

INTERNATIONAL INSTITUTE FOR POPULATION SCIENCES



Workshop on **Soft Skills Session**

28th December, 2024

Placement Cell



Introduction

The Placement Cell of the International Institute for Population Sciences (IIPS) organized a “Soft Skills” workshop on December 28th, 2024. The session was held in the MSD classroom on the 2nd floor of the Library Building at IIPS. Mrs. Priya Sawant, the resource person for the event, served as the Lead Trainer for Soft Skills at Larsen & Toubro, Mumbai. Her expertise added immense value to the session. The workshop aimed to equip students with essential soft skills for enhancing their employability. By strengthening these interpersonal and professional skills, students can better complement their technical expertise, paving the way for greater career success. The session commenced at 10:00 A.M. and concluded at 2:00 P.M., engaging 21 participants, including 11 students from the 2nd year M.A/ M.Sc. program and 10 from the MBD program. The workshop aimed to empower students with the tools needed to thrive in their future professional endeavours through interactive activities and focused discussions.



Mrs. Priya Sawant

Industrial Psychologist & Leadership Expert



Agenda and Key Activities

The soft skills session commenced at 10:00 AM on 28th December 2024, with Mrs. Priya Sawant as the guest speaker and resource person. Addressing the students of IIPS as future nation-builders, Mrs. Sawant stressed the importance of two types of skills—dominant skills and soft skills. She elaborated on the need for personality development, life skills, and adaptability to prepare for challenges in personal and professional life.



Students attending the Soft Skill Workshop

The session began with an interactive task where participants exchanged compliments to appreciate one another and recognize positive traits in others. Mrs. Sawant emphasized the significance of soft skills in connecting with people, achieving social acceptance, and maintaining a balance between personal and professional spheres. She introduced the TSE model—Thinking, Social Skills, and Emotional Skills—and listed essential skills such as leadership, problem-solving, teamwork, adaptability, communication, patience, time management, decision-making, and goal setting. Highlighting the importance of small, achievable goals, she encouraged students to focus on self-improvement rather than competing to be the best.

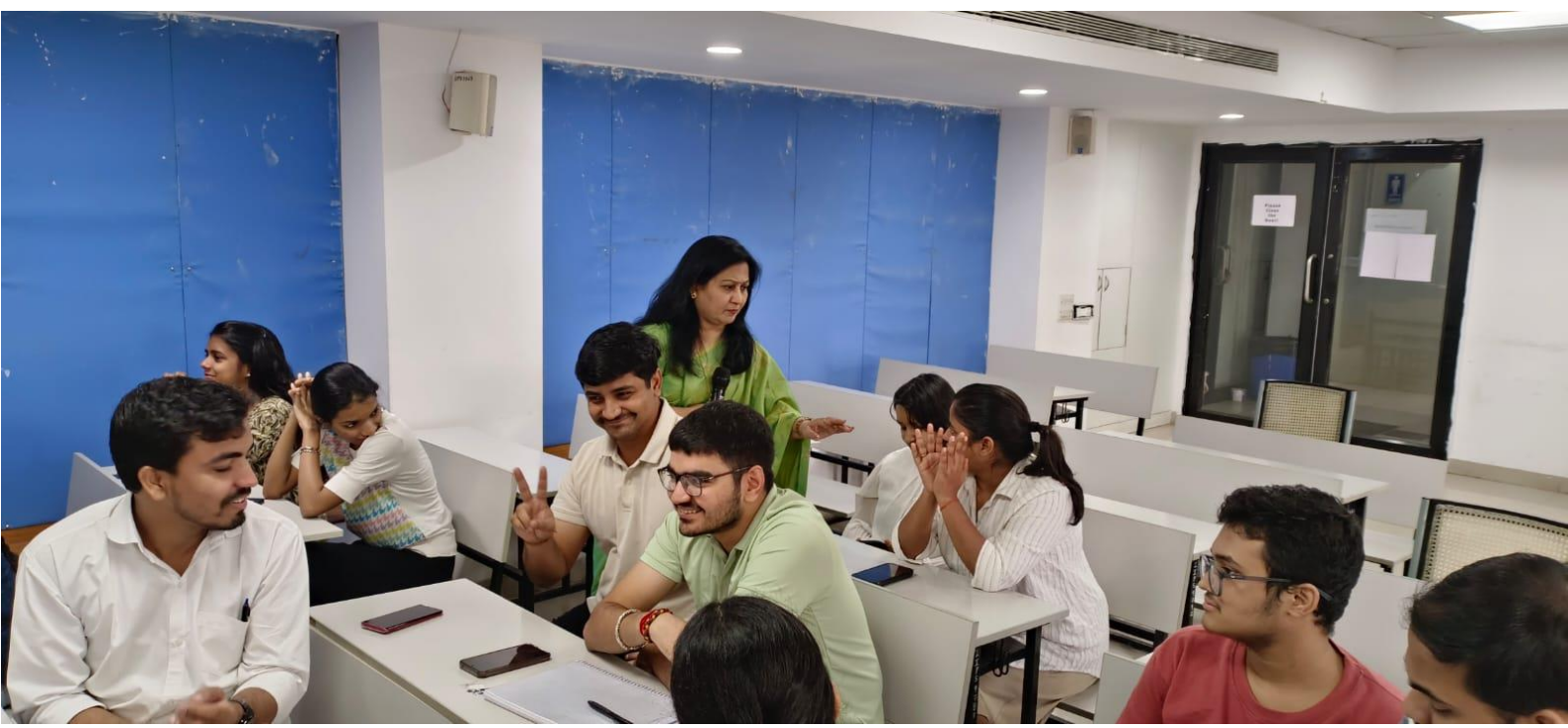
The concept of innovation was introduced through examples, emphasizing the importance of utilizing available resources creatively. Mrs. Sawant also conducted a brief SWOT analy-

-sis exercise, allowing students to identify their strengths, weaknesses, opportunities, and threats. Time management was highlighted as a critical skill, with the analogy of time being as valuable as money, where wise investment yields significant returns.

After a short break, the session resumed at 12:00 PM, focusing on self-leadership and confidence-building. Participants were advised to ignore meaningless criticism and concentrate on personal growth. The session also covered the "power of why," encouraging students to understand their motivations for achieving their goals. Practical tips on self-presentation, including maintaining a neat appearance and confident body language, were provided. Students were assigned tasks such as creating vision boards to set priorities and develop actionable plans.

Several interactive activities reinforced the key lessons. These included practicing proper posture to enhance energy, basic exercises for daily activity, and improving pronunciation through reading complex words. Participants were encouraged to adopt small, disciplined habits and dedicate time for self-reflection—five minutes in the morning for planning the day and five minutes at night for evaluating actions.

In a unique decision-making exercise, students were asked to rotate with their eyes closed and identify a peer's location after changes were made. This highlighted the importance of pausing to evaluate factors before making decisions, as impulsive or unexamined choices could lead to errors. The session concluded with financial and goal-setting strategies, such as the 50-30-20 rule for budgeting and the 90-90-1 rule for sustained focus on a single goal.





Key Takeaways

The workshop provided valuable insights into developing essential soft skills. Participants learned the importance of building connections, achieving a balance between personal and professional life, and focusing on self-improvement. Key takeaways included practical approaches to time management, goal setting, and innovation. The TSE model and SWOT analysis served as frameworks for personal and professional development. Exercises such as maintaining proper posture, engaging in daily physical activity, and improving communication skills highlighted actionable strategies for self-discipline and confidence-building.

The emphasis on decision-making underscored the value of thoughtful evaluation and adaptability. Participants were encouraged to create vision boards and set clear priorities, fostering clarity and motivation. The financial planning tips and goal-setting techniques offered practical approaches to managing resources and achieving long-term objectives. The session reinforced the message that consistent effort, self-awareness, and adaptability are vital for success.

Participation and Engagement

The workshop significantly impacted the participants, with over 21 students attending. The interactive format encouraged active involvement through discussions, Q&A sessions, and hands-on activities. Feedback from participants indicated a high level of satisfaction, with many appreciating the practical relevance of the sessions.

Impact and Feedback

The session left a lasting impression on the participants, who actively engaged in the activities and exercises. The practical nature of the workshop allowed students to reflect on their personal growth and areas for improvement. Mrs. Sawant's engaging style and relatable examples made the session insightful and motivational. Participants reported feeling more confident about setting goals, managing time, and improving their overall personality. The session concluded on a high note, with students affirming their commitment to self-improvement through an empowering group exercise. The placement officer, Mrs. Nalini Ayyalasomayajula, expressed gratitude to Mrs. Sawant by presenting a sapling as a token of appreciation. The workshop successfully equipped participants with actionable skills and strategies to navigate their academic and professional journeys effectively.

