CAPACITY BUILDING AND SKILLS ENHANCEMENT

1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene), 4. ICT/Computing skills

Soft Skills:

Soft skills involve emphasizing the importance in various aspects of life, including academics, career, and personal development. They're not about what you know academically but about how you interact, communicate, and handle things in life. Think of them as the 'People Skills' that help you succeed beyond just getting good grades. They are often categorized as

- Interpersonal skills
- Communication skills
- Leadership skills
- Emotional intelligence.

Soft skills are different from technical skills, which are the specific knowledge and abilities required for a particular job or task. Soft skills include abilities such as problem-solving, teamwork, adaptability, time management, creativity, and active listening. These skills are essential in the workplace as they contribute to a positive work environment, effective collaboration, and the ability to build and maintain relationships with colleagues and clients. Soft skills are also important in personal life as they help with personal growth, effective communication, and building strong interpersonal connections.

S. No	Topic & Resource Person Name	Benefited Students	Photo no
1	**"Training on Permutation and Combination" on 27-04-2023** **Dr.R.Athilingam,** Associate Professor, Nadar Saraswathi College of Engineering and Technology, Theni.	60 Students benefited	1,2
2	**"Building Trust and Respect - Leadership Skills" on 02-02-2023** **Dr.C.Chitra,** Professor, Nadar Saraswathi College of Engineering and Technology, Theni.	25 Students benefited	3,4
3	**"Training on Confidence Building" on 02-09-2022** **Mr.J.Chakravarthy Samydurai,**	29 Students benefited	5,6

S. No	Topic & Resource Person Name	Benefited Students	Photo no
	Assistant Professor, Nadar Saraswathi College of Engineering and Technology, Theni.		
4	**"Time Management for Personal and Professional Life" on 11-08-2022 Mrs.M.Mahalakshmi,** Assistant Professor, Nadar Saraswathi College of Engineering and Technology, Theni.	59 Students benefited	7,8
5	**"Problem-Solving and Decision-Making in a Complex World" on 19-07-2022 Mr.R.Rajakarthick,** Assistant Professor, Nadar Saraswathi College of Engineering and Technology, Theni.	31 Students benefited	9,10

Language and Communication Skills:

Language and communication skills are crucial in virtually every aspect of life, from personal relationships to professional success. In essence, language and communication skills are the bridge that connects individuals, facilitates understanding, and drives progress in both personal and professional spheres. They empower you to express yourself, connect with others, and navigate the complexities of the modern world. Language and communication skills encompass a range of abilities that enable individuals to convey thoughts, ideas, feelings, and information effectively to others. These skills involve both verbal and non-verbal forms of communication

S. No	Topic & Resource Person Name	Benefited Students	Photo no
1	**"Seminar on Group Discussion" on 16-03-2023 Mrs.B.Sowmiya,** Assistant Professor, Nadar Saraswathi College of Engineering and Technology, Theni.	51 Students benefited	11,12
2	**"Motivational Program on Learning Skills" on 17-02-2023 Dr.C.Mathalai Sundaram, Principal,**	25 Students benefited	13,14

	Nadar Saraswathi College of Engineering and Technology, Theni.		
3	**"Training on Face to Face Interview" on 11-01-2023 Dr.C.Karthikeyan, Placement and Training Officer,** Nadar Saraswathi College of Engineering and Technology, Theni.	20 Students benefited	[15,16](#)
4	**"Workshop on Leadership Skills" on 19-10-2022 Mrs.T.Tamil Selvi,** Assistant Professor, Nadar Saraswathi College of Engineering and Technology, Theni.	60 Students benefited	[17,18](#)
5	**"Training on Resume Writing / Cover Letter" on 26-09-2022 Mr.R.C. Richard Britto,** Assistant Professor, Nadar Saraswathi College of Engineering and Technology, Theni.	31 Students benefited	[19,20](#)

Life Skills (Yoga, physical fitness, health and hygiene):

Life skills are practical and essential for managing daily tasks and responsibilities of the students. The maintaining personal health, practicing good hygiene, and making healthy lifestyle choices. Life skills teaches good behaviour, consistency, help in building positive relationships and making interactions smoother, respecting personal space and positive reinforcement. It makes the students to improve self-management skills, Daily living skills, adaptability and interpersonal skills

S. No	Topic & Resource Person Name	Benefited Students	Photo no
1	**"Awareness Program on Importance of Mental Health" on 06-05-2023 Mr.P.Rajan,** Applied Psychology, PGDGC., Theni.	23 Students benefited	[21,22](#)
2	**"Workshop on Self Respect" on 23-02-2023 RTN.Hermon Carduz,** Director of Leaders Choice Art Gallery, Trichy.	25 Students benefited	[23,24](#)

3	**"Awareness program on Prevention of Sexual Harassment at Workplace" on 15-12-2022** **Mrs.Sasikala,** Group Advocate, DLSA **&** **Mrs.B.Nagashanthi** Sub Inspector, IPEC **&** **Ms.Shiyamala Devi,** District Social Welfare.	60 Students benefited	25,26,27,28
4	**"Heartfulness Training Program (Meditation)" on 05-11-2022** **Mr.S.Jagadeesh,** Heartfulness Education Trust, Zonal Co-ordinator, Theni.	31 Students benefited	29,30
5	**"Awareness Program on Cyber Crimes and its Prevention" on 05-07-2022** **Mr. Alagupandi,** Inspector of Police, Cyber Crime Police, Theni.	60 Students benefited	31,32,33,34

ICT / Computing Skills:

ICT (Information and Communications Technology) and computing skills encompass a wide range of abilities related to technology and digital systems. Here are some key areas: Computer Basics, Programming and Coding, Database Management, Web Development, Networking, Cybersecurity, Data Analysis, Cloud Computing, Digital Literacy. This field encompasses a broad range of technologies that handle information in various forms, such as digital data, voice, video, etc. ICT involves the convergence of these technologies to manage and process information effectively. It's not just about computers or the internet; it includes the entire infrastructure and systems used to create, store, process, and exchange information. These skills are essential in various industries and professions, as technology continues to play a crucial role in our modern world. Proficiency in ICT and computing can enhance job opportunities and productivity in many fields.

S. No	Topic & Resource Person Name	Benefited Students	Photo no
1	**"Workshop on Primavera Software and its Career Opportunities in Abroad" on 21-04-2023** Mr.G.Rajakumar, Planning Manager, Qatar.	46 Students benefited	35,36,37

2	"Workshop on Cyber Security" on 19-04-2023 Mr.S.Harisuthan, Information Security Analyst, FIS, Pune.	20 Students benefited	38,39
3	"Powerful Role of Semiconductor Product Development in AI" on 23-03-2023 Mr.Kannan Srinivasagam, MD, UAW Technologies India Private Limited, Bengaluru.	29 Students benefited	40,41
4	"Exploration on Information Technology Requirement for Posterity" on 26-12-2022 Mr.Pradeep Sivakaminathan, Associate Vice President, Infosys, Mysore.	58 Students benefited	42,43
5	"Interactive Session on Artificial Intelligence in Renewable Energy" on 09-09-2022 Dr.D.Prince Winston, Dean Research & Professor, Kamaraj College of Engineering & Technology, Virudhunagar.	61 Students benefited	44,45