

Schedule of the activities for the year 2009-10

Month	List of workshop topics for Students and staff of the college
June	It's a big world out there: Preparing graduates who have just passed out for venturing in the world of job, cut-throat competition, pushing deadlines & rising expectations.
July	Communication skills: Focuses on helping participants handle various forms of communication such as speaking, writing, and listening to reach decisions, achieve understanding, and develop relationships.
August	Self awareness & Self esteem: Self awareness is about paying attention to our many senses, thoughts, feelings and intuition and diving deep into our emotions to tap their sources. It is seeing our thinking and how it creates our reality. Self-esteem is confidence in our ability to think and to cope with the basic challenges of life.
September	Time management: Enabling students master time rather than be its slave. The workshop helps to identify strengths and weaknesses and pinpoint areas for development, prioritize tasks on a daily basis and build their skills and confidence in managing time---the most precious resource.
October	Assertiveness Training: Designed to teach individuals successful ways of interacting with others, expressing anger positively, saying "No" in a non aggressive manner and equipping their behavioral repertoire so that they can make the choice to behave assertively.
November	Leadership & Decision making: Empowering leaders in terms of personal and interpersonal development, managerial effectiveness and organizational productivity.
December	Positive Thinking at the Workplace: Boredom and fatigue reduce the focus on academics. Positive approach towards studies helps to counteract the negative factors of academic pressure and consequently enhance performance.
January	Emotional intelligence: High emotional intelligence contributes to superior performance on the task at hand. The workshop helps focus on personal qualities such as adaptability, initiative, empathy, emotional literacy, and persuasiveness.
February	Inculcating values: Values such as integrity, honesty, commitment, loyalty would be dealt with.
March	Preparing the Curriculum Vitae and preparation for GD and PI