

Vishwakarma Institute of Technology, Pune
Department of Engineering Science and Humanities (DESH)
Course: General Proficiency -I AY: 2024-25

Title of Lab exercise-III: Interpersonal Skill Development: Positive Relationship, Positive

Attitudes, Handling Situations

Objective of the exercise: To be able to demonstrate skills required for harnessing interpersonal relations personally and professionally.

reamble of the exercise:

Engineering exercises while learning and at workplaces are mostly carried out in the group.

This group activity refers to adherence of group dynamics that creates the harmony among the teammates to produce an expected outcome with coordinated and harmonized team efforts.

This productive team dynamics expect behavioural and emotional human traits to be utilised

in constructive manner to results in win-win situation for everyone in the group or mutually.

The traits and competencies that facilitate communication and connection building with others

are known as interpersonal skills. In all forms of communication, whether verbal or non-verbal,

we exhibit interpersonal skills. Working well with others and successfully navigating

complexity, change, addressing conflict and daily duties are exemplary advantages of having

strong interpersonal skills and this ability stands tall as a differentiating factor in the current

competitive edge.

One of the most sought-after soft skills that companies seek out in engineer is the ability

to communicate effectively with coworkers along with execution of technical duties with

expertise. These traits are referred to be an outcome of an attitude that person carries during

mutual or group interaction. Primarily Positive attitude plays paramount role in reinforcing the values and actions to generate harmony in the interpersonal relations.

Discussion related to the role of positive attitude and other qualities in maintaining and strengthening these relations is carried in the recorded video as mentioned below:

<https://drive.google.com/file/d/1pkFsDmxTzfDY2erv2z14tsCRYD4-jF87/view?usp=sharing>

Apart from positive attitude, some exemplary factors influencing in development of interpersonal relations and resolving or managing conflicts are as follows:

1. Emotional intelligence
2. Open mindedness
3. Active Listening
4. Nonverbal communication /Gesture
5. Empathy /Tolerance
6. Adaptability
7. Reliability
8. Assertive Communication
9. Collaborative mindset
10. Respect towards others
11. Difference of opinion not to lead differences of mind (Maturity)

Guidelines for the conduct of exercise:

1. This exercise to be performed in the group
2. Preparing a conversational and action script that mimics the above-mentioned qualities.
3. Practicing a group exercise that adheres with interpersonal win-win situation.
4. Finding most appropriate video with conversation and gesture to maintain the sanctity of the meeting with resolution of conflict and arriving at common conclusion.
5. Writing a report with highlights of qualities on the experienced gained during working on this exercise.