

## **SOFT SKILL DEVELOPMENT PROGRAM - SELF MOTIVATION**

Speaker was Ms. Sophia. She is an eminent soft skill trainer with lot of experience in this field. She is engaged in taking soft skill classes and training programs in various colleges at national level. She has conducted trainings on various topics to students across the state.

The highlights of her session are as follows:

Self confidence is the key to success, or we can say the first step to success. If a person has self confidence, he has won half the battle.

Personal drive to achieve, the desire to improve or to meet certain standards

- Commitment to personal or organisational goals
- Initiative, which she defined as 'readiness to act on opportunities and
- Optimism, the ability to keep going and pursue goals in the face of setbacks.

Learning outcome of this soft skill session by students are:

- Think about the achievements in your life.
- Determine what other people see as your strengths and key capabilities.

Self-motivation doesn't come naturally to everyone. And even those who are highly self-motivated need some extra help every now and then.



## **SOFT SKILL DEVELOPMENT PROGRAM – MUSIC THERAPY**

Singer was Ms.Gana Isaivani. Isaivani became one of the first professional female gaana singers in the world. In addition she is a woman succeeding in a male dominated genre of music. She began to sing Tamil film songs and to cover gaana songs as a teenager because audiences responded well to them. In 2017, she formed a new band called “The Casteless Collective”.The singer enriched the audience with her dynamic voice by singing a lot of gaana songs. All the students who attended the program thoroughly enjoyed the entire session.





## **SOFT SKILL DEVELOPMENT PROGRAM-PERSONAL BRANDING**

A personal branding strategy is a plan to take your reputation and career from relative obscurity to high visibility. It describes where you stand today and what level of visibility you want to achieve in the future.. It should present sufficient credentials to convince people that you really know your stuff. Here are a few things it might include like detailed personal bio, Academic degrees, Certifications, Awards, Publications, Presentations, Important projects, Associations, Affiliations and Speaking videos.



## **SOFT SKILL DEVELOPMENT PROGRAM- STRESS MANGEMENT**

The speaker for stress management was Mr. Saravanan, clinical psychologist. The session was on the ability to manage the stress in the initial phases of professional college life. Students were guided to make plans and schedule their plans towards their goals without taking any mental stress. Students were educated with stress management ideas and tricks. The students were also guided to accommodate day to day works with stress management so they can excel in any project given to finish in due time.



## SOFT SKILL DEVELOPMENT PROGRAM – PERSONAL GOAL SETTING

Speaker was Mr. Dwarakhanath. He is a prominent soft skill trainer with many years of experience. He is engaged in taking soft skill classes and training programs in various colleges at state level. He has conducted trainings on various soft skill development topics to students across the state.

The highlights of his session are as follows:

Self-motivation and goal setting refers to the power of someone to stay motivated without the influence of other situations and people. Self-motivated people always find a way to reason and strength to complete a task. Also, they do not need other people to encourage them to perform a challenging task. These points were emphasized by the speaker and following points were highlighted:

- Realizing and working on your self-motivation skills will make you capable of taking control of different aspects of life.
- The critical elements of goal setting are resilience and optimism.
- Goal setting also helps in making you active in life. The program was very useful and informative to all the students. Feedback was received and analysed.

