



VIDYA VIKAS SHIKSHAN SANSTHA

TULASKAR COLLEGE OF PHARMACY

Hinganghat Dist. Wardha 442301

Approved by PCI, New Delhi & DTE, Maharashtra (DTE Code – 04751)

Affiliated to DBATU, Lonere & MSBTE, Mumbai



DATE 25/08/2026 DAY 1

REPORT ON WORKSHOP ON SELF-AWARENESS, BODY LANGUAGE AND GROOMING

Vidya Vikas Shikshan Sanstha's Tulaskar College of Pharmacy, Hinganghat organized an interactive workshop on **Employability Skills and Life Skills** for students. The session was conducted by **Mrs. Asawari Mehta**, Facilitator – Soft Skills, Automobile, Sales & Marketing.

The first session focused on **Self-Awareness**. Students were guided to understand their strengths, weaknesses, interests, abilities, values and personality traits. The facilitator explained the importance of self-analysis in building confidence, setting career goals and making appropriate personal and professional decisions. Various interactive activities and discussions were conducted to encourage students to identify their strengths and areas requiring improvement.

The second session focused on **Body Language and Grooming**. Students learned about the importance of professional appearance, personal hygiene, appropriate dressing, posture, eye contact, facial expressions, gestures and confident communication. The facilitator explained how positive body language and proper grooming create a good first impression during **job interviews, presentations and professional interactions**.

The workshop was highly informative and interactive. Students actively participated in the activities and discussions and gained practical knowledge useful for their personality development and future careers.





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DATE 27/08/2026 DAY 2

REPORT ON “GOAL SETTING, TIME MANAGEMENT AND OFFICE ETHICS”

A workshop on “**Goal Setting, Time Management and Office Ethics**” was organized to enhance the professional, personal and employability skills of the participants. The workshop focused on developing a positive attitude, improving productivity and preparing participants for effective performance in the workplace.

The first session covered **Goal Setting and Time Management**. Participants were guided on the importance of setting clear, realistic and achievable goals. The session explained short-term and long-term goals, SMART goals, task prioritization, planning and scheduling. Participants also learned techniques to avoid procrastination, manage distractions and utilize their time effectively. The importance of maintaining a proper balance between professional and personal responsibilities was also discussed.

The second session focused on **Office Ethics** and professional conduct. Participants were made aware of the importance of honesty, integrity, punctuality, discipline, responsibility, confidentiality and respect in the workplace. The session also highlighted effective communication, teamwork, cooperation, appropriate workplace behaviour and maintaining a positive professional attitude.

The workshop was **informative, interactive and beneficial**. Participants gained practical knowledge about setting meaningful goals, managing time efficiently and following ethical practices. Overall, the workshop contributed significantly to enhancing professional confidence, workplace discipline and employability skills among the participants.





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DATE 31/08/2026 DAY 3

REPORT ON RESUME WRITING AND INTERVIEW PREPARATION

A workshop on “**Resume Writing and Interview Preparation**” was conducted to develop the employability skills and professional confidence of students. The session focused on the importance of preparing an effective resume and performing confidently during job interviews.

The resource person explained the essential components of a professional resume, including career objective, educational qualifications, technical skills, soft skills, achievements, certifications, and personal details. Students were guided on how to present their academic and extracurricular achievements in a clear, concise, and attractive manner. Emphasis was also given to avoiding common resume mistakes such as grammatical errors, unnecessary information, poor formatting, and inaccurate details.

The second part of the workshop focused on **interview preparation**. Students learned about appropriate professional attire, body language, communication skills, eye contact, confidence, and answering common interview questions. The importance of researching the organization and understanding the job role before attending an interview was also highlighted.

Practical guidance and mock interview activities helped students understand how to introduce themselves and respond effectively to interview questions. Overall, the workshop was highly informative and interactive. It enhanced students' confidence, communication abilities, resume-writing skills, and readiness to face future placement opportunities.





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DATE 01/09/2026 DAY 4

REPORT ON PROFESSIONAL COMMUNICATION AND CRITICAL THINKING

A workshop on **Professional Communication and Critical Thinking** was conducted to enhance the communication abilities, analytical skills, and professional attitude of the participants. The session focused on developing effective communication skills required in academic, workplace, and professional environments.

The **Professional Communication** session highlighted the importance of clear, confident, and respectful communication. Participants learned about verbal and non-verbal communication, active listening, appropriate body language, professional etiquette, and effective presentation skills. The session also emphasized the importance of selecting appropriate words, maintaining a positive attitude, and communicating ideas clearly with colleagues and seniors.

The **Critical Thinking** session focused on developing the ability to analyze information logically and make informed decisions. Participants were encouraged to identify problems, examine facts, evaluate different viewpoints, distinguish between assumptions and evidence, and develop practical solutions. Various examples and interactive activities helped participants understand the importance of logical reasoning and decision-making in professional situations.

Overall, the workshop was informative and interactive. It helped participants improve their confidence, communication skills, analytical abilities, and problem-solving approach. The knowledge gained through the workshop will support them in their academic activities, interviews, teamwork, and future professional careers.





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DATE 02/09/2026 DAY 5

REPORT ON PROBLEM SOLVING AND GROUP DISCUSSION

A workshop on **Problem Solving and Group Discussion** was organized to develop essential employability and interpersonal skills among the students. The session focused on improving students' ability to identify problems, analyze situations, think critically, and develop practical solutions.

During the **Problem-Solving** session, students were introduced to different approaches for understanding problems and finding suitable solutions. They learned the importance of identifying the root cause, collecting relevant information, evaluating alternatives, making appropriate decisions, and implementing solutions effectively. Practical examples and situation-based activities helped students understand how logical and creative thinking can be applied in academic and professional situations.

The **Group Discussion** session focused on developing communication, confidence, teamwork, listening skills, and leadership qualities. Students participated actively in group discussions on relevant topics. They learned how to express their ideas clearly, respect different opinions, listen attentively, and contribute constructively to a discussion. The activity also helped students overcome hesitation and improve their ability to communicate effectively in a group.

Overall, the workshop was interactive and informative. Students actively participated in the activities and gained valuable knowledge about problem-solving techniques and effective group communication. The session contributed significantly to their **professional development, confidence, teamwork, and employability skills**.





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DATE 03/09/2026 DAY 6

REPORT ON MONEY MANAGEMENT AND ART OF PUBLIC SPEAKING

A workshop on **Money Management and the Art of Public Speaking** was organized to develop essential life skills among students. The session on **Money Management** focused on the importance of financial planning and responsible use of money. Students were guided on preparing a budget, distinguishing between needs and wants, saving regularly, avoiding unnecessary expenses, and making informed financial decisions. The importance of maintaining financial discipline and developing a habit of saving for future needs was also explained.

The second session focused on the **Art of Public Speaking**, which aimed to improve students' communication and presentation skills. The participants learned how to prepare and organize a speech, use appropriate body language, maintain eye contact, speak confidently, and engage the audience effectively. The importance of voice modulation, clarity, pronunciation, and proper time management during presentations was discussed. Students also participated in interactive activities and speaking exercises to overcome hesitation and stage fear.

The workshop was informative, practical, and engaging. It helped students understand the importance of managing personal finances while also developing confidence and effective communication skills. Overall, the sessions contributed significantly to students' personal, professional, and social development.





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DATE 04/09/2026 DAY 7

REPORT ON VALEDICTORY PROGRAMME OF SOFT SKILL DEVELOPMENT

Organized by: Tulaskar College of Pharmacy, Hinganghat

Chief Guest & Resource Person: Mrs. Asawari Mehta, Trainer – Soft Skill Development, Sales & Marketing, NAANDI Foundation

Principal: Dr. Mahendra C. Gunde, Tulaskar College of Pharmacy, Hinganghat

A Valedictory Programme of the Soft Skill Development Training Programme was successfully organized at Tulaskar College of Pharmacy, Hinganghat, to mark the successful completion of the training sessions. The programme was graced by Mrs. Asawari Mehta, Trainer – Soft Skill Development, Sales & Marketing, NAANDI Foundation, as the Chief Guest and Resource Person. Dr. Mahendra C. Gunde, Principal, provided valuable guidance and support for the successful conduct of the programme. All teaching and non-teaching staff members and participating students attended the programme.

The programme commenced with the ceremonial lighting of the lamp, followed by garlanding of the portrait of Maa. Saraswati, symbolizing knowledge and wisdom. The programme was hosted by Ms. Karishma Shendekar and Ms. Sneha Hajare.

Addressing the participants, Mrs. Asawari Mehta highlighted the importance of soft skills in academic, professional and personal life. She emphasized effective communication, confidence building, teamwork, leadership, time management, problem-solving, professional behaviour and employability skills. The students actively participated in the training sessions and gained valuable knowledge through various interactive and practical activities.

During the valedictory programme, the students shared their valuable verbal feedback about the training. They expressed their appreciation for the useful knowledge, practical learning and confidence gained during the programme. As a mark of appreciation and recognition, certificates were distributed to all the participants who successfully completed the training programme.

The programme concluded with a vote of thanks proposed by Ms. Sahebunnisha Khan. She expressed sincere gratitude to the Chief Guest, Principal, teaching and non-teaching staff, organizers and students for their valuable contribution and support.

Overall, the Valedictory Programme of Soft Skill Development was successfully conducted and provided a meaningful conclusion to the training programme, motivating students to apply the acquired skills in their academic and professional careers.



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GLIMPSES OF VALEDICTORY PROGRAMME ON SOFT SKILL DEVELOPMENT



Principal