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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) | It was first time to have an internship. When I entered, all I saw was everyone was busy in their own work no one was willing to teach me new things that was not known to me. | I decided to interact and communicate with them and have questions to their work so I can know new things. | As soon as I started interacting with them, they were open to me and also helped me in my rest of days. | If we try our best, we can adapt in any situation. |
| **Analytical**  (e.g project where you had to perform detailed research and analysis) | In 7th semester we had one subject which includes research work on a complete new topic which does not exist in market. | I searched many articles, books from which I can get knowledge. After lot of research on articles I got my topic which was completely new. | After looking all the Information and articles ,guide accepted my topic and allowed me to publish it. | If we are willing to do the work with interest it will be best. |
| **Communication**  (e.g convince someone of your idea, present complex information, get your point across) | Convincing that my product resulted from research work was different and effective then other available products to everyone present over in a seminar | I improved my communication skills so that I can convince them and answer all the questions by tricks. | The all present in the Seminar was satisfied with my answers and also encouraged me | Communication skills is only the key to impress everyone . |
| **Initiative**  (e.g stepped up to a challenge, identified a problem and took action to solve it, did something even though not your responsibility) | We had NSS camp in final year, in which we visit villages and provide medicines, knowledge of healthcare. One grandmother was so upset and was not ready talk with anyone it was difficult to know about herself. | My colleagues decided to move, but I started talking with them and asked there problem . | After talking with the old lady.... I realized that old people suffer a lot and they just can't express what problem they are facing | Taking initiative in a work of other may help them and also we get an different experience |
| **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) | I remember there was an interschool group debate competition where I took initiative to participate and asked classmates to coordinate with me. | I convinced my classmates to participate as it was group debate competition, I alone was unable to take part. And finally I had group and we went for the competition | Though I had group and their different views over the topic still we won’t won the price. | Through this I learned only different opinion doesn’t matter but the valuable opinions or conventional statements also wins. |
| **Planning & Organization**  (e.g overcame a tight timeline, handled multiple responsibilities, manage your time and prioritize tasks) | During COVID days, I joined medical job and as cases decreased government announced to reopen college. It became difficult to have both at same time. But job and college both was important for me | To overcome this problem, I decided to have part time job in the evening and college in day time. | It helped me to manage things as financial help and education both was to be at there own place. | Time management is the basic thing to understand that lead to have perfect planning. |
| **Problem-solving skills**  (e.g talk about a problem/obstacles faced to reach a goal and how you solved it) | In the research work, the ingredients that was needed to be present in the lab for formulation was unavailable. | I discussed this problem with my classmates and seniors , they suggested me various options to get them available for preparation. | It was appreciated by the faculty. | Problems can be overcome when we discuss it with the right person. |
| **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) | During practical’s, there should be everyone’s active participation in preparing chemicals to get correct results | Coordinating with every one and discussing the accurate master formula, so that suggestions will help to have correct results | When the practical was performed it was successful. | Coordinating with each member in a team leads to excellent work |