

UPSKILL

CENTRE FOR SOFT SKILLS



LEAD SPEAKS Dr. Shaily Bhashanjaly

It gives me immense pleasure to bring out the first newsletter from the Centre for Soft Skills. As the striking need of soft skills came to the fore, more than ever before, an exclusive Centre for Soft Skills was established in January 2021. The pandemic has challenged our resilience, our strength as humans and our ability to respond. The need and importance of soft skills are at their peak. We need empathy, resilience, communication skills in every aspect.

The disruption brought about by the pandemic also offers a unique opportunity for us to re-calibrate routines and ways of working, thinking, acting. Many positive new activities have emerged, hitherto unknown or neglected. With this transition to a hybrid working work model, strong interpersonal and communication skills are going to be extremely important to respond and thrive.

Change can happen incredibly fast, so it is imperative to prepare students to effectively navigate through uncertainty, adapt and respond as well as enhance their employability quotient. Training in soft skills gives the cutting edge to excel and flourish. The key differentiator is not what work you do, but how you work. We are committed to design and deliver training programmes, sessions and classroom teaching, for effective learning solutions using experiential methodology, tools, techniques that ensure complete transfer of learning.

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VIRTUAL SESSIONS

Virtual Panel Discussion on: Soft Skills for the New Work Place

The work places are undergoing paradigm shifts and adapting to these changes have become more relevant than ever hence there is an emerging need for skill sets such as empathy, agility, and resilience to bounce back in the changed world. A virtual panel discussion was conducted to address these aspects in which the Vice Chancellor, Sushant University, put forth his views as an esteemed speaker. Dr. Niva Bhandari, faculty MDI, Gurgaon and Mr. Virender Singh, Chief Manager HR, Fortum, contributed as panellists. Dr. Shaily Bhashanjaly and Dr. Indu Prabha Pathak were the convenors of the event.



An interactive webinar on: Practicing Emotional Quotient-Setting Goals and Purpose amidst pandemic

Sushant University
Essential And University Program

**Centre for
Soft Skills**

Invites you to
An interactive
webinar on
Managing
Emotional
Quotient - Setting
Goals and
Purpose amidst
Pandemic.

Expert : Ms. Lata Singh
(Meravigila EQ Academy, Noida)
Moderator : Dr. Indu Prabha Pathak

Practicing emotional intelligence can be a vehicle for growth, learning and a quantum leap towards becoming a better person. To reinforce this aspect, a session on Emotional Quotient was organised by the Centre for Soft Skills. The session was conducted by Ms. Lata Singh, the founder director of MEQ academy, Noida, life coach and veteran industry professional. The event was moderated by Dr. Indu Prabha Pathak. The webinar was interactive in nature and highlighted meaningful goals and purposes to navigate through the challenges of the post pandemic world. The session was followed by an inquisitively interactive session, in which the expert threw light on the coping mechanism by channelizing emotions in the right direction.

FACULTY DEVELOPMENT PROGRAMMES



‘CREATING SYNERGY’

An FDP for School of law on ‘Creating synergy’ was organised on 15 February 2021. The concept of effective teams was demonstrated through fun activities, games, experiential activities and meditation. The event was marked by active participation and keen involvement.

‘ENHANCING WELLBEING@ WORK’

An FDP for School of Engineering and technology on ‘Enhancing Wellbeing@ work’ was organised on 20 March 2021. This was reinforced through interesting games, administering Questionnaire to ascertain organizational role stress at various levels, audio-visual tools followed by discussions and meditation.

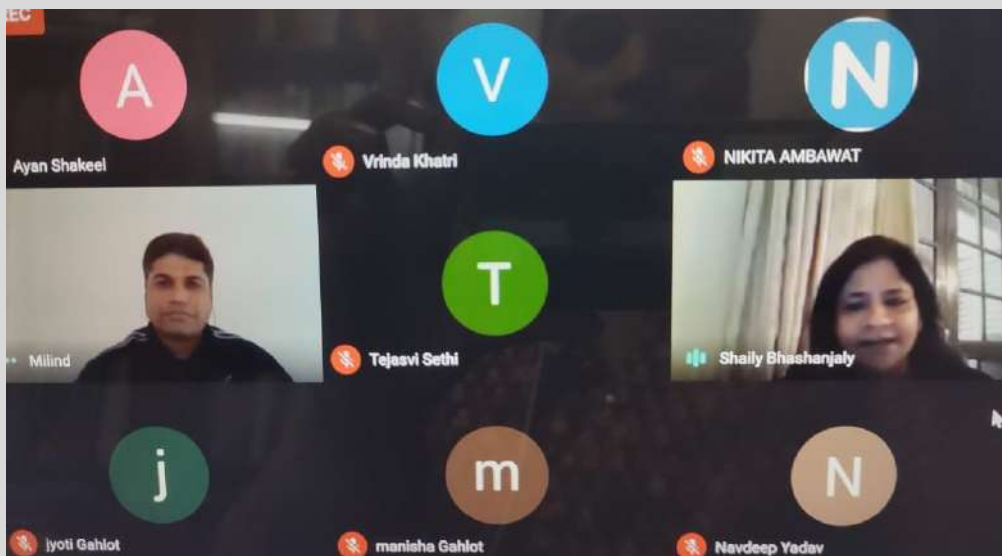
‘PARICHAYA’

An FDP for School of Business, titled ‘Parichaya - together we can achieve more,’ was organised on 26 March 2021. The concepts of team building were simplified and communicated through experiential mode of learning, followed by debriefs and meditation.

“EMPATHETIC COMMUNICATION TO FOSTER EFFECTIVE PARENT-TEACHER COMMUNICATION DURING PANDEMIC.”

A webinar for the schoolteachers of Gurdaspur, Punjab was conducted on 10 June 2021 by Dr. Indu Prabha Pathak on “Empathetic Communication to foster Effective Parent- Teacher Communication during pandemic.” Principals, Coordinators and Teachers of four schools; Wonderland Public School, Merry land Public School, Sri Nangli Bachpan School and Delhi Public School Gurdaspur participated in the webinar. The session was interactive and highlighted how an effective communication grounded in empathy, transparency and trust can be instrumental in eliminating apprehensions, building relationships thereby facilitating a sense of connectedness, confidence among parents.





SIX THINKING HATS BRAINSTORMING COMPETITION

Six thinking hats Brainstorming competition between the fourth semester students of BBA and B.Com of School of Business.

Six Thinking hats technique by Edward De-Bono is an effective technique of problem solving and parallel thinking. Each hat is assigned a different color and thinking approach. It helps individuals as well as groups in making cohesive, effective decision-making and encourages fresh solutions from a variety of perspectives.

The competition consisted of two rounds. In the first round both the teams brainstormed creative ideas on the advertisement of the product. In the second round, the respective teams discussed marketing campaign ideas. Team BBA was the winner of the competition.

VIRTUAL TRAINING SESSION- 'HOW TO CRACK INTERVIEWS'

Centre for Soft Skills successfully conducted an interactive virtual training session on "How to Crack Interviews" conducted by Dr. Shaily Bhashanjaly. It was a power-packed session with practical inputs and rich insights on mastering interview skills. Dr. Shaily emphasized upon nuances of interviews from pre to post interview stages covering all the important aspects of interviews.

'VOCABULOUS'

Date : 8 April 2021
Time : 2:40pm - 4:45pm
Mode: Online Session



Expert

Sunil Dua
 Senior Regional Head
 T.I.M.E.

Key features

- Word-Learning Strategies
- Context Clues
- Frontload Vocabulary
- Multiple Exposures



Moderator

Ms. Sagarika Goswami
 Sushant University

A two-hour online workshop on enhancing vocabulary -'Vocabulous' with the subject-matter expert, Mr. Sunil Dua, Senior Regional Head at Triumphant Institute of Management Education (T.I.M.E.), New Delhi.

Mr. Dua, in an interactive way, illuminated the participants on various ways to enhance vocabulary. He further shared the importance of vocabulary in every field, be it for daily conversations or professional interactions. More than 120 students, across the University, registered for the session and participated with enthusiasm.

FACULTY SPEAKS

'SOFT SKILLS-NEED OF THE HOUR'

In the wake of changing industry paradigm, more impetus is being laid on personal and professional excellence to achieve the desired goals. Centre for soft skills is one such cutting edge resource which equips students with employability skills and seamlessly integrate them in to the fast paced and dynamic corporate culture. It also enhances competence by honing personality attributes such as confidence, self-esteem and courage to navigate successfully in the real world. The centre also works in close collaboration with intellectuals from academia and industry professionals to bring in fresh perspectives and spearhead new initiatives in the form of Faculty development programs, panel discussions, webinars, virtual training sessions, mock interviews to bolster novel modes of learning. The centre aims at the holistic development of personality carried out through innovative pedagogy and experiential form of learning, a buzz word and key differentiator in today's world.



'HUMANITY CALLING'



Man is considered as the most intellectual social animal. Our ability to speak a definite language, being empathetic, think critically and take proper decisions, are the skills that makes us far more powerful than other species. But unfortunately, though we are growing more powerful day-by-day, we are also losing our control of Being Human. Crossing the boundaries of barbaric living ways of life, to the "modern society", we have somewhere lost our roots. We are born with these "Life Skills", but surrounded by the quest for 'more'- be it for power, name, fame, money, success; or stuck in our own web of 'Self', we have lost our way towards humanity. Turning the pages, backward, might introduce us with ourselves.

Our creativity has created the miracle world, which was beyond the dreams of yesteryears. Now it is our responsibility to walk through the meadows of concrete to reach to the core of human attributes. Let us turn our pages, read through the words of wisdom and connect our head and heart for the sake of a civilized generation, waiting to carry our legacy of "The most Intellectual Social Animal".

CREATIVE EXPRESSIONS

STUDENTS' PAGE



NATURE THROUGH THE LENSE OF

Divyansh
BBA Hons.



WORDS OF APPRECIATION

Vaghish Jain
BBA Hons.

To stand out in this competitive world, a student is required to hone many skills and abilities which is not a one-day job. When I got to know about our in-campus Centre for Soft Skills, I became very excited about learning new & different soft skills. Thanks to Indu ma'am who kept that momentum and energy during the entire duration of the course. The classes conducted were very interactive & informative and at the end of it all, I felt it was my knowledge, experience and social understanding that was brought to the forefront in a very creative & fun to learn methodology.

Forthcoming events:

- IELTS Training
- Online Certificate Programmes for Executives