

## Department of Management Studies (MBA)

Academic Year 2024-25

### Seminar Report on "Soft Skills Training Session"

- **Event Title:** "Soft skill Training and Counselling"
- **Date:** 21<sup>st</sup> October 2024
- **Conduction Duration:** 2 Hour
- **Venue:** E' Buiding, MBA Dept, SITRC.
- **Resource Person:** Mr. Sumeet Deshmukh
- **Coordinator:** Prof. Pratiksha Bhujbal

#### **Objective:**

1. Improve participants' verbal and non-verbal communication abilities to foster effective interactions in personal and professional settings.
2. Cultivate the ability to work effectively in teams, emphasizing cooperation, active listening, and conflict resolution.
3. Increase awareness of one's own emotions and those of others, promoting empathy and better interpersonal relationships.

#### **About the Program:**

The Department of Management Studies, in collaboration with Sandip TBI, organized a highly informative and engaging lecture titled "Soft skill Training and Counselling" for students. The seminar led by Mr. Sumeet deshmukh focused on enhancing essential soft skills, including communication, teamwork, emotional intelligence, and problem-solving. The session aimed to equip participants with the tools necessary for personal and professional growth.

Mr. Sumeet deshmukh opened the seminar with a warm welcome and outlined the agenda where, Interactive Activities, Participants engaged in an introductory activity to foster comfort and openness, Communication Exercises like Role-playing scenarios that highlighted effective communication techniques and he also took Group activities that focused on problem-solving and collaboration. Participants learned the importance of

leveraging diverse strengths within a team. Mr. Sumeet deshmukh presented concepts of self-awareness, self-regulation, motivation, empathy, and social skills. Participants reflected on their emotional triggers and practiced mindfulness techniques. And at the end they have taken Question & Answer Session which Open for participants to ask questions, share experiences, and discuss challenges.

Feedback from Participants and All students

Positive Aspects:

Engaging delivery and practical exercises.

Relatable examples that connected with participants' experiences.

Supportive atmosphere that encouraged open discussion.

Areas for Improvement:

More in-depth exploration of specific topics.

Suggestions for additional follow-up resources or workshops.

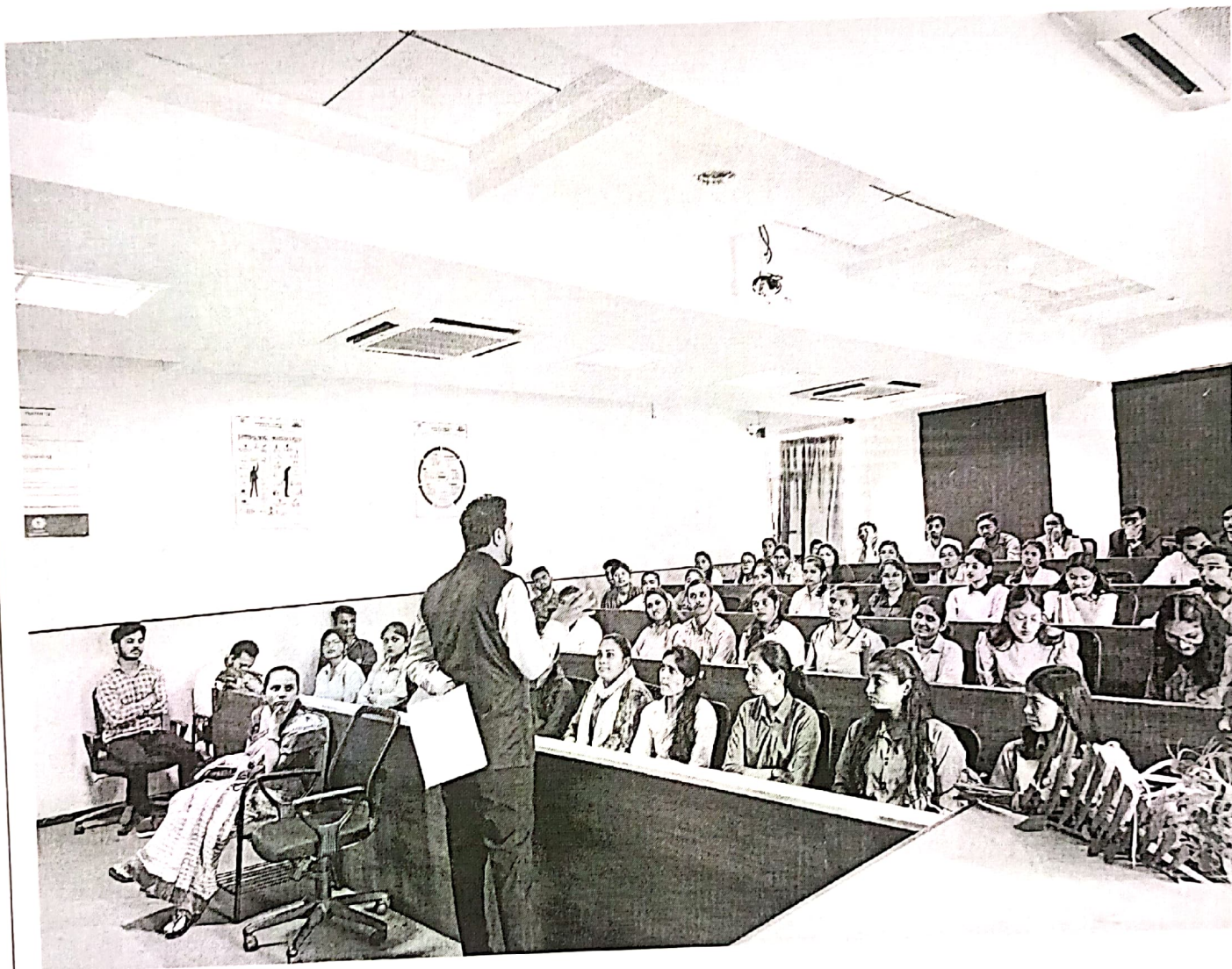
The seminar conducted by Mr. Sumeet deshmukh was highly successful in achieving its objectives. Participants left with enhanced soft skills and valuable insights into personal development. The interactive format and supportive environment contributed significantly to the learning experience.

### Outcome:

1. Participants improved their communication, teamwork, and emotional intelligence through interactive exercises.
2. Students gained insights into their emotional triggers and practiced mindfulness, helping them manage personal and professional challenges better.



## Glimpse of the Day





# SANDIP INSTITUTE OF TECHNOLOGY AND RESEARCH CENTRE

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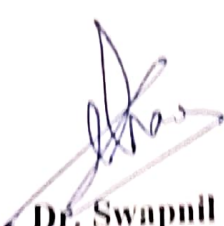



CGPA Score: 3.11





  
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