

**VAC Name: Soft Skills Training  
(VAC-BNYS-02)**



**MAHARISHI AUROBINDO SUBHARTI COLLEGE & HOSPITAL OF  
NATUROPATHY & YOGIC SCIENCES**

Degree recognized by Department of AYUSH & Approved by UGC

Website: naturopathy.subharti.org, E-mail: naturopathy@subharti.org, Ph.: 0121-2439043/ 52 (Extn: 3553), Telefax: 0121-3058030, Cell: +91-9639010531

A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)



*Office of the Principal*

Dated: 17<sup>th</sup> November 2018

**NOTICE**

All the Students are informed that the Value Added Course on **Soft Skill Training** is being conducted from December 2018. The classes are likely to start from 1<sup>st</sup> week of December. The Interested candidates must give the names for registration to Dr. Tazmani Sultana.



*Amulya*  
PRINCIPAL  
MASC:BNYS  
Swami Vivekanand Subharti University  
MEERUT

Dr. Abhay M. Shankaregowda

Principal

## Course Contents

**Total Hours -30**

### **PURPOSE**

To enhance holistic development of students and to improve their employability skill.

### **INSTRUCTIONAL OBJECTIVES**

1. To develop inter personal skills and be an effective goal oriented team player.
2. To develop professionals with idealistic, practical and moral values.
3. To develop communication and problem solving skills.
4. To re-engineer attitude and understand its influence on behaviour.

### **UNIT I - SELF ANALYSIS (4 hours)**

SWOT Analysis, Who am I, Attributes, Importance of Self Confidence, Self Esteem.

### **UNIT II - CREATIVITY (8 hours)**

Out of box Thinking, Lateral Thinking.

### **UNIT III - ATTITUDE (6 hours)**

Factors influencing Attitude, Challenges and lessons from Attitude, Etiquette.

### **UNIT IV - MOTIVATION (4 hours)**

Factors of motivation, Self talk, Intrinsic & Extrinsic Motivators.

### **UNIT V - GOAL SETTING (8 hours)**

Wish List, SMART Goals, Blue print for success, Short Term, Long Term, Life Time Goals.

Time Management

Value of time, Diagnosing Time Management, Weekly Planner To do list, Prioritizing work.

Extempore

### **TEXT BOOK:**

SOFT SKILLS, 2015, Career Development Centre, Green Pearl Publications.

### **REFERENCE**

1. Covey Sean, Seven Habits of Highly Effective Teens, New York, Fireside Publishers, 1998.
2. Carnegie Dale, How to win Friends and Influence People, New York: Simon & Schuster, 1998.
3. Thomas A Harris, I am ok, You are ok, New York-Harper and Row

### **UNIT I - INTERPERSONAL SKILLS (10 hours)**

Gratitude

Understanding the relationship between Leadership Networking & Team work. Assessing Interpersonal Skills Situation description of Interpersonal Skill.

Team Work: Necessity of Team Work Personally, Socially and Educationally

### **UNIT II - LEADERSHIP (4 hours)**

Skills for a good Leader, Assessment of Leadership Skills

### **UNIT III - STRESS MANAGEMENT (8 hours)**

Causes of Stress and its impact, how to manage & distress, Circle of control, Stress Busters.

Emotional Intelligence

What is Emotional Intelligence, emotional quotient why Emotional Intelligence matters, Emotion

Scales. Managing Emotions.

### **UNIT IV - CONFLICT RESOLUTION (4 hours)**

Conflicts in Human Relations – Reasons Case Studies, Approaches to conflict resolution.

### **UNIT V - DECISION MAKING (4 hours)**

Importance and necessity of Decision Making, Process and practical way of Decision Making,

Weighing Positives & Negatives.

Technical Topic Presentation

### **TEXT BOOK:**

SOFT SKILLS, 2015, Career Development Centre, Green Pearl Publications.

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2. Carnegie Dale, How to win Friends and Influence People, New York: Simon & Schuster, 1998.
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4. Daniel Coleman, Emotional Intelligence, Bantam Book, 2006



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### List of Students Value Added Course- Soft Skill Training (2018-19)

S. No.	Name of the Student	Program
1.	Km. Sneha	BNYS
2.	Abhay Kumar	BNYS
3.	Narendra Singh	BNYS
4.	Shipra Chaudhary	BNYS
5.	Km Swati	BNYS
6.	Umesh Kumar	BNYS
7.	Km. Aayushi Malik	BNYS
8.	Abhijeet Singh	BNYS
9.	Adil	BNYS
10.	Aditya Lakhwaan	BNYS
11.	Ankit Chaudhary	BNYS
12.	Ankit Singh Chauhan	BNYS
13.	Anushi Chauhan	BNYS
14.	Ashish Kasana	BNYS
15.	Farheen	BNYS
16.	Himanshu	BNYS
17.	Km Iram Khanam	BNYS
18.	J Revathi	BNYS
19.	Jyoti Madhur	BNYS
20.	Km Priyanka Gautam	BNYS
21.	Laxmi Newas	BNYS
22.	Km Megha	BNYS
23.	Mukesh Kumar Sharma	BNYS
24.	Navneet Vats	BNYS
25.	Oindrila Akter	BNYS
26.	Km Parul Sain Kesala	BNYS
27.	Km Priya Devi	BNYS
28.	Km Param Jeet Kaur	BNYS
29.	Parveen	BNYS
30.	Pramod Kumar Maddheshiya	BNYS
31.	Rahul Kumar	BNYS
32.	Rashid Malik	BNYS
33.	Sunil Singh Yadav	BNYS
34.	Palak Singhal	BNYS
35.	Ajay Puri	BNYS
36.	Ambar Tyagi	BNYS
37.	Anu Sharma	BNYS
38.	Balmukund Jha	BNYS
39.	Gaurav Jain	BNYS
40.	Gauri Dubey	BNYS
41.	Himani	BNYS
42.	Humera Khan	BNYS
43.	Karan Middha	BNYS
44.	Km Ritu Sharma	BNYS
45.	Mahendra Pratap Chaturvedi	BNYS
46.	Manisha Yadav	BNYS
47.	Mashqoor Ali	BNYS
48.	Km Megha Sharma	BNYS



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49.	Km Meenakshi Rani	BNYS
50.	Naseem Ali	BNYS
51.	Neha Shukla	BNYS
52.	Nisar Ahamed	BNYS
53.	Km Nisha	BNYS
54.	Pooja Sharma	BNYS
55.	Ms. PRATIBHA KUMARI	BNYS
56.	Rhythm Rajvanshi	BNYS
57.	Saloni Kohli	BNYS
58.	Sanjay Kumar Sony	BNYS
59.	Shadab	BNYS
60.	Shilpa Khiwaliya	BNYS
61.	Shivam Saini	BNYS
62.	Shivam Sharma	BNYS
63.	Km Shristi Sharma	BNYS
64.	Snehkant Gaur	BNYS
65.	Sonu Kumar	BNYS
66.	Subhan Ali	BNYS
67.	Sweety Singh	BNYS
68.	Syeda Shahida Sultana	BNYS
69.	Teertham Dewangan	BNYS
70.	Ankur Kumar	BNYS
71.	Gyanee Das Manikpury	BNYS
72.	M Furkan	BNYS
73.	Mohd Mujeeb	BNYS
74.	Rajneesh Kumar	BNYS
75.	Abhilasha Sharma	BNYS
76.	Abhinav	BNYS
77.	Abhishek Rathour	BNYS
78.	Ahamad Navaz	BNYS
79.	Akshay Kumar	BNYS
80.	Aryendra Sharma	BNYS
81.	Ashutosh Pratap Singh	BNYS
82.	Asif Ali	BNYS
83.	Deepshikha Pandey	BNYS
84.	Gaurav Yadav	BNYS
85.	Gorang Tyagi	BNYS
86.	Jamyang Choden	BNYS
87.	Jeeshan Chauhaan	BNYS
88.	Kasim Ali	BNYS
89.	Km Anjali Singh	BNYS
90.	Km Manu Malik	BNYS
91.	Km Shanu	BNYS
92.	Km. Arti Chauhan	BNYS
93.	Km Gargi	BNYS
94.	Madhu Yamini	BNYS
95.	Manisha Kumari	BNYS
96.	Mantasha Nabi	BNYS
97.	Milan Maria Joy	BNYS
98.	Mohd Imran Saifi	BNYS
99.	Mohammad Muntazeem	BNYS



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100.	Mohd Salman	BNYS
101.	Mohd Rizwan	BNYS
102.	Mohsin Khan	BNYS
103.	Mradulika	BNYS
104.	Nasir Khan	BNYS
105.	Nidhi Bhardwaj	BNYS
106.	Piyush Sharma	BNYS
107.	Km Pooja Rani	BNYS
108.	Prachi Negi	BNYS
109.	Rahul Sagar	BNYS
110.	Rishika Singh	BNYS
111.	Sachin Kumar	BNYS
112.	Sanjay Maddheshiya	BNYS
113.	Sanjay Yadav	BNYS
114.	Sanjeev Kumar	BNYS
115.	Shekhar Chaoudhary	BNYS
116.	Swabhi Chaudhary	BNYS
117.	Tshering Norbu	BNYS
118.	Vinay Nain	BNYS
119.	Vishal Kaushik	BNYS
120.	Abrima Anwer	BNYS
121.	Achom Joshma Devi	BNYS
122.	Afsheen Rehman	BNYS
123.	Anilka Sachdeva	BNYS
124.	Anmol Gaur	BNYS
125.	Annu	BNYS
126.	Anshika Pathak	BNYS
127.	Arpita Singh	BNYS
128.	Aslam Khan	BNYS
129.	Ayesha	BNYS
130.	Bal Krishan	BNYS
131.	Birjesh Kumar	BNYS
132.	Carolyn Vungsanching	BNYS
133.	Chanchal Vikash	BNYS
134.	Chirag Sharma	BNYS
135.	Christina Lalmangaihzuali	BNYS
136.	Deepankar Malik	BNYS
137.	Deepti Kumari	BNYS
138.	Deki Pelden	BNYS
139.	Devam	BNYS
140.	Devanshi Goel	BNYS
141.	Devasish Kumar Ray	BNYS
142.	Dhruv Arya	BNYS
143.	Divya	BNYS
144.	Divya Gupta (Male)	BNYS
145.	Divya Gupta	BNYS
146.	Esveer	BNYS
147.	Gaurav Kumar Sharma	BNYS
148.	Harsh Vardhan Sharma	BNYS
149.	Harshita Pundhir	BNYS
150.	Hritik Holkar	BNYS



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151.	Ira Khan	BNYS
152.	Isherfeel Ansari	BNYS
153.	Jitendra Kumar Singh	BNYS
154.	Karma Dorji	BNYS
155.	Kashish Saxena	BNYS
156.	Km Anamika Kumari	BNYS
157.	Km Khadeeja Fatima	BNYS
158.	Km Madhuri Chauhan	BNYS
159.	Km Sanjana Devi	BNYS
160.	Km. Anchal Gond	BNYS
161.	Km. Anjali Patel	BNYS
162.	Km. Heena Rani	BNYS
163.	Km. Naina Verma	BNYS
164.	Krishna Kumar	BNYS
165.	Lalduhkimi Ralte	BNYS
166.	Lalnunpuii	BNYS
167.	Lalthanpuia Jongte	BNYS
168.	Mahesh	BNYS
169.	Maibam Ashnikumar Singh	BNYS
170.	Mantasha Nabi	BNYS
171.	Moh. Faheem Ansari	BNYS
172.	Mohd.Shadab Khan	BNYS
173.	Km Moon Chauhan	BNYS
174.	Munnu Saini	BNYS
175.	Pankaj Kumar	BNYS
176.	Parmod Saini	BNYS
177.	Partibha Chauhan	BNYS
178.	Prachi Rani	BNYS
179.	Prince	BNYS
180.	Priya Srivastava	BNYS
181.	Priyanka Gupta	BNYS
182.	Rakhee Sharma	BNYS
183.	Ramani Kaushik	BNYS
184.	Rameez Ali Shah	BNYS
185.	Reuben Lalthazuala	BNYS
186.	Richa Tomar	BNYS
187.	Rohit Soni	BNYS
188.	Rommy Lalawmpuia	BNYS
189.	Samom Amarjit Singh	BNYS
190.	Sandeep Kumar	BNYS
191.	Shah Faisal	BNYS
192.	Shaily Sharma	BNYS
193.	Shasi Bhushan Sharma	BNYS
194.	Shivam Pratap Singh	BNYS
195.	Shivani Malik	BNYS
196.	Shruti Baid	BNYS
197.	Simran Malhotra	BNYS
198.	Smriti Goswami	BNYS
199.	Sneha Singh	BNYS
200.	Sonal Rana	BNYS
201.	Sonam Dema	BNYS



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202.	Stephen Lalmingsanga	BNYS
203.	Suchi	BNYS
204.	Tashi Dhendup	BNYS
205.	Tashi Phuntsho	BNYS
206.	Tenzin Lobden	BNYS
207.	Vanshika	BNYS
208.	Varsha Gautam	BNYS
209.	Vipin Pant	BNYS
210.	Yashve Verma	BNYS
211.	Emily Zodinpuii	BNYS
212.	Nitin	BNYS
213.	Abhinesh Singh Paswan	BNYS
214.	Aastha Sharma	BNYS
215.	Abhinav	BNYS
216.	Aditya Sharma	BNYS
217.	Aman Raturi	BNYS
218.	Ananya Kalai	BNYS
219.	Aradhana Sharma	BNYS
220.	Arjun Singh Kasana	BNYS
221.	Arushi Paul	BNYS
222.	Chirag Saini	BNYS
223.	Deen Mohd	BNYS
224.	Deepti	BNYS
225.	Diksha Vig	BNYS
226.	Dinesh Kumar	BNYS
227.	Divisha Tyagi	BNYS
228.	Eurekalaishram	BNYS
229.	Garima Garg	BNYS
230.	Kasim Ali	BNYS
231.	Kishan Singh	BNYS
232.	Km Akanksha Siddhu	BNYS
233.	Km. Alhama	BNYS
234.	Km.Anwasha	BNYS
235.	Km Babli	BNYS
236.	Km Garima	BNYS
237.	Kumari Muskan Burman	BNYS
238.	Km. Purnima	BNYS
239.	Km Reena Rani	BNYS
240.	Km Shweta Malik	BNYS
241.	Mohd Ujjair	BNYS
242.	Namrata Dubey	BNYS
243.	Nishikant Tripathi	BNYS
244.	Raghav Agarwal	BNYS
245.	Rishabh Singh	BNYS
246.	Ronak Insha	BNYS
247.	Samridi Pandey	BNYS
248.	Shadab Alam	BNYS
249.	Shambhavi Bhadauriya	BNYS
250.	Shivangi	BNYS
251.	Shreyaa R	BNYS
252.	Sonali Sharma	BNYS





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253.	Sonu Kumar	BNYS
254.	Sukhwant Kaur	BNYS
255.	Suneel Kumar Gupta	BNYS
256.	Yumnam Thajamanbi Chanu	BNYS
257.	Lalruatdika	BNYS
258.	Nidup Dorji	BNYS
259.	Karma(Isgr)	BNYS
260.	V Vanlalhruaizela	BNYS
261.	Wajid	BNYS
262.	Soram Priya	BNYS
263.	Shamir Bhadur Chhetry	BNYS
264.	Lalruatfeli	BNYS
265.	Anjali Srivastava	BNYS
266.	Riya Singh	BNYS
267.	Sanat Kumar Singh	BNYS
268.	Sayed Asad Shahzad	BNYS
269.	Rashmi Teotia	BNYS
270.	Mohd Waseem	BNYS
271.	H. Lalnunmawia	BNYS
272.	Ms.SAKSHI SONI	BNYS
273.	Aman Deep Rana	BNYS
274.	Km Rashmi Tripathi	BNYS
275.	Saloni	BNYS
276.	Avnish Nagar	BNYS
277.	Jain Nidhi Girish	BNYS
278.	Kanika Sharma	BNYS
279.	Utkarsh Bajpai	BNYS
280.	Samuel Lalruatdika	BNYS
281.	Sonam Soam	BNYS
282.	Shakti Malik	BNYS
283.	Mohd. Shoyab	BNYS
284.	Varsha Chauhan	BNYS
285.	Bilal	BNYS
286.	Anushka Gulati	BNYS
287.	Prachi Rathore	BNYS
288.	Aanchal Bansal	BNYS
289.	Vikas Kumar Gupta	BNYS
290.	Muzakkir Husain	BNYS
291.	Pragati Rai	BNYS
292.	Vijay S	BNYS
293.	Riya Singhal	BNYS
294.	Vanshika Chaudhary	BNYS
295.	Manvi Gupta	BNYS
296.	Ankita Sisodiya	BNYS
297.	Arunima Saxena	BNYS
298.	Disha Chauhan	BNYS
299.	Anudhi Sharma	BNYS
300.	Khushali	BNYS
301.	Shubham Kumar	BNYS
302.	Karnatapu Lahari	BNYS
303.	Divyanshi Rathi	BNYS



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304.	Vivek Sharma	BNYS
305.	Km Priyanka Maurya	BNYS
306.	Abhishek Kumar	BNYS
307.	Jyoti	BNYS
308.	Parul	BNYS
309.	Km. Manisha Lodhi	BNYS
310.	Pragya Gupta	BNYS
311.	Aastha Tyagi	BNYS
312.	Rupali Sinha	BNYS
313.	Avnika Arren	BNYS
314.	Aditi Raj	BNYS
315.	Rudranshi Nehra	BNYS
316.	Shuchismita Rai	BNYS
317.	Srishty Rai	BNYS
318.	Ritika Chauhan	BNYS
319.	Muskan Chopra	BNYS
320.	Sanvi Malik	BNYS
321.	Ankita Choudhary	BNYS
322.	Ayush Keshari	BNYS
323.	Kriti Mishra	BNYS
324.	Gayatri Garg	BNYS
325.	Tanu Tyagi	BNYS
326.	Aananda Chandrabanshi	BNYS
327.	Rupesh Kumar	BNYS
328.	Parth Krishan	BNYS
329.	Neha Chaudhary	BNYS
330.	Tanu	BNYS
331.	Anshi Sharma	BNYS
332.	Km Gulafsha	BNYS
333.	Shadab	BNYS
334.	Angphen O Phom	BNYS
335.	Dziesevelie Talie	BNYS
336.	Vibha Mishra	BNYS
337.	Himani Gautam	BNYS
338.	Anvesh Barakoti	BNYS
339.	Mahima Pandey	BNYS
340.	Shreya Garg	BNYS
341.	Sumit Kumar	BNYS
342.	Vivek Kumar	BNYS
343.	Nikita	BNYS
344.	Gulfan	BNYS
345.	Krishan Kumar	BNYS
346.	Brijesh Kumar Mishra	BNYS
347.	Prince Poonia	BNYS
348.	Abhishek Singh	BNYS
349.	Rama Pokhrel	BNYS
350.	Rita Thapa	BNYS



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**CERTIFICATE OF COMPLETION**

This is awarded to

**AANCHAL BANSAL**

for successfully completing course on Soft Skills Training.  
VAC-BNYS-02

2018-2019

**Dr. Abhay M. Shankaregowda**  
PRINCIPAL & DEAN FACULTY OF AYUSH



SWAMI VIVEKANAND  
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This is awarded to

**AASTHA SHARMA**

for successfully completing course on Soft Skills Training.  
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This is awarded to

**AASTHA TYAGI**

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CERTIFICATE OF COMPLETION

This is awarded to

**ABHAY KUMAR**

for successfully completing course on Soft Skills Training  
VAC-BNYS-02

**Dr. Abhay M. Shankaregowda**  
PRINCIPAL & DEAN FACULTY OF AYUSH

2018-2019



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This is awarded to

**ABHIJEET SINGH**

for successfully completing course on Soft Skills Training  
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This is awarded to

**ABHILASHA SHARMA**

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2018-2019

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