

## **Report :**

### **Three Days Barkley's Life Skill Training Program**

Training and Placement Cell and Internal Quality Assurance Cell of Dr. Babasaheb Ambedkar Marathwada University in association with Tarabai Shinde Women's Studies Centre organized a three-day Value Added Course called "Barkley's Life-Skills Training Program" in Fatima Sheikh Auditorium of Tarabai Shinde Women's Studies Centre for the students of Tarabai Shinde Women's Studie Centre & library and information science department. It was held from 11 to 13 January 2023. The program was inaugurated on On January 11, the president of this program and the director of Tarabai Shinde Women's Studies Centre Dr.Mehrunnisa Pathan. Dr. Girish Kale of Training and Placement Cell was the chief presence on this occasion while Mustaqeem Syed of Rubicon Foundation provided training as the chief trainer guide. Dr. Nirmala Jadhav, coordinator of the said course, moderated the inaugural session. Through the three-day value aided course, students they learned communication skills, presentation skills, interview techniques, effective personality, teamwork. Training was imparted through related demonstrations. On January 11, the first day of this course focused on Self-Introduction, Friend-Introduction, Self-motivation, Confidence, Self-Assessment, Leadership, Acceptance of Responsibility, Teamwork, Problem Solving, Decision-Making, Ability to Work Under Pressure, Flexibility, Negotiation and Conflict Resolution. Training was provided on these subjects. On the second day of this course on January 12, 2023 training was given on communication skills, mutual cooperation, price & prize, stress management, anger control, time management. On the third day of the course on 13<sup>th</sup> January 2023, training was given on interview technique, personality development, team work, e-mail writing skills, presentation skills. Akash Lonkar, research student of Tarabai Shinde Women's Studies Centre, moderated the last session of the program. On this occasion, the research students who participated in the program expressed their thoughts. On this occasion Rama Khandale, Vidya Najan, Jyoti Sapkal, SanketBansode Hina Sheikh expressed their thoughts. Then trainer Syed Mustaqeem shared his experience about this program. On this occasion Dr. Nirmala Jadhav, coordinator of the said expressed her gratitude. President of this program and director of Tarabai Shinde Women's Studies Centre Dr.Mehrunnisa Pathan concluded with her presidential address. Faculty from Tarabai Shinde Women's Studies Centre Dr.Ashwini More, Mr. Satish Bolkar, and students from both departments, research scholars were present in large numbers.



Activity Photos