



College of Arts,  
Science &  
Commerce (Autonomous)

RISE WITH EDUCATION

NAAC REACCREDITED - 'A' GRADE

**SIES COLLEGE OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)  
DEPARTMENT OF BIOCHEMISTRY-Food Technology and Nutraceuticals**

**A. Title of the Workshop/Activity:** Soft Skills workshop in collaboration with Sasha Training Solutions

**B. Background:**

Effective communication with pleasant personality is a key to success.

It has been observed that students who can express their thoughts and ideas clearly stand a higher chance of selection in interviews, promotion, winning a new project. Honing students' soft skills will therefore enhance their employability.

**C. Objectives:** The objective of the workshop was

1. To make students understand the essential components of effective communication and the importance of effective communication personally and professionally
2. To give real-time feedback on student's language structure, tone and non-verbal nuances
3. To recommended methods for effective communication
4. To up-skill students to use their words, tone and posture to match the objective of their communication successfully
5. To acquaint them with techniques to build rapport and leadership skills

**D. Location:** Mini Auditorium, SIES College of Arts, Science and Commerce, Sion West

**E. Target audience/participants with expected number:** 30 students (MSc I and PGDFTN students of the Department of Biochemistry)

**F. Date of the activity:** 26<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup> September 2022

**G. Name of Resource Persons:** - Ms Shalini Gamre, Sasha Training Solutions

**H. Outcome:**

1. Students got a clear understanding of the role and importance of effective communication.
2. Increased self-awareness of one's ability to communicate.
3. Participants were made aware to identify and correct common mistakes in communication.
4. Understanding the effect and impact of words, tone and posture in effective communication

5. Students were acquainted with qualities required in a leader and general social etiquettes

**I. Funding if any: Nil**

**J. Annexures:**

**i. List of Participants**

Report Prepared by:

*Kothekar..*

Dr. Deepali Kothekar  
Head, Department of Biochemistry  
Co-ordinator, Food Technology and Nutraceuticals

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Principal



List of student participants for Soft Skills workshop conducted by Department of Biochemistry in collaboration with Sasha Training Solutions on 26<sup>th</sup> to 28<sup>th</sup> September 2022

1. 1. BABAR SHRUTI TULSHIRAM RANJANA
2. DEEPAKSHI DUBEY
3. GHORI MAHVISH MOHAMMAD ARIF
4. GUPTA ANSHIKA OMPRAKASH
5. INGAWALE MEENA GANPAT YASHODA
6. JAISWAR ALOKKUMAR LALJI
7. KALITA JYOTINRIPA NRIPEN
8. KARKERA JATIN JAYARAM
9. KARNAM SHRUTHIKA PANCHAKSHARI
10. MUNDE SIDDHI NARESH
11. NADAR DINESH ARJUN
12. PINTO PAUL EDWIN
13. SAKHARKAR ABIR IBADULLAH
14. SARKAR RAHUL SUSHIL
15. SATAM PRATHMESH SUHAS
16. SAYED BUSHRA ASIF
17. SHAIKH BAREERA JAVED
18. SHETTY ADITYA RAVI MALATHI
19. SHETTY VARSHA ANANDA
20. SHINDE DEEPALI HANUMANT
21. Pallavi Rai
22. Ankita Tiwari
23. Niditha Shetty
24. Kavya Premanandan
25. Vrushali Sawant
26. Aarti Manohar
27. Aditi Kud
28. Reshma
29. Radha
30. Ritika Kewar



Dr Deepali Kothekar