

Interpersonal Skills: A Gateway through the Interview

A Report

Date: 17/03/2025

The interpersonal skills has become the most important facet of life. The interpersonal skills known by some other names like Soft Skills, People Skills or Social Skills are skills that guide us, help us express ourselves in a better way and has the power to transform one's relationship with people around them. These skills ensure not only the professional growth of a person but also help him or her in pursuing a successful personal life.

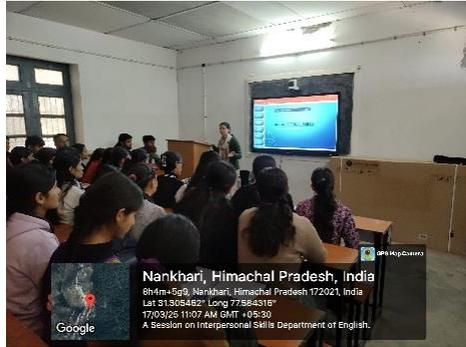
Keeping in view the importance of these skills the **Career Counseling & Guidance Cell in collaboration with the Department of English** had conducted a session on **Interpersonal Skills: A Gateway through the Interview**. The session aimed to enhance the overall communication skills required to grow in the modern professional settings. The primary objective of this session was to introduce the concept and importance of soft skills in the workplace and daily life, to develop effective communication and teamwork abilities and to improve problem solving, leadership and time management skills. The session provided a comprehensive view of these skills.

The following concepts were discussed thoroughly during the session:

- **What are Soft Skills:** AP Priyanka initiated the presentation by introducing the students with the basic terminologies and a brief history of soft skills. She apprised the students about the fundamental difference between the terms Hard Skills and Soft Skills.
- **Types of Soft Skills:** The session further advanced with AP Priyanka outlining the important types of soft skills like: Listening Skills, Adaptability, Problem Solving, Emotional Intelligence, Teamwork, Communication Skill and Leadership skill. She comprehensively elaborated the aforementioned soft skills by providing some real life examples.
- **Importance of Soft Skills:** After introducing the students with the above mentioned soft skills, AP Priyanka proceeded with a discussion on the importance of these skills in one's professional as well as personal life. She shared some examples where an employee lose all the chances of growth due to lack of soft skills.
- **Ways to Improve Soft Skills:** The students were also provided with some practical ways to improve the interpersonal skills. The students were told to be open to feedback, to get out of the comfort zone, to practice empathy and understanding and finally to see the big picture. By practicing these methods the students can ensure their growth.
- **Interview-To Do List:** The session concluded with AP Priyanka providing an overview of the interview and how the students can effectively use all these skills to get through the interview. She shared some to-do list that a candidate can go before entering the interview. The students were informed about the importance of verbal as well as nonverbal communication practiced during an interview that guarantee the success of a candidate.

The entire discussion was insightful as it consolidated the knowledge of the students and strengthened the ways to improve interpersonal skills. The students recognized the importance of soft skills as the session concluded in a fruitful discussion on these skills.

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A Session on Interpersonal Skills Department of English.

Activity Name: Interpersonal Skills: A Gateway Through Interview
Date: 17/03/2025
Students Present: 33

Sr. No.	Name	Class	Roll No.	Signature
1	Vishvesh	B.Com. 1st yr	22201	[Signature]
2	Dhruv	B.Com. 1st yr	22217	[Signature]
3	Pranav	B.Com. 1st yr	22218	[Signature]
4	Shayad	B.Com. 1st yr	22221	[Signature]
5	Shubham	B.Com. 1st yr	22222	[Signature]
6	Shreyas	B.Com. 1st yr	22224	[Signature]
7	Devika	B.Com. 1st yr	22228	[Signature]
8	Harsh	B.Com. 1st yr	22229	[Signature]
9	Siddhant	B.Com. 1st yr	22230	[Signature]
10	Rachit	B.Com. 1st yr	22233	[Signature]
11	Harshdeep Kaur	B.Com. 1st yr	22235	[Signature]
12	Manish Gupta	B.Com. 1st yr	22237	[Signature]
13	Nikhil Sharma	B.Com. 1st yr	22238	[Signature]
14	Shubham	B.Com. 1st yr	22239	[Signature]
15	Harsh	B.Com. 1st yr	22240	[Signature]
16	Harsh	B.Com. 1st yr	22241	[Signature]
17	Neha Khandelwal	B.Com. 1st yr	22242	[Signature]
18	Shubham	B.Com. 1st yr	22243	[Signature]
19	Shubham	B.Com. 1st yr	22244	[Signature]
20	Shubham	B.Com. 1st yr	22245	[Signature]
21	Shubham	B.Com. 1st yr	22246	[Signature]
22	Shubham	B.Com. 1st yr	22247	[Signature]
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