

2019

Report on Workshop on Soft Skills and Professional Development



Report

Workshop on Soft Skills and Professional Development

Organised by

Department of Social Work (MSW)

St. Edmund's College

Shillong

Date: 30th August, 2019

Programme schedule.

- Welcome speech - Ma'am Daphisha Gabriela Pyngrope (MC)
- Brief insights on the topic – Abhashisha Myllemngap.
- Short speech – Dr Sylvanus Lamare (Principal, St. Edmund's college)
- Vote of thanks- Sukanya Gogoi (MSW 1st semester student)

Different committees for the programme

- Programme committee – Wanri Kharkongor, Phiba Buhphang, Memorica Sohkhlet, Donaliza Kahit, Ganga Chetri, Anniesha Dkhar. (MSW 3rd semester students)
- Documentation – Alongsena Jamir, Aphili Kynjing Tariang, Father Ashok Reddy, Jonchibeni (MSW 3rd semester students)
- Organizer of the programme – MSW department.

The one-day workshop on Soft Skills and Professional Development was conducted on the 30th August, 2019 by the MSW Department, St. Edmund's College. The programme started at 1:30 pm in the afternoon with the presence of the Principal Dr Sylvanus Lamare, teachers including Dr Rituparna Rajendra, Sir Allanson Wahlang, Dr Wandaia Synkon, Dr Martius, Ma'am Edaneolla Kynta, Sir Lambinus Raliang, and Ma'am Daphisha Gabriela Pyngrope along with the students of MSW 1st and 3rd semester. The master of ceremonies for the programme was Ma'am Daphisha Gabriela Pyngrope.

The resource person of the Orientation on Soft Skills and Professional Development, Miss Abhashisha Myllemngap was warmly greeted by the students and the staff of the MSW Department. The resource person started her orientation with a short introduction on the meaning of soft skills, further dividing skills into soft skills and hard skills. Soft skills determines the behaviour, the emotions and feelings of an individual. It evaluates the thinking that is the critical thinking of a person. She further added that soft skills play a vital importance in obtaining a job during any kind of job interview. The resource person stressed on building good communication skills with people around.

In a world where contact is instant, the individual must present himself/herself in a good way. The resource person further talked about the co-areas or the branches of soft skills. Having the ability to locate and solve a problem with positivity was the real test of an individual's stability or ability. According to the resource person, a problem means 'a potential to a solution'. It enhances the core capability of an individual. In order to solve the problem, the individual must polish one's judgements and views towards the causes of the problem. The resource person encouraged the students on being one's hero of solving one's own problems. The problem is not a problem but how we look at the problem is the problem.

The resource person then moved on to talked about the importance of controlling one's own emotions. She explained the importance of balancing the IQ (intelligent quotient) and EQ (emotion quotient) as they function in the same manner. According to her, an emotionally intelligent person are the ones who have a strong sense of self-control in any situation.

Emotions also require self-awareness. An individual must know how to control and must be aware of the different variations of emotions that he/she experiences. It is also vital for an individual to understand and respect the emotions of others and also possess the quality of empathy towards others. However, understanding another's emotions must not cross the required boundaries especially in the professional field.

The resource person concluded her orientation by stating that soft skills must consist of self-motivation, positive thinking with the right attitude towards every problem and to eradicate negativity. She states that if we have a negative attitude our success rate will go sliding down but if we have a positive attitude we are going to have 100% success in our lives. Having a positive attitude will take us where we want to be in life. Most of us are knowledgeable and

skilled in our own area but if we have a negative attitude we will not excel. A negative mind-set will be an impediment in our growth personally and professionally.

She cited the example of a sportsperson-Michael Jordan (NBA player), she quoted him by saying “I have missed about nine thousand shots and I have lost three hundred games in my lifetime and winning shots that I’m supposed to win for the team, I had lost twenty six winning shots. I have had failures after failures and I’m thankful to the failures because that made me successful “. In spite of his failures he still managed to strive towards success because of his positive attitude. Therefore, as individual no matter how many times we failed in life, we should work on all the negative aspect with a positive attitude and not to give up in times of failure.

The resource person encouraged the students to have a positive mind-set regardless of how hard or difficult the situation may be. Having a negative attitude will give an individual negative desires. She stressed on the importance of body language and of being sociable and to be adjustable according to the placed environment.

An individual must possess the quality of accepting another’s shortcomings while working in a team or a group respectively. The resource person also laid emphasis on possessing good listening skills and also maintaining a positive attitude in the management of conflict whenever it occurs.

To conclude, the resource person talked about the important factors that is necessary for us to know while working with groups or team is that we need to be able to communicate our ideas well. In a team having a good support skill is a must. She illustrated the importance of team work through group activity where the students were divided into a group of four each and were asked to hold sheets of paper using each other bodies. This activity will enhance the student’s sense of team work.

Following the session, Ma’am Daphisha Gabriela Pyngrope thanked the resource person for her wonderful oration and then welcomed the principal Dr Sylvanus Lamare to deliver a short speech.

The Principal began his speech by congratulating the MSW department for organizing the programme. He thanked the resource person, Abhashisha Myllemngap for imparting her knowledge of soft skills with the students. The Principal talks about certainly on how soft skills are important in an individual life but one has to give upmost importance on hard skills as well. As students of social work profession, the students are supposed to be properly equipped with all the necessary things required whenever they visit the field especially while going to the community to address any unseen circumstances.

He further gave the students some suggestions on how to combat any kind of allergies that the students might experience in the field by carrying with them a clove of garlic, ginger and required medicines. Furthermore, he also expressed that the students while visiting the field should always be on guard, attentive and alert in any situation.

He then spoke about time management. As students, it is expected that the student social workers must know how to manage their time with a proper time table for every day. The

Principal also encouraged the students to make the best use of their time without wasting a day by doing something productive for their academic career.

The Principal further talked about how the overuse of social media is a curse for today's youth. Overusing it hampered the students academically. Therefore, students should possess the quality of self-control and should limit the use of social media and spent more time instead on reading books and other important journals. He lastly encouraged the students to read books online which are available on different kind of website.

Conclusion

The memorial lecture concluded with the vote of thanks by Sukanya Gogoi, a student of MSW 1st semester followed by refreshments for the guest, teachers and students. Thus, concludes a successful first programme for the MSW Department of St. Edmund's College.

Picture Gallery



Miss Abhashisha Myllemngap with the faculty of the MSW Department along with the Principal of St. Edmund's College



The Principal addressing the gathering



Students participating in various activities that were part of the workshop



Students participating in activities in the workshop



The Resource Person along with the Principal, the students and the faculty of the MSW Department