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| **Skills Developed** | **Challenge** | **Action taken** | **Results** | **Self-reflection/ Key takeaway** |
| **Adaptability**  (e.g challenge faced in an internship; situation where you handled a lot of pressure; time you failed) | At internship it was difficult to co-ordinate with other employees who were experienced. | But I personally choose to cope up with them positively by learning myself somethings which can be done by me. | I realized that if we try, we can adapt in any situation if we are willing to do the work with interest | It was good to know that I am versatile. |
| **Analytical**  (e.g project where you had to perform detailed research and analysis) | While doing Review article for the first time it was difficult to learn the citation and to avoid plagiarism | I search lots of articles relevant to my topic and citation type used while to avoid plagiarism, the sentence was framed by me in such way that it does not match with actual article but the information remains same | The Article was been approved the guide. | I was satisfied and happy with the work. |
| **Communication**  (e.g convince someone of your idea, present complex information, get your point across) | While performing seminars in college regarding project work, there was fear of senior staff. | After facing this situation, I worked on my communication skills by taking part in cultural programs which were conducted in college, tried having communication with family about the political affairs | Which intern helped me to build my confidence to communicate with anyone if I am prepared | Felt good that I am not anymore Introvert. |
| **Initiative**  (e.g stepped up to a challenge, identified a problem and took action to solve it, did something even though not your responsibility) | In first year of college, the uniform was the blazer for upper body and for lower body there was white trousers it was difficult for girls to wear white. | So, after communicating with all girls regarding this uniform issue. The application was about changing the uniform was send to the principal. | Due to this initiative the uniform was changed which intern helped the further batches. | It was very helpful for further generations so intern it made me happy. |
| **Skills Developed** | **Challenge** | **Action taken** | **Results** | **Self-reflection/ Key takeaway** |
| **Leadership**  (e.g coordinated several people to achieve a goal, led a group but not successful) | **NA** | **NA** | **NA** | **NA** |
| **Planning & Organization**  (e.g overcame a tight timeline, handled multiple responsibilities, manage your time and prioritize tasks) | During Covid Situation the market was opened for very short period of time it was difficult to go every place. | So I Planned  Monday- Vegetables  Tuesday-Groceries  Alternate days for – Dairy | It helped me to manage my day to day work at appropriate time without any risk or Exertion | I am bit cleanliness freak person so I like to keep things organized so this was so mee kind of thing |
| **Problem-solving skills**  (e.g talk about a problem/obstacles faced to reach a goal and how you solved it) | While Performing research work there were so many problems related to lab (like expired chemicals etc.) | I requested the seniors to please provide the new chemicals but it did not work much. So I tried solving it by own way by purchasing the chemicals by my own and asked the faculty to repay me whatever cost required for the chemicals | It was appreciated by the faculty. | Got to know that I can solve problems confidently. |
| **Teamwork**  (e.g when you worked on a team to achieve a goal; conflict faced when working on a team; working with a team member not cooperative) | While performing team work it was difficult to cope up with everyone because everybody is different. | Listening to each person and selecting the better information or idea worked well. | Which intern showed the results in positive way and some wired ideas can also be very informative that I realized. | Learned to think by others perspective. |