

Report on Soft Skills Training Session People Skills for Graduates

Date: Tuesday, December 05, 2023

Time: 10:00 AM

Venue: Seminar Hall, MES Asmabi College, P. Vemballur

Organized by: Department of Fish Processing Technology, MES Asmabi College

Resource Person

Mr. Lathif Penath, Assistant Professor & Head, Department of Psychology & Chief Psychologist, Mindhub Psychological Institution, Kodungallur

The Department of Fish Processing Technology, MES Asmabi College organized a highly insightful soft skills training session for students on Tuesday, December 05, 2023. The session commenced at 10:00 AM and was conducted by the esteemed Mr. Lathif Penath, Assistant Professor & Head of the Department of Psychology and Chief Psychologist at Mindhub Psychological Institution, Kodungallur.

Objectives

The primary objectives of the training session were to:

- Enhance the soft skills of graduates, preparing them for professional environments.
- Develop essential people skills, including communication, teamwork, and leadership.
- Equip students with psychological tools to handle workplace stress and interpersonal challenges.

Session Highlights

Introduction to Soft Skills

Mr. Lathif began the session by defining soft skills and their importance in the professional world. He emphasized how soft skills complement hard skills and technical knowledge, making graduates more versatile and employable.

Communication Skills

The training covered various aspects of effective communication, including verbal, non-verbal, and written communication. Techniques for active listening and the importance of empathy in communication were discussed.

Teamwork and Collaboration

The resource person highlighted the significance of teamwork and how collaborative efforts lead to better problem-solving and innovation. Activities and exercises were conducted to demonstrate the power of teamwork and the role of each team member.

Leadership and Responsibility

The session included a segment on leadership skills, where Mr. Penath explained different leadership styles and the qualities of an effective leader. He encouraged students to take initiative and responsibility in group settings.

Stress Management and Emotional Intelligence

Practical tips for managing stress and maintaining emotional well-being were shared. Mr. Lathif explained the concept of emotional intelligence and its impact on personal and professional success.

Interpersonal Relationships

Techniques for building and maintaining healthy interpersonal relationships in the workplace were discussed. Mr. Penath stressed the importance of understanding and respecting diverse perspectives.

Interactive Activities

The session was highly interactive, with Mr. Penath incorporating role-plays, group discussions, and case studies. These activities helped students to actively engage with the material and apply the concepts learned in real-life scenarios.

Feedback and Conclusion

The training session concluded with a Q&A segment where students had the opportunity to clarify their doubts and seek advice from the resource person. Feedback from the participants was overwhelmingly positive, with many appreciating the practical insights and interactive approach of the session.

The Department of Fish Processing Technology expressed gratitude to Mr. Lathif Penath for his valuable contribution and to all the participants for their enthusiastic involvement. The session was deemed a significant step towards enhancing the employability and professional readiness of the graduates.