

# Centre for Soft Skills



## FROM THE HEAD'S DESK

- Dr. Shaily Bhashanjaly

A year gone by, time now to pause.... and reflect!

One year journey of the Centre for Soft Skills can be assessed/understood/judged on multiple parameters- the mandate given, the planning done, the task accomplished, desired outcome, placements, unceasing efforts, commitment unwavering, restless energies, and much more...to tick whether or not isn't easy and not quantifiable for seeking sure statements. Since the pandemic-induced disruption brought about a unique emphasis on soft skills training



as being crucial to respond and thrive in the VUCA world, the leadership vision of the university and a sharp focus of NEP 2020 on skill development laid the foundation for the Centre. With the vigor to restructure the educational ecosystem, Centre is engaged to enhance the employability aspects of students, inspires one to be socially responsible, develop personal competencies to effectively deal with challenges of life and realize the infinite potential as a human being.

Further with the vision to emerge as a Centre of excellence, humble beginnings were made in 2021 by organizing MDPs and few beyond campus activities. In the year gone experiential learning methodologies, beyond classroom activities and innovative ways of learning based on the need assessment, brought forth the significance and essence of soft skills training to the students. Much was achieved, much remains to be. But the commitment is steadfast, fervor intact and the method, steps planned and structured towards enhanced visible outcome. With nostalgia tucked alongside and the newer aspirations to the fore, the 2022 roadmap drawn, the Centre for Soft Skills is enthused to stride on with excellent student engagement for professional and personal competence.

# Editor's Note

*What a wonderful year*

**-Dr. Indu Prabha Pathak**

I am delighted to present the second volume of Centre for Soft Skill's Newsletter 'UP SKILL' February 2022 to you. This issue has encapsulated the Centre's initiatives in the form of MDP's, webinars, guest sessions, experiential learning, faculty achievements, activities to accelerate the employability quotient, faculty expressions and unleashing the creativity in the form of student's page. The year 2022 ushered in myriads of new hopes, aspirations and unforeseen challenges on account of surge

of covid cases, looming uncertainty and hybrid work force. Tapping on to the existing skill sets and cultivating new age soft skills such as empathy, resilience, adaptability etc. are going to determine the future of work in this virtual paradigm. The Centre is committed to embark on this journey with rigor and enthusiasm.

Your comments and suggestions are welcome to make the next issue of the Newsletter more fascinating. Till then

Happy Reading !!



## Prominent need of soft skills.

- Ms. Chanika Mittal

In this era of the modern world; individuals are embarking upon a journey to build a career in the corporate sector. Organizations preferably look to hire employees with advanced skills, who can have a consequential impact on an organization's ability to function productively, within its own structure and the competent world. These advanced skills need to be an amalgamation of both hard and soft skills. While hard skills were the prime requirement of jobs due to its quantifiable nature and ease of measure, soft skills have now risen to prominence.

Hard skills can be learned and perfected with time but it is an arduous task to get a hang of soft skills as it has little to do with traditional training and more to do with character, relationship and personality. The ambience of work places has altered inordinately and in order to procure success, suave communication skills and sophisticated interpersonal dynamics have become indispensable. The introduction of AI has pushed forward the automation of hard skills but these machines are incapable of substituting soft skills. It now becomes essential to invest in skillsets like empathy, creativity and conflict resolution should they wish to land in a secure and lucrative position. We, at Centre for Soft Skills, endeavor to inculcate this skillset among our students to lay the foundation of a successful path to their careers.





# Language Shapes Our Goals

- Ms. Sagarika Goswami

Our language shapes the way we approach our goals. The way we speak not only affects how others perceive about us; it also has the potential to shape our behavior. Swapping one word for another could make all the difference in how we approach our goals.

## 1. Swap "but" for "and."

Most of the time we are tempted to say, "I want to go on a break, *but* I have work to do." Instead, let us try to say, "I want to go on a break, **and** I have work to do."

When we use the word *but*, we create a conflict (and sometimes a reason) for ourselves that does not really exist.

Meanwhile, when we use the word *and*, our brain gets to consider how it can deal with both parts of the sentence, 'Maybe I'll take a short break'; 'Maybe I will delegate some of my work'.

In other words, it is possible to go on a break as well as do our work - we just need to find a solution.

## 2. Swap "have to" for "want to."

Another common phrase: "I have to". Let us change '*have*' to '*want*'.

This exercise is very effective in realizing that what we do in our lives - things we find unpleasant are in fact based on our choices.

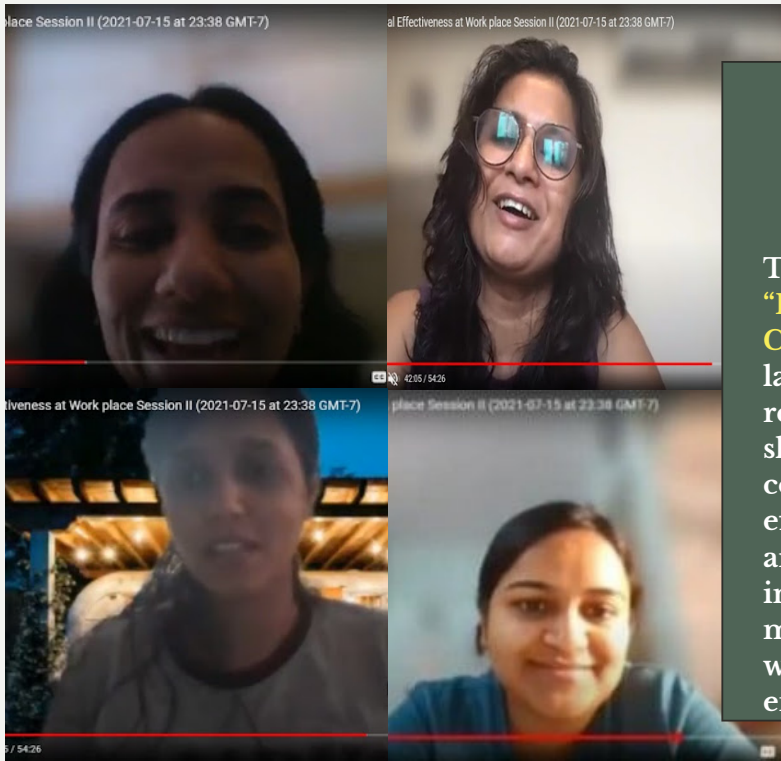
For example, 'Jim *had to* take the courses on mathematics, required for graduate program, even though he hated them'. At some point after completing the exercise, he really did *want to* take the classes because the benefit of completing the requirement outweighed the discomfort of sitting through classes which he did not enjoy.

These two approaches are based on a significant constituent of a problem-solving strategy called "Design Thinking". When we employ these strategies, we try to challenge our automatic thinking and see things as they really are. And when we experiment with different languages, we may realize that a problem is not as unsolvable as it seems, and that we have more control over our life than we previously believed.





# CSS Events

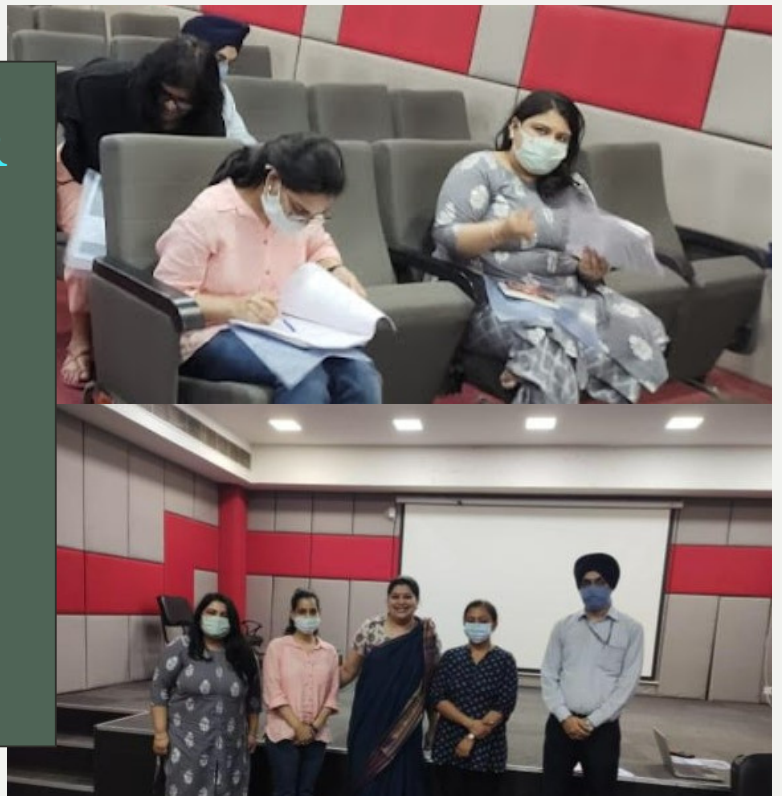


## ONLINE CERTIFICATE PROGRAM

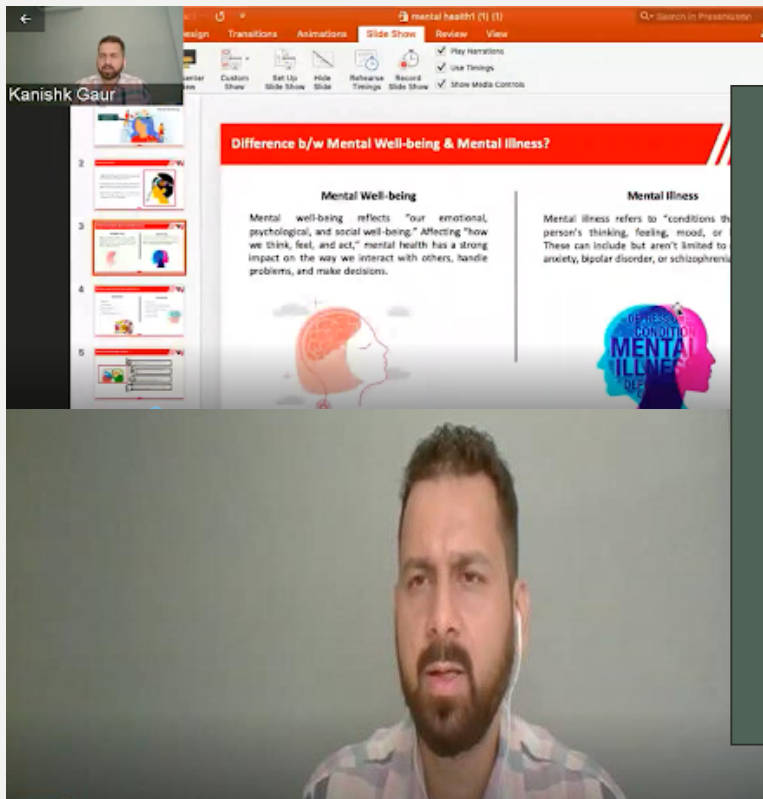
This two day program conducted on **"Personal Effectiveness at Workplace"** by CSS, convened by Dr. Indu Prabha Pathak laid emphasis on optimizing the available resources to maximize competencies, hone skill sets, promote greater self-awareness, constructing a personal action plan for effective and sustained impact in multiple areas of life, ability to manage time, influence others, steer with goal focused mindset and be personally empowered with a renewed sense of joy and enthusiasm.

## TRAIN THE TRAINER PROGRAM

A one-day-4-hour **IELTS Train-The-Trainer Programme** was conducted by Ms. Sagarika Goswami, for the interested faculty across the university. The participants have gone through the process, modules and all the fundamentals of IELTS exam. A hands-on practice session on the skills evaluated in the exam, was conducted for the participants. Participants took part in the session with utmost zeal



# Events cont.

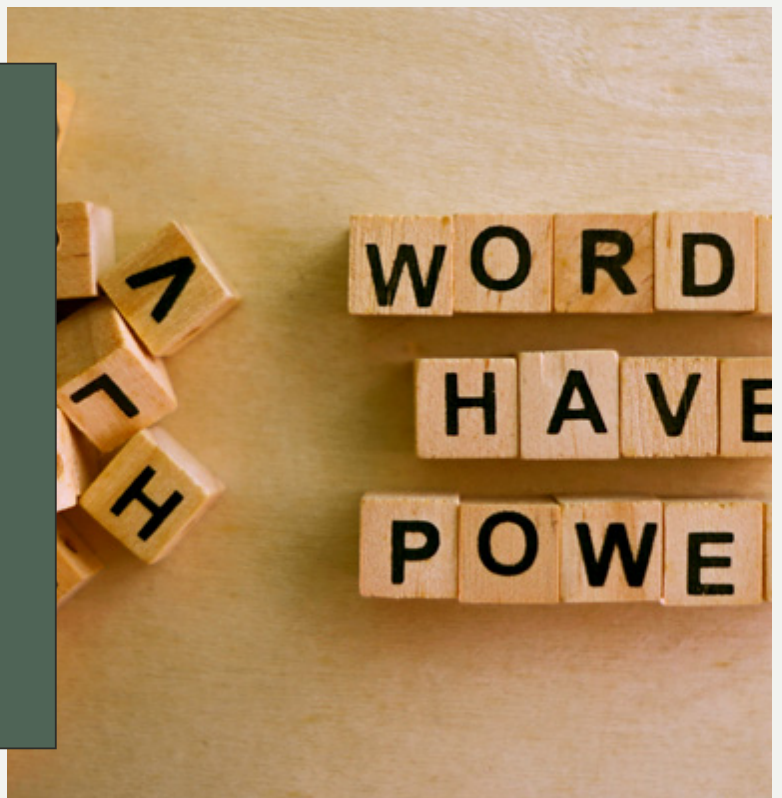


## WEBINAR ON WELL BEING @ WORKPLACE

A webinar on “**Wellbeing in Life and @ Work**” was conducted on Friday, July 30, 2021. The external resource person, **Mr. Kanishk Gaur**, attached paramount importance to mental, psychological, emotional, digital along with physical wellbeing and also discussed the mechanism to cope with the stress. His key thrust was upon the mental wellbeing awareness for students as well as professionals. The webinar was convened and moderated by Dr. Indu Prabha Pathak and the session was highly informative and interactive in nature.

## WORKSHOP ON VOCABULARY BUILDING

Centre for Soft Skills, as one of its best practices, organized a two-hour workshop on enhancing vocabulary in a creative and innovative way. The subject-matter expert, **Ms Tarannum Naseem Raza**, a senior trainer at **T.I.M.E, New Delhi**, emphasized on the importance of vocabulary in every field, be it for daily conversations or professional interactions. More than 200 students, across the University, participated in the session. It was an experiential learning session, where students participated with enthusiasm.





# Events cont.



## GUEST SESSION

A session on “11 Steps to Build Unshakable Self-Confidence” was organized for post-graduate students of various Schools by Dr. Indu Prabha Pathak. This session was conducted by Ms. Shirin Saluza, a Life-coach and motivational speaker, who focused upon the key elements to build self-confidence such as positive mindset, body language, etiquette, grooming, building personal brand and social media presence. The session was highly interactive and yielded a positive response from the students.

## TRAINING SESSION ON DINNING ETIQUETTES

Capitalizing upon the rich depository of skill and talent inherent in the resources at the different schools of our University, Centre for soft skills organized a workshop on ‘Dining Etiquette’ on 17 August 2021 at Vatel EPICURE. Mr Kulmohan Singh, the faculty resource from the Vatel Hotel and Tourism Business School elaborated upon the subtleties and nuances of fine dining with demonstrations and conducted a session of hands-on training. 14 participants from different schools who attended this workshop, found it to be relevant, interesting and extremely useful.





# Events cont.



## GEETA JAYANTI CELEBRATION

This event was organized by Centre for Soft Skills with the intent to enlighten the faculty and the students about the significance and the relevance of Bhagavad Gita in every aspect of life. **Swami Durgeshanand Saraswati ji** from Chinmaya Mission, the knowledge enlightener for the event, talked about thought-provoking concepts of 'Atma-Parmatma', 'Existentialism' and 'Dharma-Adharma' in the most uncomplicated words for the listeners to understand the highly intellectual aspects of life. Encouraging the students to be an integral part of the event, Centre for Soft Skills organized a Rangoli competition in which students participated with enthusiasm and displayed their creativity in the form of exclusive handmade bookmarks, classical dance and a Drama on the theme.



# Events cont.



## MOCK INTERVIEWS

Centre for Soft Skills successfully conducted mock interviews for **MBA III SEM** Students from 13 December to 20 December. The interview panel assessed the communication competence, Resume and body language appropriate for interviews and shared individual feedback with the students. It was a good **preparation for the actual job interview**. It was treated as a part of placement related training and continuous assessment of the students.

## CAPSTONE SESSIONS

The Centre conducted Capstone sessions for **School of Business and School of Health Sciences** to acquaint the students with the **importance of Soft Skills** and its relevance in the modern world. The sessions were highly interactive and replete with hands on activities. Students participated enthusiastically and found it to be insightful.





# Events cont.



## RANGOLI COMPETITION

On the occasion of Geeta Jayanti, a **Rangoli Competition** was organized and the students participated enthusiastically.

**Ritu Tanwar** from **B.Pharm** Sem 1 received the first position.

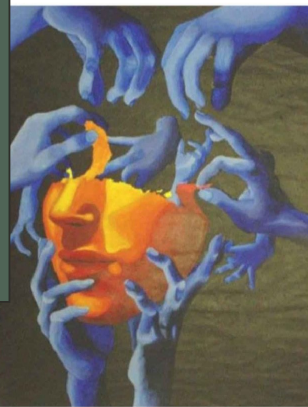
## ACADEMIC EXPRESSIONS

The students of **B.design Sem 5 and 7** students, under the mentorship of Ms. Sagarika Goswami, wrote **books on various topics of Soft Skills** based on their experience, gained through innovative and comprehensive learning. This gave them knowledge about their relevant course subject matter and also made learning fun.

A NEW  
PEDAGOGY OF  
TEACHING AND  
LEARNING

UNCONSCIOUS  
**COMMUNICATIONS**

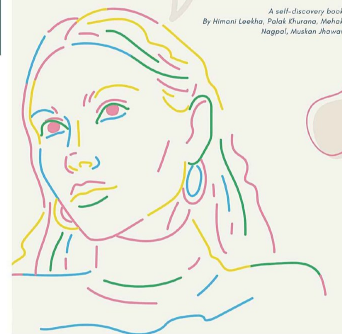
INTERESTING FACTS & INFORMATION



BY ARCHITA CHOPRA, SHREYA YADAV, MANSI GUPTA

**KNOW  
YOUR  
MIND**

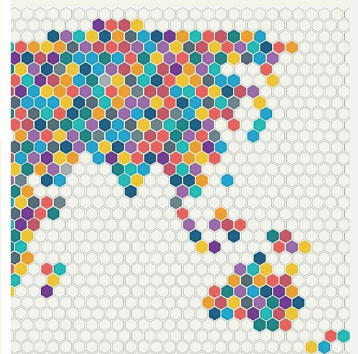
A self-discovery book  
By Himani Leekha, Palak Khurana, Mehak  
Nagpal, Muskan Jhawar



BOOKS ON  
DIFFERENT  
CONCEPTS OF  
SOFT SKILLS

WRITTEN BY  
STUDENTS AS A  
PROJECT FOR  
EVALUATION

DECONSTRUCT YOUR  
CULTURE,  
NOT YOUR FAITH



Written & Designed by



# Events cont.



## BUSINESS PRESENTATION

A 3 days Business Presentation session was conducted fortuitously by Ms. Chanika Mittal for the students of SET in which over 80 students participated and showcased their presentation skills. It was an endeavor to make the students acknowledge the significance of the same in the professional world and to teach them how to hold their audience's attention and establish credibility. This session also aided in explicating to the students the rising need of soft skills and developing in them an inquisitiveness to learn these skills.



# Accolades

Paper presented at  
**'THE INTERNATIONAL  
CONFERENCE of BITS  
PILANI'** and published  
by **'MACMILLAN  
PUBLISHERS'**

Paper presented  
at **'The NATIONAL  
CONFERENCE'** of  
**'NIT MEGHALAYA'**



Paper presented at the  
51st **INTERNATIONAL  
ANNUAL CONFERENCE**  
of English Language  
Teachers' Association of  
India

**PUBLISHED A BOOK  
CHAPTER IN  
'EXPLORING ENGLISH  
LANGUAGE TEACHING  
IN INDIA: THEORY AND  
PRACTICE'**



# *Beyond the classroom*

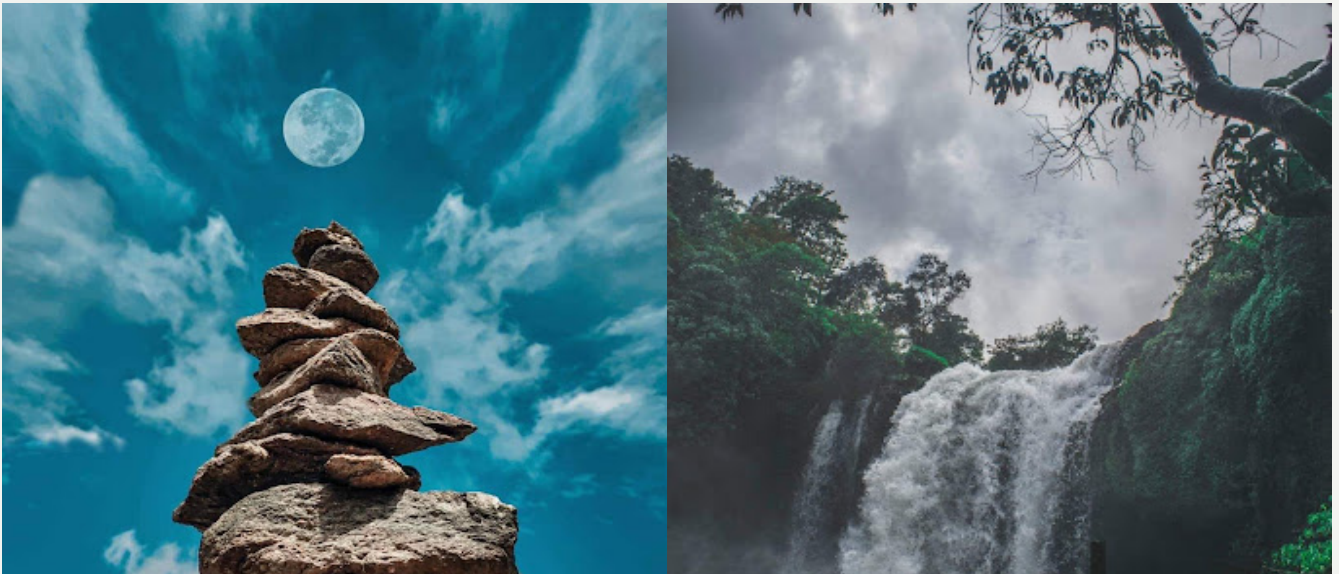
The key differentiator of Centre for Soft Skills remains the experiential learning pedagogy. To make the learning interesting, outbound sessions were conducted for UG and PG students in which they participated in games and activities followed by debriefs.





# Classroom Chronicles- Students Expressions.

*The Latest creatives and literary works by Students*



**Harsh Kedia (Btech Sem 1)**

## **India's obsession with "Gorapan"**

***One of the most eminent social issues of a predominantly brown country, India, is its obsession with fair skin. Indian society, even today, in the 21st century, believes that a person's value can be ascertained by their skin color. Dark skinned girls, from a very young age, have had themselves questioned on the same which affects their self-confidence. The Indian fairness market being the largest out there also does not help. India has a \$450 fairness cream industry and Fair and Lovely holds the largest share of approximately 50%. The advertisements are the most disrespectful which portray that women can only land a job, or a rich man to fall for her if she is fair. It manifests the thought that one's existence will only be appreciated once they are fair. These are some of the most common outrageous suggestions that the girls in our society are subjected to. These assumptions are so demeaning and damaging that they have caused women to not accept their skin for centuries. We don't believe that the markets or the behavior of the society can be changed overnight. But we have to start somewhere. Young women should be more accepting of their color and not be bothered by these ancient views. The change, be it small, has to begin. A self appreciative behavior and a complete disconnection from the prejudices of the society can go a long way in bringing about the change that we are looking for. Maybe not soon; but someday.***



-Digital Artwork by Hardik Sharma(Btech Sem 1)

## What is Rain on a Sunny day?

-Parth Upadhyaya (B.Des Sem 1)

*What is rain on a sunny day?  
When the light hits your face  
But the thoughts in your brain put on a display  
I wish these feelings I could just erase.*

*What is rain on a sunny day?  
When you know the sky is blue  
But the world still seems so gray  
There's just one beating inside but I still feel two.*

*What is rain on a sunny day  
An umbrella you hold can't protect you  
I wish my words to someone, I could convey  
I just put on a facade in lieu.*

# TESTIMONIALS



**Shirin Saluja-lifestyle coach and mentor**

*I had the most amazing experience speaking at Sushant University. My talk was all about building confidence, power dressing, and helping students prepare for upcoming job interviews. Thank you to the Centre for Soft Skills for trusting and inviting me. Also, a big thank you to the wonderful students who attended the session. I would love to be back for more sessions in future.*

**Tarannum Raza -TIME education**

*It was a pleasure to conduct a vocabulary session for the students of Sushant University. The enthusiastic participation of the students showcased their interest & knowledge. I am sure that the awareness about the importance of possessing an extensive vocabulary will go a long way in polishing their communication skills - an imperative for a good leader. I wish them all the best & a lifetime pleasure of learning new words !*







## SHAURYA GULATI- BBA 2nd YEAR

*4 years ago, if I would've seen my reflection in a mirror, I would most certainly see an introvert; who couldn't communicate his thoughts and talents to the world. In our sessions with the CSS faculty, we've had multiple role plays, GDs and communication activities for social and self purposes. For me, empathy is arguably the most important soft skill while collaborating with people, in order to get a glimpse of their point of view. I've learnt that it's not only my choice, but also my obligation to communicate how I perceive things.*

## KARTIK- MBA 2ND YEAR

*Although the current job environment is largely technology driven, fresh graduates are quite sound with these techniques. However, they may struggle to fit in the cultural environment due to the lack of corporate business communication skills which was very efficiently taught to me by the Centre, which provided me with a self confidence to surf ahead.*



## SOURABH KUMAR - B.TECH 2nd YEAR

*Primarily, I have to say that I am fortunate to be a part of a university that has a separate Centre dedicated to soft skills. The courses offered by The Centre of Soft Skills do not just focus on our learning and academic growth, but also inculcates experiential learning pedagogy in their curriculum that will prove beneficial in the corporate world. I am very thankful for the invaluable training, experiences and mentoring that have been provided to me from the best faculty of The Centre of Soft Skills of my College.*



# Centre for Soft Skills Team



**Synergy@CSS**

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## EDITORIAL TEAM



**Dr. Indu Prabha  
Pathak**

**EDITOR**



**Ms. Chanika Mittal**

**ASSISTANT EDITOR**



# UPCOMING EVENTS

- Multiple Certificate Courses
- IELTS Training
- Faculty Development Programmes
- Outbound Training Sessions

**"Learning is not attained by chance, it must be sought for with ardor and attended to with diligence."**

**BE A PART OF THE  
LEARNING TEAM**

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