**Placement Enhancement Program**

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Batch: B32

**Assignment**

1] Write your 3 strength and 5 weaknesses.

Strengths:

* I am positive and confident towards my work
* I am good at time management
* Because of my friendly nature I can adapt with new peoples easily

Weaknesses:

* I have stage fear
* Mismanagement of things leads to confusion for me
* Because of my kind nature I cannot say no to anyone
* Lack of information
* No experience in my field
* I sometimes get trouble to solve complex problems

2] Write down your daily routine (24 hour)

* 7am – 9am (morning breakfast and getting ready)
* 9am – 10am (technology analysis and news watching about my interest)
* 10am – 1pm (Practicing for my skills)
* 1pm – 2pm (Lunch)
* 2pm – 4pm (Mern Stack Class)
* 4pm – 6pm (sleep and watching stuff on mobile)
* 6pm – 7pm (visiting temple)
* 7pm – 8pm (Dinner)
* 8pm – 9.30pm (self-practice)
* 9.30 pm – 10.30 pm (calling my parents and friends)
* 10.30 pm – 7am (sleep)

3] Write down Yes or No in front of all 10 topics covered today

|  |  |
| --- | --- |
| **Topics** | **Working on it** |
| Understanding Personal Style | No |
| Wardrobe organization | Yes |
| Basic dressing skills | Yes |
| Grooming and personal care | Yes |
| Hair care routine | No |
| Hygiene Practice | Yes |
| Scent Management | No |
| Foot care | Yes |
| Laundry and clothing care | Yes |
| Self-care and confidence building | No |

4]What is mean by empathy? Explain with example

-> Empathy is the ability to understand and share the feelings of another person. It involves putting yourself in someone else's shoes and experiencing their emotions, thoughts, or perspectives

Example:

Imagine your friend just lost their pet. Even if you haven't experienced the same loss, you can empathize by recognizing how sad and lonely they must feel