

**Department of Sanskrit**

Date-02/12/2022

To,  
The Principal,  
Tuljaram Chaturchand College, Baramati.

Subject: Request for Permission to Conduct a Soft Skill Training Program for Students for Students of Baramati College of Pharmacy, Barhanpur

I am writing to formally request your permission to conduct a Soft Skill Training Program for the students of Baramati College of Pharmacy, Barhanpur by Department of Sanskrit, Tuljaram Chaturchand College of Arts, Science, and Commerce, Baramati on December 7, 2022.

In today's competitive job market, possessing strong soft skills is as crucial as academic knowledge. This training program aims to empower our students by enhancing their communication, teamwork, problem-solving, and leadership abilities. We believe that this initiative will significantly contribute to the holistic development of our students

I would be grateful for your favourable consideration of this request

Thank you for your attention and support. I look forward to your positive response.

Thanking You

  
Workshop Coordinator, Head

Mr. Pranit Wabale



## **Report on Soft Skill Training Program for Students of Baramati College of Pharmacy, Barhanpur**

Date of Program: December 7, 2022

Venue: Baramati College of Pharmacy, Barhanpur

Organized By: Department of Sanskrit, Tuljaram Chaturchand College of Arts, Science, and Commerce, Baramati

Beneficiaries: 70 students from Baramati College of Pharmacy

Volunteers: 10 volunteers from Tuljaram Chaturchand College, Baramati

### **Program Overview**

On December 7, 2022, the Department of Sanskrit at Tuljaram Chaturchand College of Arts, Science, and Commerce, Baramati, conducted a soft skills training program for 70 students of Baramati College of Pharmacy, Barhanpur. The primary objective of the program was to enhance the students' communication, teamwork, problem-solving, time management, and leadership skills—key competencies needed to succeed both academically and professionally.

### **Program Structure**

The session was structured to combine theoretical insights with practical exercises. The main topics covered included:

Effective Communication: Techniques for clear and confident communication in both academic and professional settings.

Teamwork and Collaboration: Strategies for working effectively in teams, resolving conflicts, and achieving common goals.

Leadership and Decision Making: Developing leadership qualities, taking initiative, and making informed decisions.

Time Management: Tools and techniques for managing time, prioritizing tasks, and staying organized.

The training involved interactive group activities, role-plays, and problem-solving exercises to engage the students and encourage active participation.

### **Volunteers and Contribution**

The program was supported by 10 dedicated volunteers from Tuljaram Chaturchand College, Baramati. The volunteers played a vital role in organizing the sessions, guiding the students through activities, and providing feedback. Their contribution helped create a collaborative and supportive environment throughout the training.

### **Outcomes and Feedback**

The students responded positively to the training, with many indicating that the session helped them develop practical skills for better communication, leadership, and time management. They particularly appreciated the interactive exercises and the opportunity to work in groups. The feedback highlighted the relevance of the program to their academic and professional growth, and many expressed a desire for more such sessions in the future.



Prof. Pranit Wabale

Head, Department of Sanskrit, T. C. College, Baramati.





- **Sudarshan Kriya:** A unique breathing technique developed by the Art of Living that helps reduce stress, increase mental clarity, and promote emotional stability.
- **Pranayama:** Breathing exercises designed to balance the mind and body.
- **Meditation:** Guided sessions focused on stilling the mind, increasing focus, and reducing anxiety.

### **Group Discussions and Reflection**

The program included group discussions on topics related to managing stress, overcoming negative emotions, and staying positive in the face of challenges.

- **Focus Areas:**
  - Personal reflections on happiness
  - Sharing challenges and experiences in a safe and supportive environment
  - Practical advice on maintaining mental peace in daily life

### **Interactive Sessions**

Interactive sessions were designed to engage participants in practical exercises, such as stress-relief techniques, exercises for boosting emotional intelligence, and laughter yoga.

- **Key Activities:**
  - **Laughter Yoga:** An activity where laughter was used as a tool for reducing stress and promoting a sense of joy and well-being.
  - **Gratitude Exercises:** Participants wrote down things they were grateful for, fostering a mindset of appreciation.

### **Outcomes and Benefits**

- **Improved Emotional Well-being:** Participants reported feeling more emotionally stable and better equipped to handle daily stress after engaging in the program. The breathing techniques taught helped reduce stress and calm the mind.
- **Enhanced Mental Clarity:** Many attendees expressed feeling more mentally clear, with improved focus and decision-making abilities.
- **Development of a Positive Outlook:** The interactive exercises and group discussions helped the participants develop a more positive outlook on life, emphasizing resilience, gratitude, and happiness.
- **Increased Sense of Community:** The group discussions and shared activities created a sense of belonging and camaraderie among the participants, fostering an environment of mutual support.

### **Feedback from Participants**

The feedback collected from the participants indicated that the program had a significant impact on their overall outlook on life. Here are a few key points from the feedback:

- **Increased Peace and Calm:** Most participants appreciated the meditation and breathing techniques for helping them achieve a sense of inner peace.
- **Practical Tools for Daily Life:** Many participants expressed a desire to continue practicing the techniques learned during the program to manage stress in their personal and professional lives.
- **Positive Environment:** Participants appreciated the friendly and welcoming environment created by both the volunteers and the facilitators.



Prof. Pranit Wabale  
Head, Department of Sanskrit, T. C. College, Baramati









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Anekant Education Society's

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**2019 - 2024**

## Soft Skill Training Barhanpur, Baramati



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**Soft Skill Training Barhanpur, Baramati**



**Principal**  
Tuljaram Chaturchand College  
Baramati