



## Conclusion

Don Bosco Vazhikaatti's BEST Program provided valuable training to Second Year PG students at Queen Mary's College, equipping them with crucial social skills necessary for their professional and personal growth. The well-rounded curriculum, practical activities, and the insightful guest lecture contributed significantly to the students' development. The program has effectively prepared participants to navigate social and professional challenges with confidence and skill.



## CONTACT US

# Don Bosco Vazhikaatti

#46, Siruvallur Road, Perambur, Chennai - 600 011.  
director@donboscovazhikaatti.com | www.donboscovazhikaatti.com

89258 39478, 93852 01459, 044 - 2670 4491

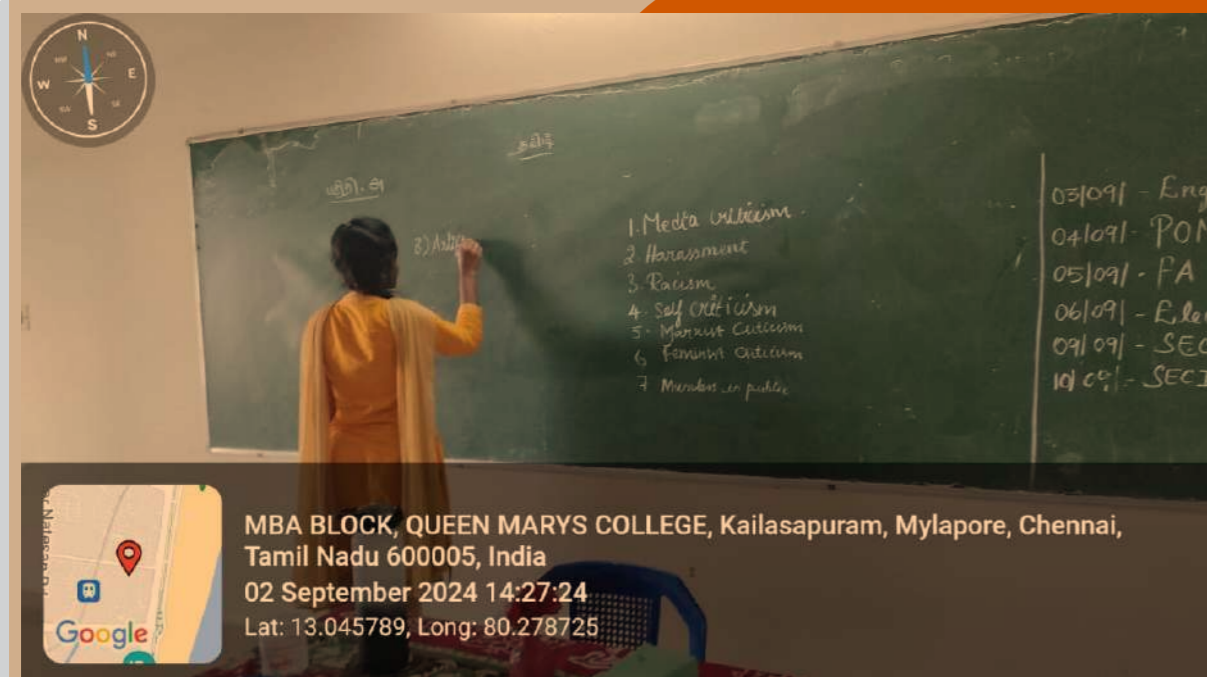
Report of Bosco Employability  
Skills Training (BEST) Program on  
**SOCIAL SKILLS**

**@ QUEEN MARY'S COLLEGE - 2024**

[www.donboscovazhikaatti.com](http://www.donboscovazhikaatti.com)

# Event Overview

Don Bosco Vazhikaatti BEST (Bosco Employability Skills Training) Program was conducted from August to September 2024 at Queen Mary's College (Autonomous), Chennai. This initiative focused on equipping Second Year Postgraduate (PG) students with essential social skills through a comprehensive 12-day training session.



# Table of Content

Event Overview	02
QMC BEST Program Details	04
Objectives	05
Training Structure	06
Training Topics Covered	07
Special Guest Lecture	08
PG Students Strength	09
Resource Team	09
Outcomes and Impact	10
Feedback	11
Conclusion	12

## QMC BEST

### Program Details

- Dates: 20th August to 6th September 2024
- Duration: 12 days/ Time: 1:30 PM to 3:30 PM
- Venue: Queen Mary's College (Autonomous), Chennai
- Target Audience: Second Year PG Students
- Training Focus: Social Skills
- Resource Persons: DB Vazhikaatti Trainers



## Program Objectives

The primary objective of the BEST Program was to enhance the social skills of the students, preparing them for effective interaction in professional and personal contexts. The training aimed to:

1. Improve interpersonal communication
2. Develop networking abilities
3. Foster effective teamwork and collaboration
4. Build confidence in social interactions

### 30.08.2024: Gender equality



# Training Structure

The training sessions were structured to provide a blend of theoretical knowledge and practical exercises. Each session was designed to be interactive and engaging, incorporating various methodologies such as:

**Group Exercises:** Students engaged in various team-building activities, which emphasized the importance of teamwork, leadership, and effective communication within a group setting.

**Presentations:** Delivered by expert trainers to provide insights into effective communication strategies.

**Feedback Sessions:** Offered personalized feedback to help students identify strengths and areas for improvement.



# Training Topics Covered

## Social Skills Introduction:

An overview of essential social skills required in professional and personal contexts, emphasizing the importance of effective interaction.

## Roles & Responsibilities:

Understanding individual roles within teams and organizations, and the corresponding responsibilities.

## Communication Skills:

Focus on verbal and non-verbal communication, active listening, and the impact of effective communication in various scenarios.

## Stress Management:

Strategies for managing stress to maintain productivity and mental well-being.

## Criticism:

Constructive approaches to giving and receiving feedback and handling criticism positively.

## Leadership Skills:

Techniques and strategies for developing leadership qualities and leading teams effectively.

## Team Building:

Activities and discussions aimed at enhancing teamwork, collaboration, and group dynamics.

## Emotions:

Exploring the role of emotions in social interactions and how to manage them for better interpersonal relationships.

## Gender:

Discussions on gender sensitivity, equality, and the impact of gender dynamics in social and professional environments.

## Social media & LinkedIn:

Best practices for using social media and LinkedIn to enhance professional presence and networking opportunities.

# Special Guest Lecture

On September 4, 2024, a special guest lecture session was delivered by Mrs. Lydia, Free Lance Trainer on Procrastination and Unconscious Bias. The session provided valuable insights into overcoming procrastination, recognizing and addressing unconscious biases in professional and personal settings. Mrs. Lydia's expertise offered practical advice and strategies to tackle these common challenges.



# Students Strength

S. No	Department	Total Strength
1	M.Sc – Mathematics	20
2	M.Sc – Physics	22
3	M.Sc – Chemistry	12
4	M.Sc – Botany	13
5	M.Sc – Zoology	12
6	M.Sc – Home Science – FSM&D	25
7	M.Sc – Home Science – F&D	12
8	M.Sc – Geography	7
9	M.Sc – GTTM	10
10	M.Sc – Computer Science	25
11	M.A. – History	24
12	M.A. – Sociology	4
13	M.A. – Economics	23
14	M.A. – Music	5
15	M.A. – English	27
16	M.A. – Tamil	19
17	M.Com	21
	<b>Total</b>	<b>281</b>



## Resource Team:

*Mr. Leo Levin, Mrs. Sindhu, Mrs. Jenifer, Mrs. Nandhini, Ms. Savitha, Ms. Srija, Ms. Arularasi, Ms. Divya, Mrs. Sathiyapriya, Mrs. Aishwarya, Mr. Joseph Irudayaraj, Mr. Nirmal & Mr. Mohan Prem*

# Outcomes and Impact

The BEST Program successfully achieved its objectives, resulting in:

**Enhanced Social Skills:** Participants gained a better understanding and application of key social skills essential for their future careers.

**Improved Leadership and Teamwork:** Students developed leadership qualities and effective teamwork strategies.

**Advanced Communication Techniques:** The training improved students' communication abilities, both verbal and non-verbal.

**Effective Stress and Emotion Management:** Students learned practical techniques to manage stress and emotions effectively.

**Increased Awareness:** The guest lecture by Mrs. Lydia heightened students' awareness of procrastination and unconscious bias, offering tools to address these issues.



# Participants Feedback

S. No	Student's Name & Department	Comments
1	Jaya.J, M.Sc – Mathematics	I developed my self-awareness and empathy, improving my ability to both personal and professional. Overall, the skills gained from the program will enhance my career prospects and personal development
2	Jayashree.N, M.Sc – Physics	They presented very nicely and in a simple way so that everyone can understand easily all the sessions were very interactive.
3	Monika. S, M.Sc – Chemistry	Conducting group activities, it help us to develop team work ability.
4	Poomathi.V, M.Sc – Botany	Learnt many things that helps me to improve my social and employability skills.
5	Dhiksha sarathy P, M.Sc – Zoology	I am very impressed
6	Joshini S, M.Sc – FSM&D	It helps us to face the reality
7	Kanishka M, M.Sc – Geography	For me, I started to lose my fear by talking in front of groups this program make me to lose it so I think this would help me in future
8	Sivamalai K, M.Sc – GTA	I've learnt about unconscious bias which is new to me
9	Angelin S, M.Sc – Computer Science	It's useful In future...because I learned How to Communicate and Handling the Emotions....
10	Punitha A, M.A. – History	Want more classes from don Bosco vazhikaatti
11	Sneka RP, M.A. – Sociology	Gain knowledge in different field
12	S Nithya Sri, M.A. – Economics	To overcome my Procrastination
13	Annie Blessy Christy D, M.A. – English	This semester we came across many group discussions, which shows the different perspectives and the uniqueness
14	Nivetha V, M.A. – Tamil	Soft skills can help me in many ways, both in my career and personal life,lead teams, handle conflicts, and build positive relationships.
15	M.Deera, M.Com	I Acquired a new knowledge about social Skills and it's very useful to my future In the way of presenting my self to others.