

## SOFT SKILLS AND CAREER READINESS PROGRAMME

Organized by : IQAC, GZRSC

Sponsored by : RUSA

Date : 17<sup>th</sup> July 2018

Target Group : Selected Students from First Semester

Number of participants: 60

Resource Persons : Avenue Shillong

### Short Report:

The program was hosted by Mrs. Lalrinsangi Nghinglova, secretary, Student Support Committee. The program was sponsored by RUSA, GZRSC. The resource person from Avenue Shillong gave a lecture on soft skills. Soft skills are non-technical skills that relate to how you work. They include how you interact with colleagues, how you solve problems, and how you manage your work.

Soft skills relate to how you work. Soft skills include interpersonal (people) skills, communication skills, listening skills, time management, and empathy, among others.

Hiring managers typically look for job candidates with soft skills because they make someone more successful in the workplace.

Someone can be excellent with technical, job-specific skills, but if they can't manage their time or work within a team, they may not be successful in the workplace.

Soft skills include the personal attributes, personality traits, and communication abilities needed for success on the job. Soft skills characterize how a person interacts in his or her relationships with others.

Soft skills include:

- |                     |                       |
|---------------------|-----------------------|
| ✓ Adaptability      | ✓ Positivity          |
| ✓ Communication     | ✓ Time management     |
| ✓ Creative thinking | ✓ Motivation          |
| ✓ Dependability     | ✓ Problem-solving     |
| ✓ Work ethic        | ✓ Critical thinking   |
| ✓ Teamwork          | ✓ Conflict resolution |

Unlike hard skills that are learned, soft skills are similar to emotions or insights that allow people to "read" others. These are much harder to learn, at least in a traditional classroom. They are also much harder to measure and evaluate.

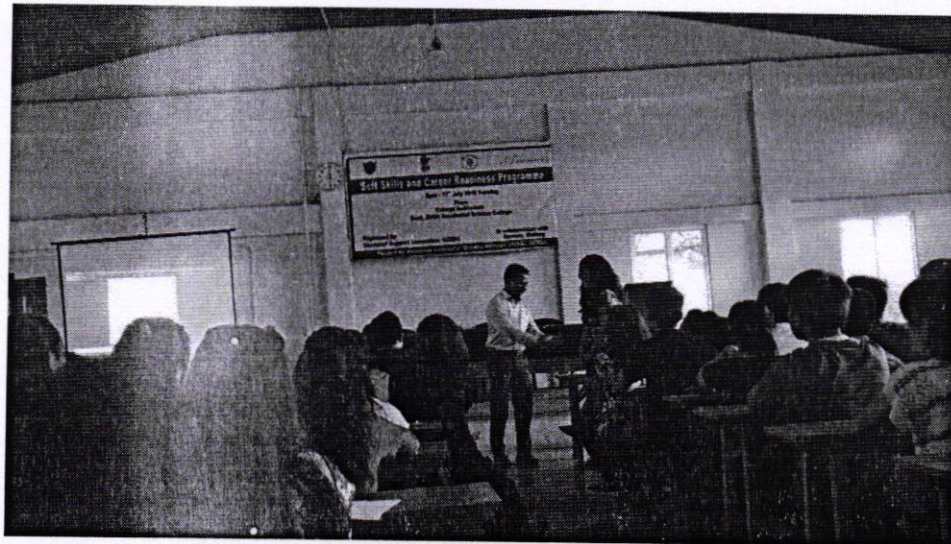
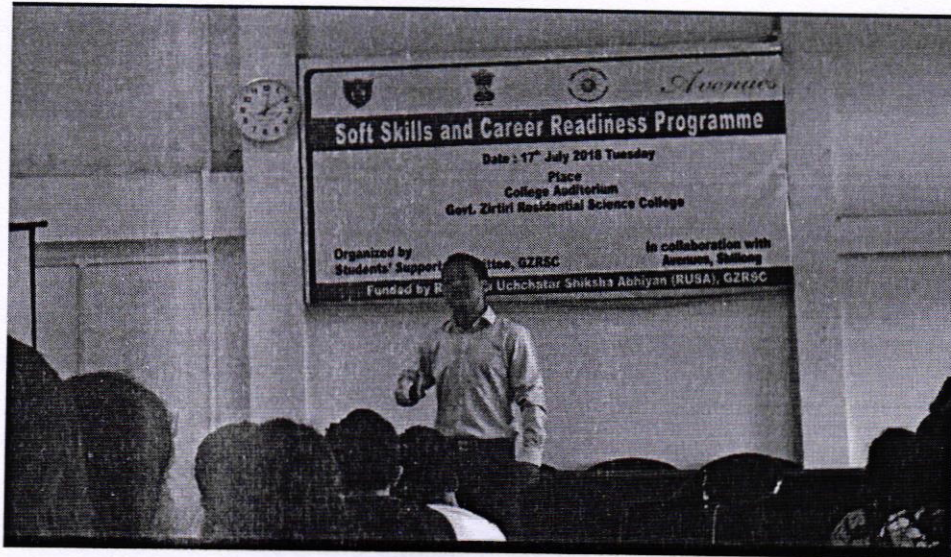
That said, some job skills programs do cover soft skills. They may discuss soft skills so job seekers know what they are and the importance of highlighting them on their resume.<sup>3</sup>



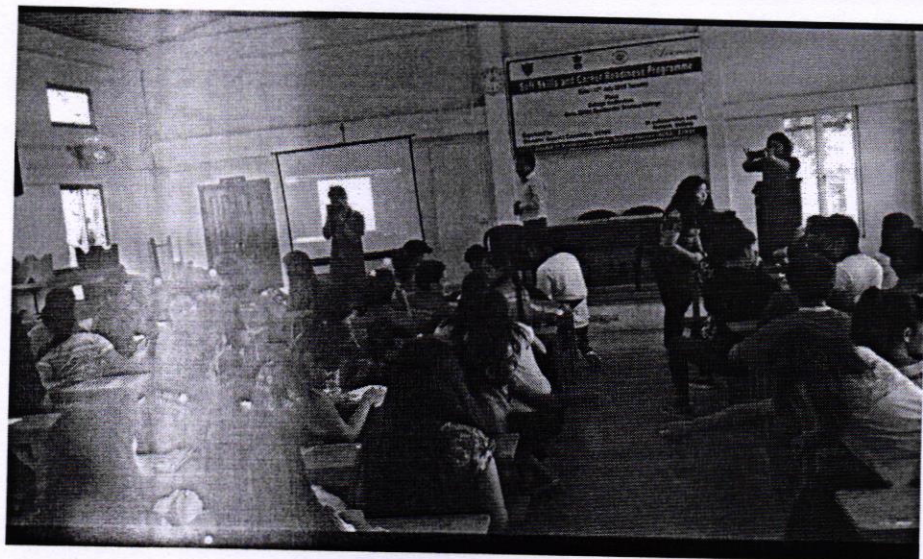
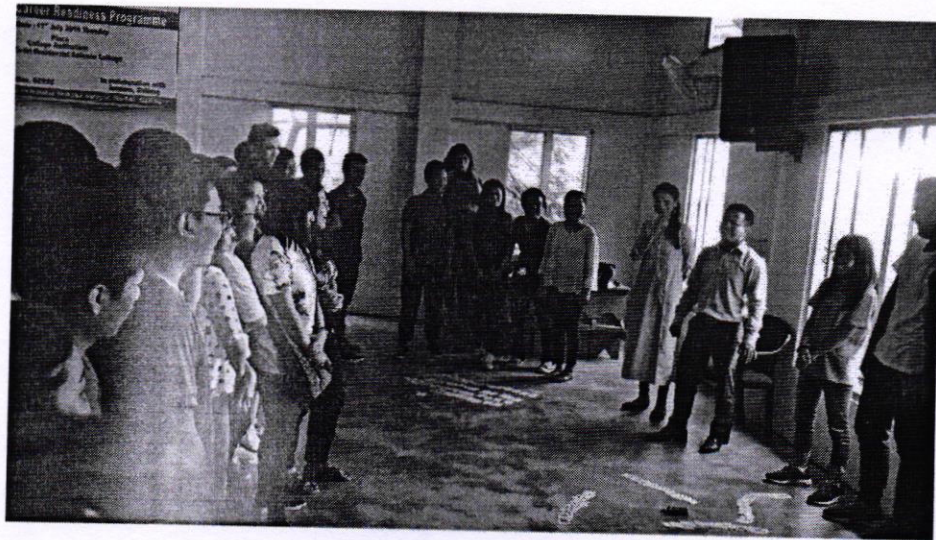
If you've been working for a while, chances are you've already developed some soft skills. For example, if you've worked in retail, you've worked in a team environment. If you've helped unhappy customers find a resolution, you've used conflict resolution and problem-solving skills.

If you're new to work, think of other activities you've done, either through school or on a volunteer basis. Chances are you've had to communicate, adapt to changes, and solve problems.

#### Activity Pics










## Attendance List

### CAREER AWARENESS

| <u>Name</u>                  | <u>Roll No.</u> |                              |            |
|------------------------------|-----------------|------------------------------|------------|
| 1. Joel Lallawmkima          | 1607BS015       | 34. Vanlalmalsawma           | 1607BCA002 |
| 2. Ngozapaw                  | 1607BS027       | 35. Jonathan Lalrinchhana    | 1607BCA003 |
| 3. Lalsangzuali Khawhling    | 1607BS037       | 36. Johny Lalpekhlua         | 1607BCA013 |
| 4. Bethsebi Vanlalnunhlipuii | 1607BS038       | 37. C. Lalramchhana          | 1607BCA016 |
| 5. Vanlaltanpuii             | 1607BS040       | 38. Lunngaihliani            | 1607BCA021 |
| 6. Elvis Solo                | 1607BS044       | 39. Paul L. Ralsun           | 1707BS110  |
| 7. Sylvia Lallawmkimi        | 1607BS047       | 40. K. Zodinsanga            | 1707BS114  |
| 8. Vanlalnunpuia             | 1607BS048       | 41. C. Lalramtharngaki       | 1707BS119  |
| 9. Esther Dimngaihvingi      | 1607BS059       | 42. Zodinpuia                | 1707BS126  |
| 10. Zomuanpuii               | 1607BS065       | 43. Lalnunsanga              | 1707BS134  |
| 11. Dominic Lalruaitluanga   | 1607BS080       | 44. Lydia Ngurthanmawii      | 1707BS150  |
| 12. Lalrempuia Saifo         | 1607BS084       | 45. Nancy Lallunghnemi Ralte | 1707BS077  |
| 13. Lalnunmawii              | 1607BS002       | 46. Lalengmawii              | 1707BS078  |
| 14. Lalruaitfela             | 1607BS007       | 47. Lalruatdiki              | 1707BS086  |
| 15. C. Zothanmawii           | 1607BS028       | 48. Awmpuizeli Fanai         | 1707BS162  |
| 16. Lalsangzuali Khawhling   | 1607BS037       | 49. M. Lalbiakmuani          | 1707BCA009 |
| 17. Anu Kumari               | 1607BS042       | 50. PC Lalhriatpuii          | 1707BCA014 |
| 18. Vanlalkungi              | 1607BS043       | 51. R. Laldinthara           | 1707BCA015 |
| 19. C. Lalpekmauii           | 1607BS046       | 52. David PC Laldinpuia      | 1707BCA025 |
| 20. Emmanuel Lalrinchhana    | 1607BS051       | 53. Lalhmingliani            | 1707BCA028 |
| 21. Rashmi Rai               | 1607BS054       | 54. Mamta Gurung             | BCA001     |
| 22. Mary Lalmalsawmi         | 1607BS078       | 55. Vanlaluaitfela           | BCA003     |
| 23. Nick Lalrinmawia         | 1607BS003       | 56. Remsangpuii              | BCA010     |
| 24. Deepika Das              | 1607BS005       | 57. H. Lalthatluanga         | BCA017     |
| 25. Liandingputi             | 1607BS008       | 58. Johny Vanlalmuana        | BCA019     |
| 26. Hmingchungnunga          | 1607BS010       | 59. One God Lalremruata      | BCA026     |
| 27. Laldintluanga            | 1607BS014       | 60. Nicholas Lalchhanhima    | BCA040     |
| 28. B. Malsawnzuali          | 1607BS017       |                              |            |
| 29. Lalruaitfeli             | 1607BS018       |                              |            |
| 30. V. Lalthanlungi          | 1607BS019       |                              |            |
| 31. Tuki Kumari              | 1607BS023       |                              |            |
| 32. Zonshipuii               | 1607BS030       |                              |            |
| 33. K. Lalawmpuii            | 1607BS049       |                              |            |

  
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