



### Report on Skill development programme on Enhancing Communication Skills

<b>Title</b>	Enhancing Communication Skills
<b>Date of Event(s)</b>	25 to 30, May 2021
<b>Department / Association</b>	Desalite's Skill Development Cell
<b>Venue</b>	Google Meet
<b>Number of Participants</b>	230
<b>Target Audience</b>	PU students

<b>Resource Person with qualification</b>	Prof. Jeseentha Mathew, Prof. Lakshmi Balakrishnan, Mrs. Sonia Baby, Prof. Swathi, Mrs. Lathika Chandran, SFS college, Bengaluru.
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#### Report of National level skill development activity – DISHA 2021

“A winner is someone who recognizes his God-given talents, works his tail off to develop them into skills, and uses these skills to accomplish his goals.” - Larry Bird

It is imperative to equip the students to face the challenges in the work place by developing their talents and abilities. With this aim, the desalite skill development cell organised ‘DISHA’ – a week long skill development activities for the PU students from 25 to 30 May 2021. The carefully chosen topics of the programme were meant to help the PU students who are at the threshold of making a choice from among the different courses of study available to them.

The first day of the programme was handled by Prof. Jeseentha Mathew and she focused on the topic “Let’s Communicate better”. She underlined the importance of communicating effectively so that both the sender and the receiver will understand the message properly and can avoid all misunderstandings. In present day context, it is very important to communicate



with mannerisms and often those who are good at communication are selected jobs and fare well in life. She stressed upon the various aspects of effective communication and the participants appreciated it very much. The questions of the students were answered satisfactorily and the feedback form was duly filled in and certificate for the day was dispatched immediately.

Facing exams is a nightmare for most of the students how well you are prepared for it also. The second day session was handled by Prof. Lakshmi Balakrishnan from the department of Psychology. She stressed on the need to believe in oneself, preparation for exams in an orderly manner and writing the exams confidently. The resource person clarified the many doubts asked by the students. The session was well appreciated by the participants.

After completing PU most of the students are at a cross roads and a proper guidance is well appreciated by them so that they can choose a course of study from the pool of courses available. The third day of the session was on "building careers, shaping lives" and the session was handled by Mrs. Sonia Baby who is in charge of the admission process in the college. She told them about the various courses and what can be studied further after the completion of those courses. Many questions were raised by the participants and the same were answered satisfactorily. This session too was well appreciated by the participants.

At a time which is characterised by the lock downs because if which even regular classes became online, it is important to teach students the various ways technology can be used for rightful purposes. The fourth day's session was handled by Prof. Swathi S. from the department of Chemistry. She gave an outline about the various platforms that can be of help to the students to do many free online courses and update themselves. It was a very useful session which threw light to the different arenas available to students.

  
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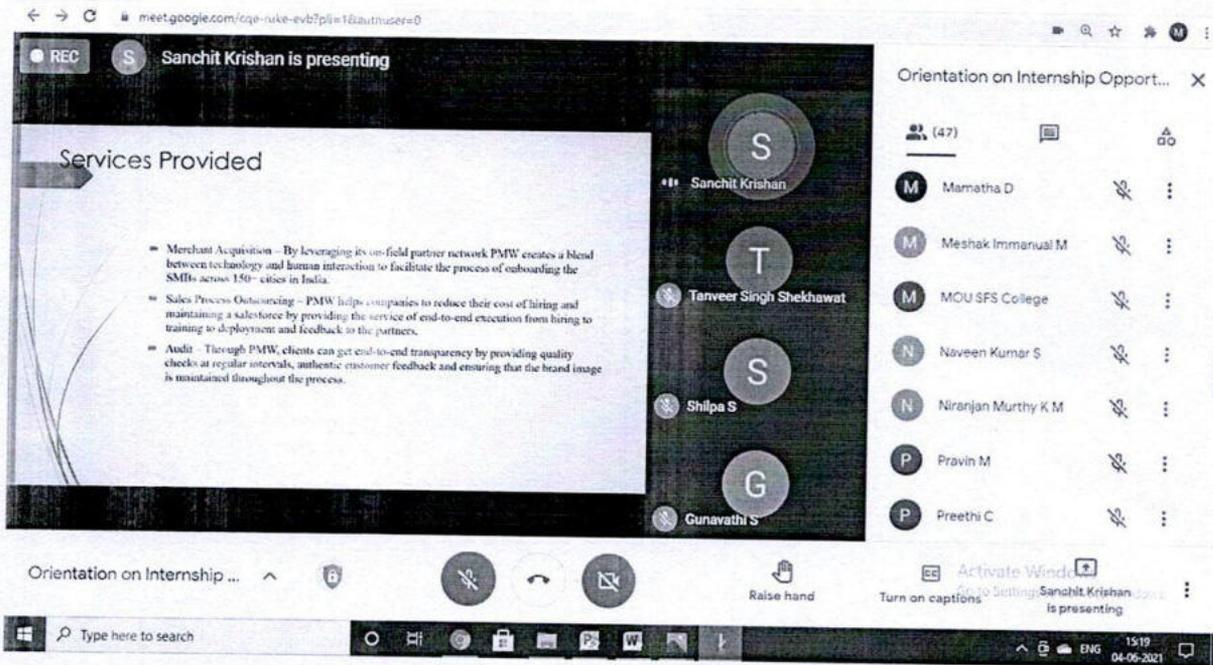
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The pandemic has created lot of fears and anxieties.... Day in and out people are exposed dreadful news of all sorts... and living has become a nightmare for many... Therefore the last day of the weeklong skill development activity focused on how to cope with these times with the title, "living with purpose in pandemic times" which was rightfully handled by the college counsellor Mrs. Lathika Chandran. She started the session with beautiful anecdotes and proceeded to reinstate the need to calm the minds and find purpose for living. There is positivity in everything around us and one needs to live for achieving joy, peace and tranquillity.

All the sessions were very useful to the students and they gave positive feedback about the sessions. The sessions wound up, the feedback were collected and the certificates for each day were dispatched immediately.



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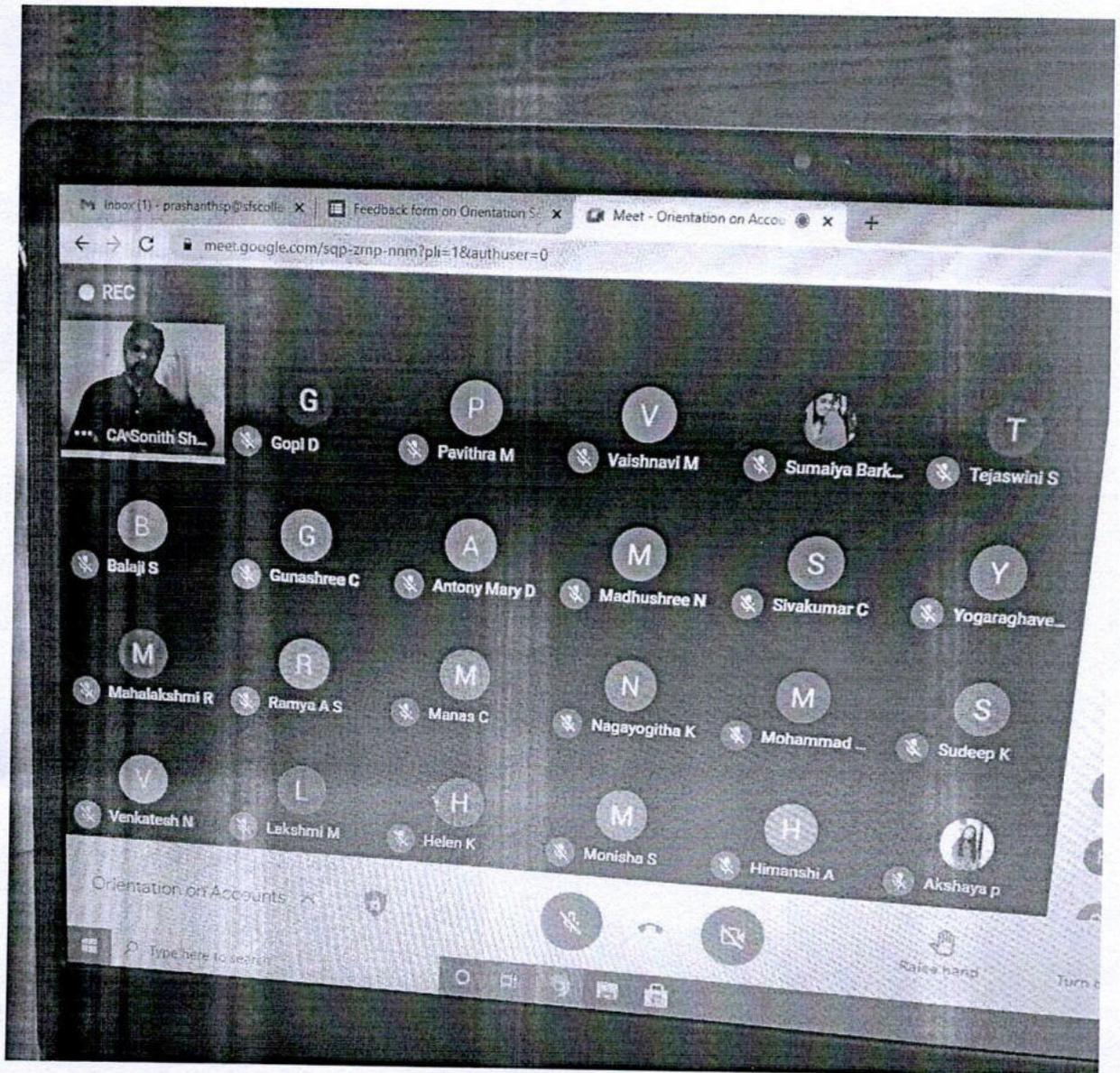


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