, TASK Telangana.



This report was written by students.

These classes are titled as 21<sup>st</sup> century transferrable skills which were conducted by TELANGANA ACADEMY FOR SKILLS AND KNOWLEDGE where they taught about the intrapersonal, interpersonal skills of person.

The first day of class has started with the game of counting numbers from 1-50 in two different batches where we were said to count 1-50 and which team count the fast with clarity of numbers are announced to be winners, where in this game we got to know about communication skills. Communication skills play a vital role in daily communication.

We got to know that communication never be a one-way process it is always a two-way process which means when an information is passed the sender encode 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 lead us to divide into 5 teams like all

ones in a group and all twos in a group and so on and later in each team were 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 these to the person in the middle. The team which takes less time to complete the task has announced as the winners.



In this activity we got to know what 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 conclude day one with a task for very next day of giving a presentation using a chart paper.

On the very next day (second day) we started the day with the chart presentation in groups and later we were taught about intra personal skills like expressions, emotions, change, etc., which says about internal ability of a person to know and discover him/herself. They made us understand how to handle your emotions, frustration, excitement, how to behave under stress etc.,



We got to know about emotions what's the difference between happiness and joy, sad and depressed etc., in this we were also able to distinguish between sympathy and empathy

For example, where sympathy means acknowledging that the other person is going through an emotional or physical struggle, supporting them and giving them comfort. Whereas for empathy is understanding what other people are feeling because you've had a similar experience yourself or your able to put yourself in that situation.

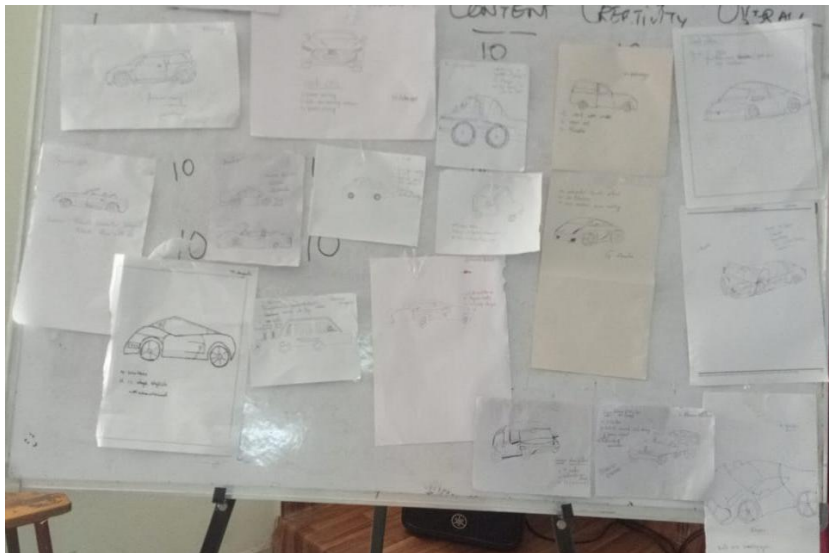
Later that day we were again called to the entrance of campus for other activity named land mines which is played against 2 different groups. In this game one team is supposed to walk through a set of numbers which were drawn on ground and the other team has to place mines in some order without the other team knowing so when team 1 steps on an number where they place a mine they gets eliminated and likewise which team members passes out the box with less eliminated players are announced winners. From this activity we got to know about critical thinking, how one should understand others feelings, how we should not step on others feelings or get them hurt knowingly or unknowingly.

We have watched a video saying 'who stole my cheese' where we got to know that we

should change according to the situations and surroundings if not the life get back with a powerful strike.

For this to understand clearly we were shown a picture of picnic items to carry from that we were supposed to note down a 10 selected items. Later from that we were said to take of 4 items from list and then we were again placed in a group and told us to note down only 6 items which can further carry forward and all the items selected should be accepted by all the members and so on so that we have understood that if we don't change ourself if required along with us our surrounding people will also get affected in a bad way.

The third and the day was started 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.



Finally for each group they were given a bunch of newspapers and said to build a tower with those paper only without using other materials. And the tower should last at least of 30 seconds when a 500ml of water bottle is placed on it without falling down.

From this we got know that in any situation we have to think out the box and make the work done in a group.



This is the winner teams tower

Like this we have completed the TASK 3 day session with great knowledge.