

AYUSH

Soft Skill (VAC-BNYS-02)



MAHARISHI AUROBINDO SUBHARTI INSTITUTE OF NATUROPATHY & YOGIC SCIENCES

(College established in 2010 & Approved by AYUSH)

Ph: 0121 -3058031/32. Fax: 0121 -2439067. E-mail: subhartibnys@gmail.com; Web: www.sinys.org

SWAMI VIVEKANAND SUBHARTI UNIVERSITY

(Established under UP Govt. Act No. 29 of 2008 and approved under section 2 (f) of UGC Act, 1956)

E – mail : subharti.uni@gmail.com; Web: www.subharti.org

Ref. No. MASCHNYS/2016/11/

Dated : 17th November 2016

NOTICE

All the Students are informed that the Value Added Course on “Soft Skill Training” is being conducted from December 2016. The classes are likely to start from 1st week of December. The Interested candidates must give the names for registration to Dr. Saritha N.K.



PRINCIPAL
MASCHNYS
Swami Vivekanand Subharti University
MEERUT

Dr. Abhay M. Shankaregowda

Principal

Registrar
Swami Vivekanand
Subharti University
MEERUT

Course Content
“Soft Skill Training”

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


Registrar
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Dated: 01/03/2017

REPORT

Date: 01/12/2016 to 28/02/2017

Time: 2:00pm to 4:00pm Every Saturday, 1st Year Class Room

Total Students: 223


MASCHNYS conducted Value Added Course on “Soft Skill Training” to enhance holistic development of students and to improve their employability skill. The main aim to introduce this course was to improve students' tolerance for ambiguity; improve reflective skills and self-awareness which are particularly relevant to the role of medical professional and person.

Course 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.

All the candidates were given certificates following the completion of the course.


Registrar
Swami Vivekanand
Subharti University
MEERUT


PRINCIPAL
MASCHNYS
Swami Vivekanand Subharti University
MEERUT

List of Students completed VAC:

S. NO	Name of the Student	Program
1.	Chanchal Garg	BNYS
2.	Km Dolly	BNYS
3.	Kapil Mohan Upadhayaya	BNYS
4.	Lalit Kumar	BNYS
5.	Km Sarita	BNYS
6.	Km Shiv Prabha Chaudhary	BNYS
7.	Km Sneha	BNYS
8.	Abhay Kumar	BNYS
9.	Khalid Shah Goti	BNYS
10.	Narendra Singh	BNYS
11.	Poornima Bansal	BNYS
12.	Shipra Chaudhary	BNYS
13.	Km Swati	BNYS
14.	Umesh Kumar	BNYS
15.	Km. Aayushi Malik	BNYS
16.	Abhijeet Singh	BNYS
17.	Adil	BNYS
18.	Aditya Lakhwaan	BNYS
19.	Ankit Chaudhary	BNYS
20.	Ankit Singh Chauhan	BNYS
21.	Anushi Chauhan	BNYS
22.	Ashish Kasana	BNYS
23.	Farheen	BNYS
24.	Himanshu	BNYS
25.	Km Iram Khanam	BNYS
26.	J Revathi	BNYS
27.	Jyoti Madhur	BNYS
28.	Km Priyanka Gautam	BNYS

29.	Laxmi Newas	BNYS
30.	Km Megha	BNYS
31.	Mukesh Kumar Sharma	BNYS
32.	Navneet Vats	BNYS
33.	Oindrila Akter	BNYS
34.	Km Parul Sain Kesala	BNYS
35.	Km Priya Devi	BNYS
36.	Km Param Jeet Kaur	BNYS
37.	Parveen	BNYS
38.	Pramod Kumar Maddheshiya	BNYS
39.	Rahul Kumar	BNYS
40.	Rashid Malik	BNYS
41.	Sunil Singh Yadav	BNYS
42.	Palak Singhal	BNYS
43.	Ajay Puri	BNYS
44.	Ambar Tyagi	BNYS
45.	Anu Sharma	BNYS
46.	Balmukund Jha	BNYS
47.	Gaurav Jain	BNYS
48.	Gauri Dubey	BNYS
49.	Himani	BNYS
50.	Humera Khan	BNYS
51.	Karan Middha	BNYS
52.	Km Ritu Sharma	BNYS
53.	Mahendra Pratap Chaturvedi	BNYS
54.	Manisha Yadav	BNYS
55.	Mashqoor Ali	BNYS
56.	Km Megha Sharma	BNYS
57.	Km Meenakshi Rani	BNYS
58.	Naseem Ali	BNYS
59.	Neha Shukla	BNYS
60.	Nisar Ahamed	BNYS

61.	Km Nisha	BNYS
62.	Pooja Sharma	BNYS
63.	Ms. PRATIBHA KUMARI	BNYS
64.	Rhythm Rajvanshi	BNYS
65.	Saloni Kohli	BNYS
66.	Sanjay Kumar Sony	BNYS
67.	Shadab	BNYS
68.	Shilpa Khiwaliya	BNYS
69.	Shivam Saini	BNYS
70.	Shivam Sharma	BNYS
71.	Km Shristi Sharma	BNYS
72.	Snehkant Gaur	BNYS
73.	Sonu Kumar	BNYS
74.	Subhan Ali	BNYS
75.	Sweety Singh	BNYS
76.	Syeda Shahida Sultana	BNYS
77.	Teertham Dewangan	BNYS
78.	Ankur Kumar	BNYS
79.	Gyanee Das Manikpury	BNYS
80.	M Furkan	BNYS
81.	Mohd Mujeeb	BNYS
82.	Rajneesh Kumar	BNYS
83.	Amit Kumar	BNYS
84.	S.I.M. Sagar Sagir	BNYS
85.	Abhilasha Sharma	BNYS
86.	Abhinav	BNYS
87.	Abhishek Rathour	BNYS
88.	Ahamad Navaz	BNYS
89.	Akshay Kumar	BNYS
90.	Aryendra Sharma	BNYS
91.	Ashutosh Pratap Singh	BNYS
92.	Asif Ali	BNYS

93.	Deepshikha Pandey	BNYS
94.	Gaurav Yadav	BNYS
95.	Gorang Tyagi	BNYS
96.	Jamyang Choden	BNYS
97.	Jeeshan Chauhaan	BNYS
98.	Kasim Ali	BNYS
99.	Km Anjali Singh	BNYS
100.	Km Manu Malik	BNYS
101.	Km Shanu	BNYS
102.	Km. Arti Chauhan	BNYS
103.	Km Gargi	BNYS
104.	Madhu Yamini	BNYS
105.	Manisha Kumari	BNYS
106.	Mantasha Nabi	BNYS
107.	Milan Maria Joy	BNYS
108.	Mohd Imran Saifi	BNYS
109.	Mohammad Muntazeem	BNYS
110.	Mohd Salman	BNYS
111.	Mohd Rizwan	BNYS
112.	Mohsin Khan	BNYS
113.	Mradulika	BNYS
114.	Nasir Khan	BNYS
115.	Nidhi Bhardwaj	BNYS
116.	Piyush Sharma	BNYS
117.	Km Pooja Rani	BNYS
118.	Prachi Negi	BNYS
119.	Rahul Sagar	BNYS
120.	Rishika Singh	BNYS
121.	Sachin Kumar	BNYS
122.	Sanjay Maddheshiya	BNYS
123.	Sanjay Yadav	BNYS
124.	Sanjeev Kumar	BNYS

125.	Shekhar Chaoudhary	BNYS
126.	Swabhi Chaudhary	BNYS
127.	Tshering Norbu	BNYS
128.	Vinay Nain	BNYS
129.	Vishal Kaushik	BNYS
130.	Abrima Anwer	BNYS
131.	Achom Joshma Devi	BNYS
132.	Afsheen Rehman	BNYS
133.	Anilka Sachdeva	BNYS
134.	Anmol Gaur	BNYS
135.	Annu	BNYS
136.	Anshika Pathak	BNYS
137.	Arpita Singh	BNYS
138.	Aslam Khan	BNYS
139.	Ayesha	BNYS
140.	Bal Krishan	BNYS
141.	Birjesh Kumar	BNYS
142.	Carolyn Vungsanching	BNYS
143.	Chanchal Vikash	BNYS
144.	Chirag Sharma	BNYS
145.	Christina Lalmangaihzuali	BNYS
146.	Deepankar Malik	BNYS
147.	Deepti Kumari	BNYS
148.	Deki Pelden	BNYS
149.	Devam	BNYS
150.	Devanshi Goel	BNYS
151.	Devasish Kumar Ray	BNYS
152.	Dhruv Arya	BNYS
153.	Divya	BNYS
154.	Divya Gupta (Male)	BNYS
155.	Divya Gupta	BNYS
156.	Esveer	BNYS

157.	Gaurav Kumar Sharma	BNYS
158.	Harsh Vardhan Sharma	BNYS
159.	Harshita Pundhir	BNYS
160.	Hritik Holkar	BNYS
161.	Ira Khan	BNYS
162.	Isherfeel Ansari	BNYS
163.	Jitendra Kumar Singh	BNYS
164.	Karma Dorji	BNYS
165.	Kashish Saxena	BNYS
166.	Km Anamika Kumari	BNYS
167.	Km Khadeeja Fatima	BNYS
168.	Km Madhuri Chauhan	BNYS
169.	Km Sanjana Devi	BNYS
170.	Km. Anchal Gond	BNYS
171.	Km. Anjali Patel	BNYS
172.	Km. Heena Rani	BNYS
173.	Km. Naina Verma	BNYS
174.	Krishna Kumar	BNYS
175.	Lalduhkimi Ralte	BNYS
176.	Lalnunpuii	BNYS
177.	Lalthanpuia Jongte	BNYS
178.	Mahesh	BNYS
179.	Maibam Ashnikumar Singh	BNYS
180.	Mantasha Nabi	BNYS
181.	Moh. Faheem Ansari	BNYS
182.	Mohd.Shadab Khan	BNYS
183.	Km Moon Chauhan	BNYS
184.	Munnu Saini	BNYS
185.	Pankaj Kumar	BNYS
186.	Parmod Saini	BNYS
187.	Partibha Chauhan	BNYS
188.	Prachi Rani	BNYS

189.	Prince	BNYS
190.	Priya Srivastava	BNYS
191.	Priyanka Gupta	BNYS
192.	Rakhee Sharma	BNYS
193.	Ramani Kaushik	BNYS
194.	Rameez Ali Shah	BNYS
195.	Reuben Lalthazuala	BNYS
196.	Richa Tomar	BNYS
197.	Rohit Soni	BNYS
198.	Rommy Lalawmpuia	BNYS
199.	Samom Amarjit Singh	BNYS
200.	Sandeep Kumar	BNYS
201.	Shah Faisal	BNYS
202.	Shaily Sharma	BNYS
203.	Shasi Bhushan Sharma	BNYS
204.	Shivam Pratap Singh	BNYS
205.	Shivani Malik	BNYS
206.	Shruti Baid	BNYS
207.	Simran Malhotra	BNYS
208.	Smriti Goswami	BNYS
209.	Sneha Singh	BNYS
210.	Sonal Rana	BNYS
211.	Sonam Dema	BNYS
212.	Stephen Lalhmingsanga	BNYS
213.	Suchi	BNYS
214.	Tashi Dhendup	BNYS
215.	Tashi Phuntsho	BNYS
216.	Tenzin Lobden	BNYS
217.	Vanshika	BNYS
218.	Varsha Gautam	BNYS
219.	Vipin Pant	BNYS
220.	Yashve Verma	BNYS

221.	Emily Zodinpuii	BNYS
222.	Nitin	BNYS
223.	Abhinesh Singh Paswan	BNYS



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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

2016-2017



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This is awarded to

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

GAURI DUBEY

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

YASHVE VERMA

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