

Madras School of Social Work

Department of Psychology MSc Family Counselling

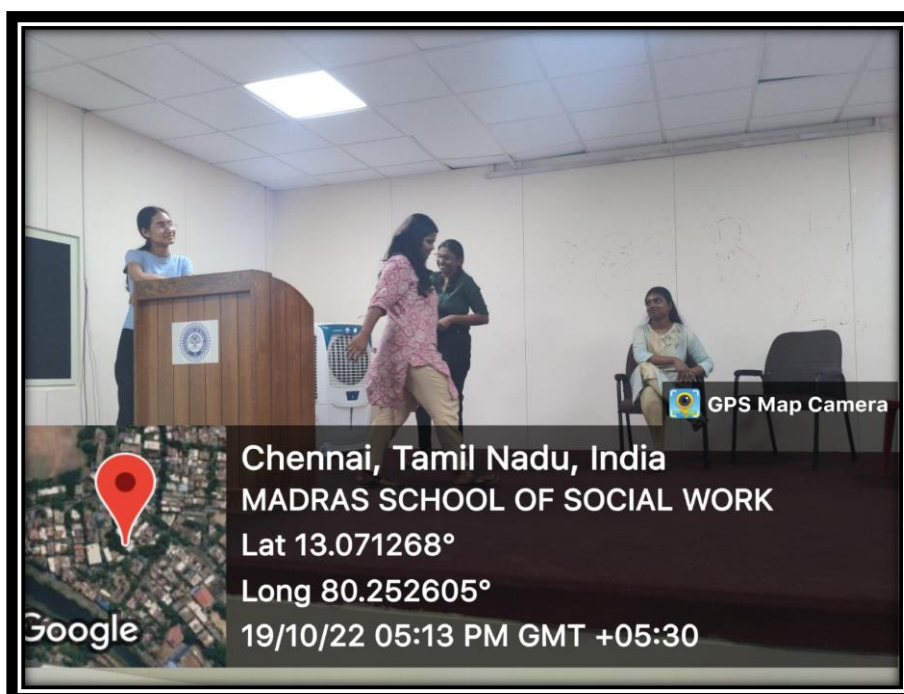
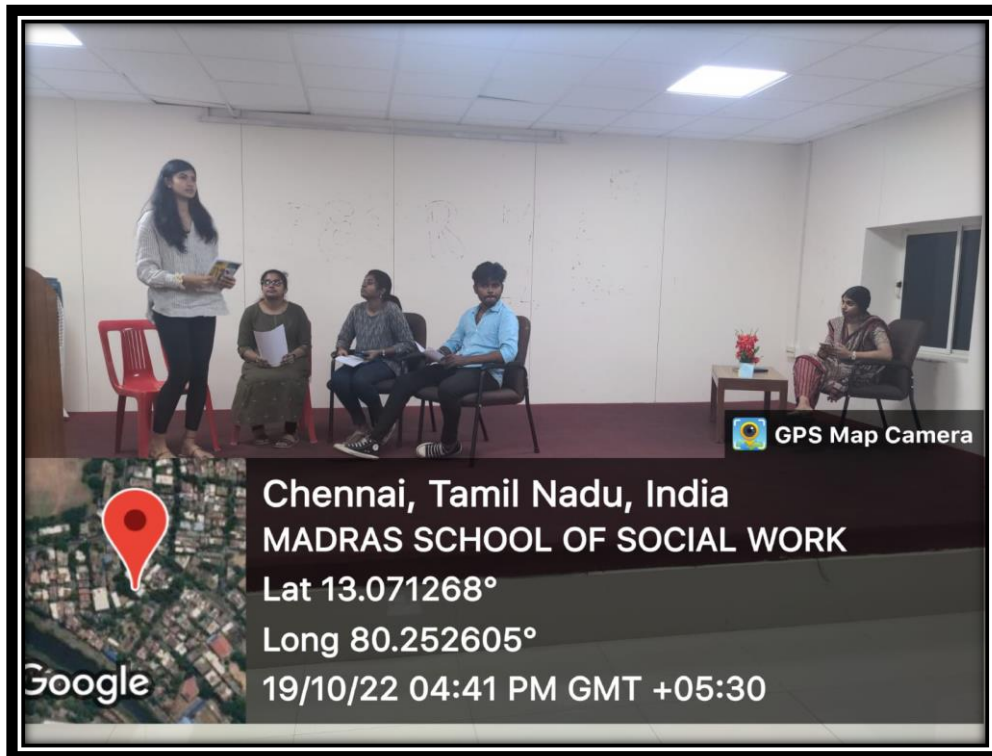
Soft Skills Training Program - 19th, 20th 26th and 27th October

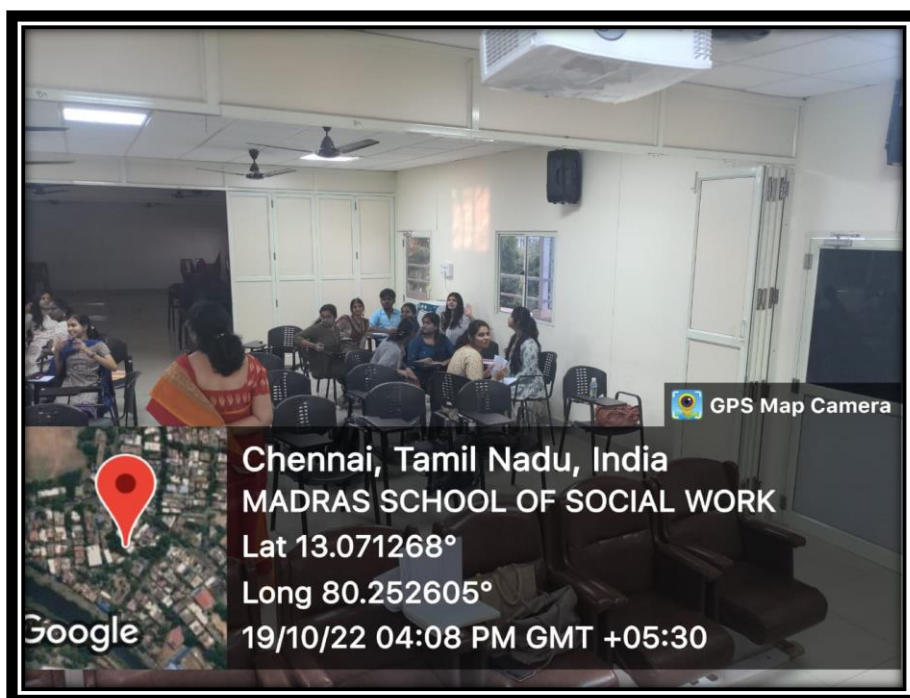
The Department of M.Sc. Family counselling organised their 4-days soft skills program. The program was hosted by Dr. Sangeetha Mahesh. The first day was on 13th October 2022. The main topics that were addressed during the sessions was on self-awareness and culture. Understanding one's strengths and weaknesses helps to empower the individual self-concept and boosts self-confidence. This session was light-hearted, warm and a welcoming start to the upcoming sessions. In the first group activity students were writing feedback about what they think about each other. The students excitedly wrote their views on each other's back. The session ended with note of taking healthy criticism, embracing self and loving you.

Next, activity involved students sitting as pairs exchanging their strengths and the positive changes that they want to make as individuals. This session allowed a sense of exploration with a companion where students were able to exchange views with each other. The second day was on 14th October 2022. The main take away from the sessions were values and its impact on relationships. Importance of values and how it impacts an individual's needs in a social setting was highlighted. The major huddles that family face due to differing individual values were also addressed. The students did an activity to assess needs that they hold in terms of leading a happy life. The students also did a paired activity where they exchanged the common values that individual culture holds.

The third day was on 19th October 2022. The main insights gained during this day were about conflicts and how to overcome them. The major takeaway during this session was the need to have healthy conflicts that promotes growth in relationships. Students also did a role-play and discussed the dirty fighting techniques that people adopt in conflicts. This role-play emphasized about the interpersonal communication patterns that we get to see in families. The fourth day was on 20th October 2022. The main concepts focussed from the sessions were communication patterns, body language, emotionally intelligent partner and culture.

The students had a feedback session on the various activities they participated. The role of body language in interpersonal communication and the importance of an emotionally intelligent partner was discussed.





Dates	19 th 20 th 26 th and 27 th October
Venue	4 th Floor Auditorium
No of students Present	25
Faculty In-Charge	Ms.Sona Vaghese