REPORT: WORKSHOP ON MASTERING OF SOFT SKILLS

On 3rd and 4th February 2025, the Counseling and Guidance Cell (CGC) in collaboration with Happy Thinking Laboratory (HTL) organized a two-day workshop on "Mastering Soft Skills" at HTL, ONGC Building, University of Lucknow. The workshop was designed to help participants develop essential soft skills, which are crucial for professional growth and success. The event aimed to enhance communication skills and equip participants with practical tips for better interpersonal interaction. The Chief Guest of the event was Prof. Arvind Mohan, Dean of the Faculty of Arts and Chief Speaker was soft skills expert Ms. Jyotsana Walia.

The primary goal of the workshop was to equip attendees with fundamental soft skills to enhance their job prospects. The event focused on imparting valuable skills such as effective communication, emotional intelligence, leadership, team collaboration, and problem-solving. Participants also received guidance on improving their personal and professional interactions. The event commenced with the lighting of the lamp, symbolizing the start of the workshop and the illumination of knowledge and learning for all participants.

The workshop featured Ms. Jyotsana Walia as the keynote speaker. Ms. Walia, an expert in soft skills training and career development, shared her extensive knowledge and experience

with the attendees. Her session provided insightful perspectives on the importance of soft skills in the workplace, coupled with practical advice on how to develop and implement these skills in real-life situations. Her presentation was engaging and inspired participants to reflect on their current skills and areas of improvement.

The first day of the workshop focused on effective communication, including verbal and non-verbal communication, active listening, and building rapport. Participants practiced these skills through interactive exercises, receiving immediate feedback. On the second day, the focus shifted to leadership, emotional intelligence, and team collaboration. Ms. Walia emphasized the role of emotional intelligence in leadership and guided participants through activities on teamwork, conflict resolution, and managing difficult conversations

Prof. Arvind Mohan, Dean of the Faculty of Arts, emphasized the importance of soft skills and effective communication, stating that they are essential for academic success, professional development, and building meaningful connections.

The "Mastering of Soft Skills" workshop was a resounding success, leaving participants with valuable knowledge and practical tools to enhance their career prospects. The sessions were interactive, insightful, and well-received by all attendees, who appreciated the opportunity to learn from an expert like Ms. Jyotsana Walia.

Dr. Vaishali Saxena shared valuable insights on mastering soft skills, emphasizing their crucial role in personal and professional growth, highlighting the importance of communication, emotional intelligence, and leadership in today's workplace. Prof. M. Priyadarshini highlighted the significance of mastering soft skills, stressing how they enhance professional success, improve interpersonal relationships, and contribute to personal growth, making individuals more adaptable in diverse work environments.

Dr. Vaishali Saxena, Director of the Counseling and Guidance Cell, concluded the event by delivering the vote of thanks. She expressed sincere gratitude to Honorable Vice Chancellor Prof. Alok Kumar Rai for his support, Chief Guest Dean; Faculty of Arts Prof. Arvind Mohan, Key Speaker Ms. JyotsanaWalia for sharing her valuable insights, and Prof. M. Priyadarshini, Director of the Happy Thinking Laboratory, for facilitating the event. Dr. Saxena also acknowledged the efforts of the event coordinators and thanked all participants for their active involvement. She emphasized that it was their collective contributions that made the workshop a resounding success, ensuring its positive impact on everyone involved.

ATTENDANCE

3/2/25

Mastering Soft Skills   12:30 Pm

Venue→ HTL

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4/02/2025

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