MADRAS SCHOOL OF SOCIAL WORK
U.G. DEPT. OF SOCIAL WORK (BSW)
2016-2019 BATCH

SOFT SKILL REPORT - I

I - BSW

I – SEMESTER

DATE: 4/7/2016 TO 8/7/2016

INTRODUCTION

The 1st semester Soft Skill Training programme was held for us from 04/07/2016 to 08/07/2016.The programme was filled with activities and group discussions which made the programme all the more interesting and enjoyable. The programme was conducted by the excel company which specializes in conducting workshops for colleges and work professionals.

We had two wonderful and resourceful persons Miss. Teresa Anthony and Miss. Sneha Menon from excel to train us in the given topics. Both of them were an alumini of the Madras School Of Social Work who graduated from this institution in the year 2015 from the M.A psychology department.

DAY 1

Topic: Self-Esteem and Self Concept

First we had a brief session of introduction between ourselves and the trainer. Next we were divided into 6 groups each containing 6-7 members in each team. We had to select a leader and then the leader was supposed to introduce the team members with a group name. We were then given the task of finding ten common interests or likes and dislikes and read it out the whole class. We were allotted a time period of 10 minutes for completing this task.

After this fun filled activity we were asked to write a song of about 6-8 lines and had to present it to all of them as a group. This song had to resemble the core meaning of the respective groups.

Then we had a brief session of making a hat with the limited resources in a limited time frame with our group. We were given half a chart, scissors, glue and sketch pens.
We were given a time frame of ten minutes.

After the break we were introduced to a new concept of giving positive strokes to each other and receiving the same from others. We then went into the the major topics like self esteem and self concept. They made it clear to us that self concept is a broader topic which includes many sub classes like self esteem, self belief, etc,. In the end we were shown a video of **TOI** which showed the importance of being a change in the society. It taught us the value of learning to initiate things and to wait for others.

DAY 2

Topic: Punctuality and Sincerity

We started the day with a song that was very energetic and enthusiastic. We then began with a quick recap of the previous day's session and moved on with our activities.

We were divided into new groups and asked to give positive strokes to each others for ten minutes. Our first task of the day was to find the meaning of C**hoices, Chances** and **Changes** and tell what we all think about these words.

Then we moved on to the next topic and had a great fun dealing with time management, punctuality and sincerity.

We learnt the importance of being punctual and sincere in all the works that we do. In the end we saw a video of frozen.

Day 3

Topic: Coping with Shyness and Coping with Loneliness

As usual we started the session with positive strokes then miss. Teresa made us to sit in a semicircle and ask some people to do a mono act individually and with pairs. Then miss. Teresa taught about the emotions and she said about the basic emotions of the human being. They are:

- Happiness
- Sadness
- Anger
- Fear

These emotions are also known as **"Survival Emotions"** which means without these emotions human being cannot live then miss. Teresa also explained about the depression. Depression remains for a long period and numbness is also a symptom of depression.

Loneliness:

When we are surrounded by people and don't have a person to share your feelings on that time we feel lonely so in order to avoid loneliness we must try to mingle with all people then miss Teresa splitted us into groups and we were asked to do a skit which should express talents of a team members. She also taught us about the rules and procedure which has to be followed in a skit. And then we did the skit successfully.On the third day of soft skill training we learnt many things about emotions and how to come out of loneliness also learnt how to do skits and plays.

Day 4

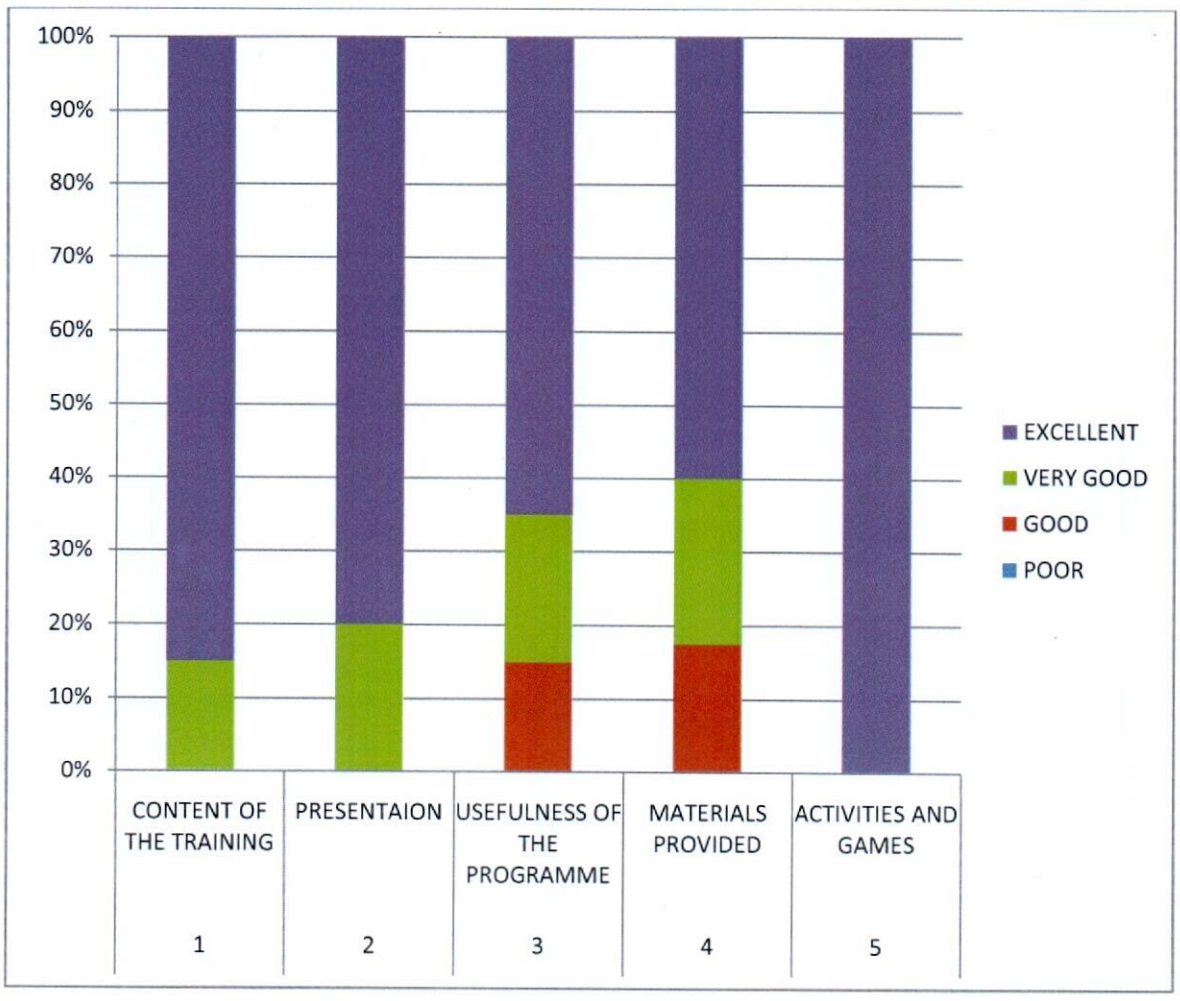
Topic: Time Management

That was the last day of our soft skill training. So as we did in the previous days we started our day by giving positive strokes about the performance in a soft skill training. After the strokes miss Teresa taught us about the time management. She told us how to adjust ourselves with the time and how should we set up our mind for doing some task with the limited period of time. On the third day of the soft skill training itself we were asked to do a skit on what we have learnt in the soft skill with some condition and the main condition is we have to finish the skit within 4 minutes. So we started to practice for the skit from 2:30 pm and we were asked to be ready to perform before 4:30 pm. And all the students really did very good and by doing this skit we also learnt how to manage our time efficiently. So by doing this skit we have not only learnt about time management we also learnt what are all the tricks and tips should be followed while doing a play or skit.

Conclusion:

This soft skill training was a new experience for all the students by exploring the topics with miss. Teresa. The students were satisfied with the presentation and content of the training. The activities and games helped everyone to understand their fellow students effectively. It was helpful to break their shyness too. The whole program about the soft skill training was really good. Miss. Teresa's method of teaching is fantastic. Students enjoyed the whole programme of the soft skill training.

Feedback:



Trainers Profile

1. SNEHA MENON

Sneha Menon is a young, enthusiastic and cheerful Consultant Psychologist and Trainer. She is pursuing Diploma in Transactional Analysis from SAATA, South Asian Association of Transactional Analysts. Her Master's degree in Counseling Psychology supports her in understanding the training groups and running the programs. As part of her curriculum she did a research on the topic "Effect of Psychological Intervention on Self Esteem and Life Satisfaction of Bodily Dissatisfied Adolescents" and had created a special intervention program for students with body dissatisfaction and imparted training to enhance their self esteem.

She has experience in working with adolescents and college groups of various institutions and also has conducted outbound training sessions for corporate. A professional dancer who has performed in many stage shows brings the vibrancies of dance movements into training. She has excellent interpersonal skills and has been found to naturally connect well with people of any age and gender with ease and openness. She brings positive energy and personal growth in her training sessions.

2. THERESA ANTHONY

Theresa Anthony is a young Consultant Psychologist and Trainer, who has a Master's degree in Counseling Psychology from Madras School of Social Work. She had conducted a research study on *"The effect of Psychological Intervention on Emotional Expressivity and Psychological Well-being among Young Adults who experienced Sibling Rivalry"* at I.N.D.I.A TRUST a training and development organization as part of her post graduate program. She is pursuing a Diploma in Transactional Analysis from SAATA, South Asian Association of Transactional Analysts. Her interest in theater had led her into the Learning and Development.

She is a theater enthusiast, who has scripted, directed and performed various plays. Her interest in it led her to Playback Theater which is a form of improvisational theater that incorporates psychology and theater techniques for healing and group development. She brings in the elements of theater into her training sessions. She has been known to spread positive energy through her passion to learn, unlearn and relearn.

04-07-2016 to 08-07-2016

MADRAS SCHOOL OF SOCIAL WORK (AUTONOMOUS)
32, Casa Major Road, Egmore, Chennai-600008

Bachelor of Social Work

2016 Batch - Soft skill

Sl. No	Register No	Student Name	Status
1	BSW-16-01	ABINESH A	Completed
2	BSW-16-02	ABIRAMI R	Completed
3	BSW-16-03	ABOORVA J A	Completed
4	BSW-16-04	AKSHAY KUMARAN S	Completed
5	BSW-16-05	ALAGARSAMI A R	Completed
6	BSW-16-06	ALTHEA CIANE TERESA A	Completed
7	BSW-16-07	ANDREW JAI RAJ A	Completed
8	BSW-16-08	ARISHKUMAR T	Completed
9	BSW-16-09	BHAALASARASWATHI J	Completed
10	BSW-16-10	BHARATHRAJ G	Completed
11	BSW-16-11	DANIEL SAMUEL HUGGI	Completed
12	BSW-16-12	HARI SRIDHAR V	Completed
13	BSW-16-13	HARIPRIYA JAYAKUMAR	Completed
14	BSW-16-14	HEMANTH M	Completed
15	BSW-16-15	ISAAC ASHISH R	Completed
16	BSW-16-16	JACQUELINE CHRISTINA L	Completed
17	BSW-16-17	JALAKAILASH S	Completed
18	BSW-16-18	JOEL JEBAKUMAR ROBINSON V	Completed
19	BSW-16-19	JOSEPH RAJKUMAR P	Completed
20	BSW-16-20	KADAMBARI VENKATRAMAN	Completed
21	BSW-16-21	KARPAGAM N	Completed
22	BSW-16-22	KIRAN N J	Completed
23	BSW-16-23	LOGANAYAKI S	Completed
24	BSW-16-24	NIMISHA M M R	Completed
25	BSW-16-25	PAUL SOLOMON S	Completed
26	BSW-16-26	POONGKOTHAI T	Completed
27	BSW-16-27	PREETHI K	Completed
28	BSW-16-28	RAGHA M G	Completed
29	BSW-16-29	RAJESHWARI P	Completed
30	BSW-16-30	REVANTH K	Completed
31	BSW-16-31	ROSHINI S	Completed
32	BSW-16-32	SALOMI BENITA R	Completed
33	BSW-16-33	SANZAY KARTHICK S M	Completed
34	BSW-16-34	SINDHUKAVI K	Completed
35	BSW-16-35	SIVASURYAN P M	Completed
36	BSW-16-37	SUMATHY V	Completed

37	BSW-16-38	SURAJ JESUDHAN P	Completed
38	BSW-16-39	THILAK RAJ S	Completed
39	BSW-16-40	VAISHNAVE P H	Completed
40	BSW-16-41	VARSHA S	Completed
41	BSW-16-43	VIMALESH M	Completed
42	BSW-16-44	DHARSHIKA R	Completed

P.K.VATHANI
Hod-Dept of BSW

MADRAS SCHOOL OF SOCIAL WORK
CHENNAI
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Report on Soft Skills Training

Conducted by the Department of BSW,

Madras School of Social Work

And facilitated by

Excel HR Facilitations and Services

Company Profile

Excel is a company that is focused on converting the work place of progressive organizations and institution into INNOVATIVE, HIGH-ENERGY Centers of Excellence. We use unconventional methods to bring about unbelievable outcomes in all aspects – physical, mental, emotional and spiritual. We support individuals, teams and organizations to discover and unleash their latent potential.

We journey along with you, to discover yourself, your innermost leanings and preferences, potentials and passions and help you actualize them in career and in life. We help you not only make a living, but also celebrate the joy of living life to the fullest! Our facilitators are professionals, from a strong background of human psychology and are adept to quickly grasp the dynamics of individuals and within groups in order to harmonize the vibrancy and synergize to drive common goals.

Trainer's Profile

Theresa Anthony

Theresa Anthony is a young Consultant Psychologist and Trainer, who has a Master's degree in Counseling Psychology from Madras School of Social Work. She is pursuing a Diploma in Transactional Analysis from SAATA, South Asian Association of Transactional Analysts. Her interest in theater had led her into the Learning and Development.

She is a theater enthusiast, who has scripted, directed and performed various plays. Her interest in it led her to Playback Theater which is a form of improvisational theater that incorporates psychology and theater techniques for healing and group development. She brings in the elements of theater into her training sessions. She has been known to spread positive energy through her passion to learn, unlearn and relearn.

Sneha Menon

Sneha Menon is a young, enthusiastic and cheerful Consultant Psychologist and Trainer. She is pursuing Diploma in Transactional Analysis from SAATA, South Asian Association of Transactional Analysts. Her Master's degree in Counseling Psychology supports her in understanding the training groups and running the programs. As part of her curriculum she did a research on the topic "Effect of Psychological Intervention on Self Esteem and Life Satisfaction of Bodily Dissatisfied Adolescents" and had created a special intervention program for students with body dissatisfaction and imparted training to enhance their self esteem.

She has experience in working with adolescents and college groups of various institutions and also has conducted outbound training sessions for corporate. A professional dancer who has performed in many stage shows brings the vibrancies of dance movements into training. She has

excellent interpersonal skills and has been found to naturally connect well with people of any age and gender with ease and openness. She brings positive energy and personal growth in her training sessions.

Akila Giridharan

Akila Giridharan is a seasoned and highly qualified professional with over 8 years of global industry experience spanning training, software testing and teaching services.

She started her career in training at Fidelity National Information Services. In her role as a Technical trainer, she facilitated many product specific technical training sessions across the globe like Thailand, Canada, Italy and within the US. Apart from her routine tasks, she has initiated many discussions on defining new client training requirements and devised new curricula for advanced topics.

She has assumed varied roles throughout her corporate journey. This has enhanced her understanding relating to real life corporate scenarios, which she does not hesitate to share in the classrooms. It also makes her classes informative, interactive and enjoyable.

She has also been an accomplished and much sought after English teacher for 3 years, which has given her a whole new dimension to learning.

Currently, she owns and runs an Institute (Empower Learning Solutions) that imparts training to professionals in English (Business and Spoken) , Communication and other Soft Skills. She is also a Freelance Corporate trainer and is currently engaged with leading Software companies to conduct an English and Corporate Readiness programs for the employees.

She believes in creating a highly interactive learning environment, which is full of discussion and probe. Due to her myriad roles in the corporate world, she fully understands the challenges and importance of Business communication and ensures that this is incorporated in her sessions.

TRAINERS PROFILE

Sqn Ldr Unni Nair (Retd)

Sqn Ldr Unni Nair (Retd) is a member of the National Adventure Foundation and took early retirement from the Indian Air Force to make full use of his varied talents in entertainment and adventure. A qualified Para-sailing Instructor, he has been involved in Adventure activities since his NCC days and gathered sufficient experience to promote Adventure and Aero sports extensively. He heads training, entertainment and facilitation of adventure activities. He is the lead facilitator and his programs are energy-intensive and great fun. By the way he also has a post graduation in HR & PM.

Sonali Menon

Sonali Menon is a psychology major with a postgraduate degree in HR & PM. Widely traveled, adventure junkie with a passion for life, she's excellent with children, young adults and adults. She is also a Member of the NAF. A trained counsellor, her people-skills ensures that the training sessions are lively and interactive. Though an outdoorsy person, she is equally comfortable in a conference room setting, however, the seating will get quickly disturbed. She facilitates inductions, team builds, stress-busters and fun-based outings for old and new economy companies as well as for educational institutions.

Sarah A Kachwalla

Sarah A Kachwalla is recognized in the learning and development field as a teacher, counselor, trainer and facilitator. Broadening awareness, sharpening skills and making learning fun is the focus of Sarah's training. Her distinctive interpersonal skills and enthusiasm make her trainings interactive and motivating. Her background in Psychology, Special Education, NLP (Neuro Linguistic Programming), NLP-K (Neuro Linguistic Programming - Kinesiology) enables and supports her training competency. She has completed the BLHP & ALHP (Basic/ Advanced lab for human processes) by ISABS - Indian Society for Applied Behavioral Science.

Sneha Menon

Sneha Menon is a young enthusiastic and cheerful Counseling Psychologist and Trainer. A professional dancer who has performed in many stage shows, brings the vibrancies of dance movements into training. She had previously worked with school children and had also created a special intervention program for students with body dissatisfaction. She has excellent interpersonal skills. She has been found to naturally connect well with people of any age and gender with ease and openness. She brings positive energy and personal growth in her training session.

Theresa Anthony

Theresa Anthony is a passionate and animated young Counseling Psychologist and Trainer. Her interest in theater had led her into the training field. Being a theater enthusiast, she brings the dynamics of theater into her training sessions. She had also brought theater techniques as part of her intervention program for young adults in building their relationships. She brings vigor, personal growth and exuberance through her interactive training sessions. She engages effectively with people of all age groups in bringing a great transformation in their behavior.