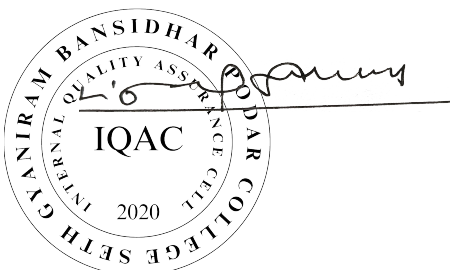




## **SETH GYANIRAM BANSIDHAR PODAR COLLEGE**

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

**5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following: Soft skills Language and communication skills, Life skills (Yoga, physical fitness, health and hygiene) and ICT/computing skills**



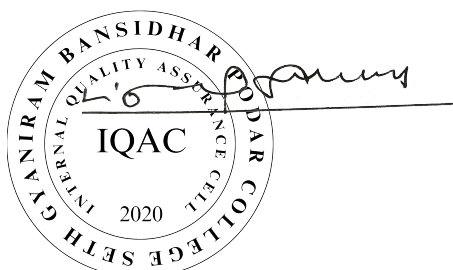


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

## INDEX

1. Soft skills	
Sr.No.	Documents
1	Ice Breaking (under Rubicorn) (2022-23)
2	Public Speaking (under Rubicorn) (2022-23)
3	Presentation Skills (under Rubicorn) (2022-23)
4	Personal Interview (under Rubicorn) (2022-23)
5	Goal Setting (under Rubicorn) (2022-23)
6	Expectation Setting (under Rubicorn) (2022-23)
7	Presentation Skills By Training & Placement Cell (2022-23)
8	Soft Skills By Training & Placement Cell (2022-23)
2. Language and communication skills	
Sr.No.	Documents
1	Group Discussion (under Rubicorn) (2022-23)
2	Interview Skills (under Rubicorn) (2022-23)
3	Communication Skills By Training & Placement Cell (2022-23)
3. Life skills (Yoga, physical fitness, health and hygiene)	
Sr.No.	Documents
1	Grooming (under Rubicorn) (2022-23)
2	Body Language (under Rubicorn) (2022-23)
4. ICT/computing skills	
Sr.No.	Documents
1	Resume Writing (under Rubicorn) (2022-23)
2	SWOT Analysis (under Rubicorn) (2022-23)
3	Corporate Jargons (under Rubicorn) (2022-23)
4	E-mail Attitude (under Rubicorn) (2022-23)
5	Telephone Etiquette (under Rubicorn) (2022-23)





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

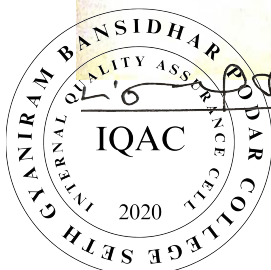


(31) — (40)

## SETH G.B. PODAR COLLEGE, NAWALGARH STUDENT DEVELOPMENT CENTER (SDC)



**Submitted By:  
Prof. Shantilal Joshi  
Coordinator  
(SDC)**





**SETH GYANIRAM BANSIDHAR PODAR COLLEGE**

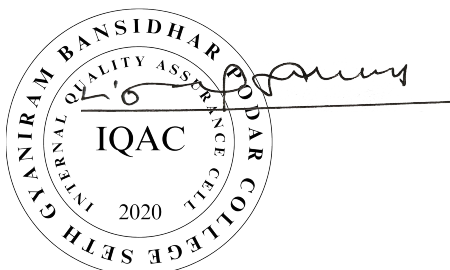
*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC*

*Recognition of college under Section 2(f)/12(B), UGC Act, 1956*

*Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

---

# **Rubicon Life Skills Training Programme Report-2022-23**







# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

## SETH G B PODAR COLLEGE, NAWALGARH

RUBICON'S LIFESKILLS TRAINING PROGRAMME

(9-11 Feb. 2023)

<https://docs.google.com/forms/d/e/1FAIpQLSfdloZRFrJLG9BNMZofyGlepKx1MpBhChkVSmBsXG8pKNqqw/viewform>

docs.google.com/forms/d/e/1FAIpQLSfdloZRFrJLG9BNMZofyGlepKx1MpBhChkVSmBsXG8pKNqqw/viewform

FVB - Empire EDU final list 2.2.2023... NAAC - Apply Online

### Rubicon's LifeSkills Training Registration Form

dualbahara@gmail.com (not shared) Switch account

\* Required

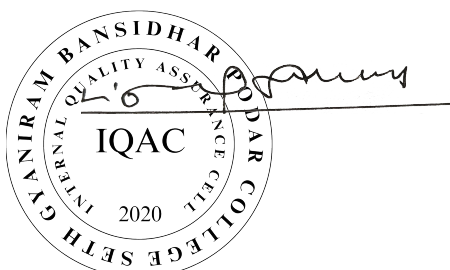
Please Select Your College Name \*

Choose

Please Enter Your First Name \*

Your answer

Please Enter Your Last Name \*





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

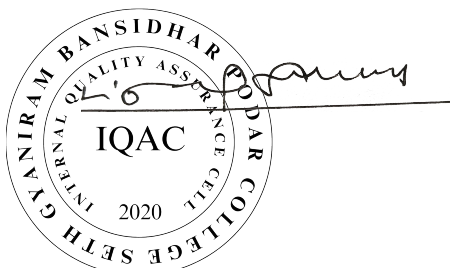
Day 1. 9<sup>th</sup> Feb 2023. Lamp lighting Introduction, then student came to PIMS Room 58 after that session was started and then a motivational Speech was given by the Main Speaker. After that the main Skill development classes were started and most of the time he was focused on communication skills. In session he explains about various types of communication and barriers of communication.

Day 2 10<sup>th</sup> Feb On This day How to prepare Interview skill and remember some points during interviews that are presentable like traveling dresses hairstyle sitting way talking way ect. and explain how to write and prepare cv for interview gave the opportunity to sing a song for increased confidence. 10 to 15 took part in this singing activity

Day 3 11<sup>th</sup> Feb On this day in Morning introduction class he explained job profile and explained sales department activity he involved students in dancing activity and played song on smart board students to participation in dance and then played a Game with balloon and for participation every student. After that the bound up of the session.

	Please Enter Your First Name	Please Enter Your Last Name	Please Enter Your Mobile Number	Please Enter Your Email ID	Please Enter Your Gender	Please Enter Your Date Of Birth	Please Enter Your Father's Name	Please Enter Your Current Location	Please Select Your Government ID Type	Please Enter Your Government ID Number	Please Enter Your Stream/Course Name	Please Select Your Graduation Completion Month and Year
1	Prerna	Chalka	8955301591	prernachalka764@gmail.com	Female	12/25/2003	Mr.vijendra singh	Sikar	Aadhar Card	9461497976	BCA 2 nd year	Jun-24
2	Ankita	Kumari	8302832118	ankitachoudhary1505@gmail.com	Female	5/15/1998	Moolchand	Togran khurd, Jhunjhunu	Aadhar Card	6.56955E+11	M.Sc. Zoology	Jun-23
3	Nisha	kharinta	9509000037	kharintabularaj@gmail.com	Female	10/1/1998	Dhuran kharinta	Nawalgarh	Aadhar Card	5.36809E+11	M.sc Zoology	Jun-23
4	MOHD	SAIF	7878748380	mdsaif4058@gmail.com	Male	10/16/2002	MO AYU	ward no.6 ,dundlod	PAN Card	QIBPS4054K	BCA	Jun-23

Seth G B Podar College, Nawalgarh | 2





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

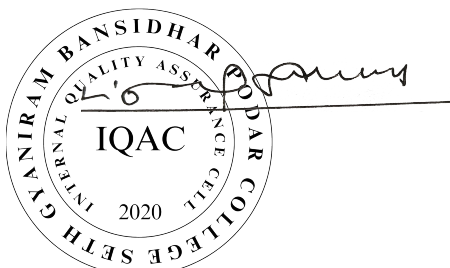
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME

5	Mahe sh	kumar	935236305 7	sirswamahesh@g mail.com	Ma le	5/17/ 2006	B BEHL IM Sardar singh	jhunjhunu	Aadh ar Card	8.52931E +11	bca	Jun-23
6	Naren dra	Kumar	737405470 9	narendrasarawag8 @gmail.com	Ma le	10/30 /2006	Sohan lal	Nawalgarh	Aadh ar Card	2.11084E +11	BCA	Jun-23
7	REN U	VER MA	766522754 9	vmelucky@gmail. com	Fe mal e	8/31/ 2003	Mr.N ANDL AL VER MA	WARD NO. 7 , NEAR POST OFFICE, CHURI AJITGAR H, JHUNJHU NU, RAJASTH AN	Aadh ar Card	3436 0757 9362	BACHELOR OF COMPUTER APPLICATION	Jun-23
8	Kulde ep	Singh	851207628 9	kuldeepsingh1706 1996@gmail.com	Ma le	6/17/ 1996	Shivna th singh	Birodi bari	Aadh ar Card	9.02418E +11	Msc( final) zoology	Jun-23
9	Vikas h	Saini	723184248 8	vikashsaini1186@ gmail.com	Ma le	10/11 /2003	Ompra kash Saini	Mukundga rh	Aadh ar Card	3.12397E +11	BCA	Jun-24
10	Sania	Trived i	823319641 8	saniachoudhry202 0@gmail.com	Fe mal e	12/25 /2000	Mr. Bhoop singh	Nawalgarh jhunjhunu	Aadh ar Card	6.81809E +11	Science	Jun-23
11	Anmo l	Gadh wal	772890957 4	anmolgadhwal713 @gmail.com	Ma le	10/28 /2000	Sanwa r Mal	Mukundga rh Mandi	Aadh ar Card	7.59507E +11	Bachelor of Business Administration	Jun-23
12	Varsh a	Meel	637853566 4	cvarsha858@gmail .com	Fe mal e	6/19/ 2004	Moolc hand meel	Nawalgarh	Aadh ar Card	8.24574E +11	BSC final	Jun-23
13	Moni ka	Sain	885291967 2	Sainanjali8058@g mail.com	Fe mal e	12/12 /2004	Ramni was sain	Parasramp ura (purana)	Aadh ar Card	6.27503E +11	M. Sc. Zoology(Science )	Jun-23
14	Jyoti	Chawl	958804680	jyotichawla154@g	Fe	3/19/	Rajesh	Nawalgarh	Aadh	4.0252E+	Science	Jun-23

Seth G B Podar College, Nawalgarh | 3





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

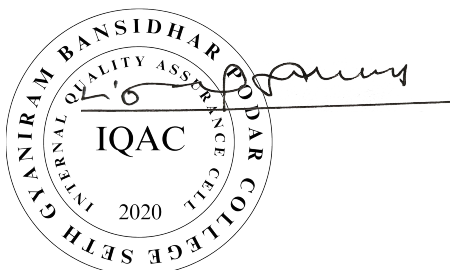
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

## January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

4		a	7	mail.com	mal	2002	Chawl		ar	11		
1	Ashish	Sankhala	8114406754	ashishsankhala2224@gmail.com	Male	9/3/2003	Sanwarimal Sankhala	Nawalgarh	Aadhar Card	807751572504	<a href="#">B.sc</a>	Jun-23
1	Aman	Gothwal	6377561828	amangothwal2002@gmail.com	Male	10/31/2002	Sandeep gothwal	Dundlod	Aadhar Card	9,3475E+11	Bba	Jun-24
1	Rishabh Dev	Mishra	7891073528	Rishum78910@gmail.com	Male	6/19/2002	Kanhaiyalal Mishra	Nawalgarh	Aadhar Card	2.10714E+11	Bachelor s of Business administration BBA.	Jun-24
1	Chitra	Sahal	7737111737	chitrasahal2004@gmail.com	Female	1/27/2004	Sanjay sahal	Rajasthan	Aadhar Card	336673844956	Science	Jun-23
1	Anju	Kumari	9376494125	Anjuc5448@gmail.com	Female	1/1/2005	Shubhkaran lamoria	Churi ajitgarh	Aadhar Card	6.0789E+11	BCA	Jun-24
2	Rinku	Meena	9351205860	rinkumeena2609@gmail.com	Female	2/6/2005	Hari Ram Meena	Beedsar sikar	Aadhar Card	6.33672E+11	B.sc (Bio.)	Jun-23
2	Anju	Achara	8107063969	choudharyechra@gmail.com	Female	12/18/2003	Shishram	Devgan, parasaram pura	Aadhar Card	230493370696	B.sc.	Jun-23
2	SAJID	Khan	8690399547	khansajid29677@gmail.com	Male	1/28/2004	Yasin khan	Mukundgarh mandi	Aadhar Card	3.41712E+11	Sajid khan	Jun-23
2	Jangid	Arti Shaktidhar	9982407443	jangidaarti358@gmail.com	Female	7/26/2023	Shaktidhar Jangid	Churi Ajitgarh	Aadhar Card	6.79256E+11	BSc	Jun-23
2	Nikita	soni	9588885498	Bs949016@gmail.com	Female	10/14/2004	Kailash Chandsoni	mukundgarh Mandi near railway station	Aadhar Card	230186756415	BCA1st year	Jun-23
2	PRIYA	SHARMA	9509093192	priyasharma.2004ca@gmail.com	Female	11/24/2004	SANJAY	Nawalgarh	Aadhar Card	24454381	Commerce/ BBA	Jun-24





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

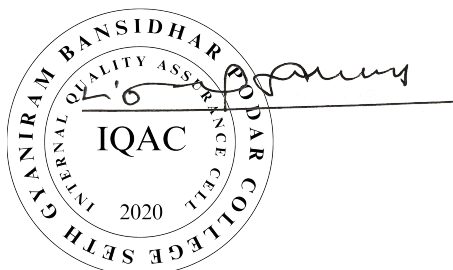
Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

5					e		SHARMA		Card	9609		
2	Yashraj		7568035244	yash130604raj@gmail.com	Male	6/30/2006	Jagekaram	birodi choti	Aadhar Card	8.18336E+11	BCA-1	Jun-24
2	Sandeep	Kumar	9649027499	Sandeepkumar368151@gmail.com	Male	12/15/1996	Prahalad Ray jangir	Dhani majhau	PAN Card	GIGPK1160M	Msc Zoology Pri	Jun-23
2	Rohan	Saini	9982197952	sainirohan202004@gmail.com	Male	4/20/2004	Shivbhagwan saini	Nawalgarh	Aadhar Card	7.3355E+11	BBA	Jun-23
2	Sumit	Kulhari	7742984467	sumitkulhari08@gmail.com	Male	2/5/2006	Ramnaniwas Kulhari	Nawalgarh	Aadhar Card	4.78587E+11	Bachelor of Business Administration	Jun-24
3	Rishiraj	Mishra	8741994004	mishrarishiraj318@gmail.com	Male	7/23/2004	Mr. Kanhaiya Lalji mishra	bawari gate Nawalgarh	Aadhar Card	232663645772	BBA 1st year	Jun-23
3	Vijendra	Kumar	9929009672	vijendrasaini159@gmail.com	Male	3/2/2005	Dwarka	Prasad	Aadhar Card	9.4562E+11	Bca	Jun-23
3	Jyoti	Saini	7742563558	manika9982@gmail.com	Female	2/12/2002	Vinod kumar Saini	Hare Krishna nagar, birol rod , Nawalgarh	Aadhar Card	3.09889E+11	B.sc.3rdyear	Jun-23
3	Rahul	Kumar	6376009100	rksinghaniya2617@gmail.com	Male	1/17/2001	Mahesh kumar	NAWALGARH	Aadhar Card	2.53961E+11	B.C.A.	Jun-24
3	Umesh	Chaudhary	9351355621	Uc4617645@gmail.com	Male	6/9/2004	Vijay chaudhary	Mukundgarh	Aadhar Card	2.86907E+11	BBA	Jun-23
3	Deepika	Verma	7732809912	deepika2003verma@gmail.com	Female	8/16/2003	Sanjeev kumar	Nawalgarh	Aadhar Card	6.75595E+11	Management	Jun-24
3	Palak	Saini	9352918079	Ps2310815@gmail.com	Female	7/10/2004	Patanjli saini	Near podar college	Aadhar Card	5.34983E+11	B.sc bio	Jun-24

Seth G B Podar College, Nawalgarh | 5





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

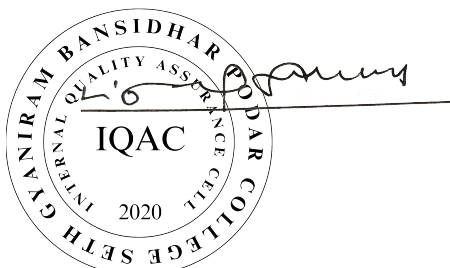
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

## January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

37	Yogita	Saini	8114465149	ys1736653@gmail.com	Female	10/6/2003	Sultan Singh	Gothara	Aadhar Card	5.48118E+11	B. Sc.	Jun-23
38	Vishal	Sharwa	8955770835	vishalsharwaofficial01@gmail.com	Male	4/14/2004	Manirama Sharwa	Nawalgarh	Aadhar Card	3.82892E+11	Bca part 2	Jun-24
39	Khalil	Ahmad	9358709416	ahmadkhokhar9358@gmail.com	Male	12/6/2000	Sanaulhak	Nawalgarh	Aadhar Card	5.98257E+11	B.C.A 2nd	Jun-24
40	Aavesh	Khatri	8619779974	Aaveshkhatri72@gmail.com	Male	12/16/2001	Rahim Ahmed Qureshi	Nawalgarh	Aadhar Card	3.81E+11	BCA	Jun-24
41	Sameer	Khatri	7877267098	bjai0398@gmail.com	Male	8/8/2003	Mohammed salim	Nawalgarh	Aadhar Card	6.85429E+11	Bca	Jun-24
42	Neha	Chalka	8302491206	nehachoudhary4820	Female	10/12/2003	Baldev	Khinwasar (sikar)	Aadhar Card	205869868058	Science	Jun-23
43	Rinku	Saini	8824516946	Dineshrajoria221@gmail.com	Female	7/22/2005	Ramchandrasaini	Jangir hospital ke pass	Aadhar Card	3.07464E+11	b.sc part 1 bio.	Jun-24
44	Rinku	Saini	8824516946	dineshrajoria221@gmail.com	Female	7/22/2005	Ramchandrasaini	Jangir hospital ke pass Nawalgarh	Aadhar Card	3.07464E+11	B.sc part 1 bio.	Jun-24
45	Yuvraj		8640045555	kharintayuvraj555@gmail.com	Male	9/4/2004	Ravindra Singh	Nawalgarh	Aadhar Card	2.71952E+11	BCA 1	Jun-24
46	Manisha	Saini	9772957310	Manisha7610038320@gmail	Female	1/21/2003	Narendra kumar saini	Rawata wali dhani ward no 2 ganeshpura nawalgarh	Aadhar Card	5.87977E+11	B. Sc	Jun-23
47	Anjali	Saini	9928419277	ramkishansaini601@gmail.com	Female	11/19/2005	Ramkishan saini	Kanaka wali dhani Nawalgarh	Aadhar Card	Aadhar card	Bsc	Jun-24







# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

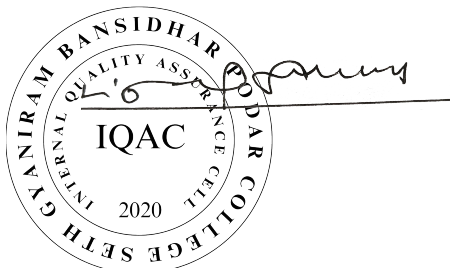
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

## January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

48	Mahima	Sharma	9694623606	mahimasharma9644@gmail.com	Female	11/29/2004	Sushil sharma	Mukundgarh	Aadhar Card	2019 2354 4989	BBA 1st	Jun-23
49	Adnan	Ali	8619394664	adnanjindran09@gmail.com	Male	9/7/2001	Abdul jabbar	Nawalgarh	Aadhar Card	4.07823E+11	BBA part 1	Jun-24
50	Vibhanshi	Jangir	9587999124	Vibhanshijangir@gmail.com	Female	1/31/2004	Naveen jangir	Balaran ,laxmangarh (sikar)	Aadhar Card	2.05349E+11	Bba	Jun-23
51	Radhika	Kanwar	9413546820	Shekhawat2631@gmail.com	Female	8/31/2006	Arvind singh shekhawat	Chirana	Aadhar Card	3.16956E+11	B sc bio	Jun-24
52	Payal	Saini	9636416918	Kamalkumarsaini1432@gmail.com	Female	3/19/2023	Mr Kamal Kumar Saini	Nawalgarh	Aadhar Card	6.45729E+11	Science	Jun-24
53	MUSKAN	SAINI	7297954617	muskansaini673@gmail.com	Female	6/11/2005	BHANWAR LAL SAINI	Near podar college, ward no. 04 Nawalgarh	Aadhar Card	7.96572E+11	B.Sc. 3rd year (bio)	Jun-23
54	Anu	Verma	9694493125	Jyotiverma0239@gmail.com	Female	8/7/2007	Prakash verma	Nawalgarh	Aadhar Card	Pan card	Bsc1stbio	Jun-23
55	Anu	Verma	9694493125	Jyotiverma0239@gmail.com	Female	8/7/2007	Prakash verma	Nawalgarh	Aadhar Card	Pan card	Bsc1stbio	Jun-23
56	Praveen	Dhaka	9680299077	praveendhaka114@gmail.com	Male	2/14/1999	Dayaram dhaka	NAWALGARH	Driving License	Rj18 2018000 9817	<a href="#">M.sc</a>	Jun-23
57	Yash	Sain	8209756820	yashsain089@gmail.com	Male	2/9/2002	Rajesh Kumar Sain	Nawalgarh	Aadhar Card	9.55067E+11	M.sc. physics	Jun-23
58	Shahil	kilania	7976885738	Sahilkilaniya0101@gmail.com	Male	8/27/2004	Hanif kilania	mandawa	Aadhar Card	5.54422E+11	bba	Jun-23





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

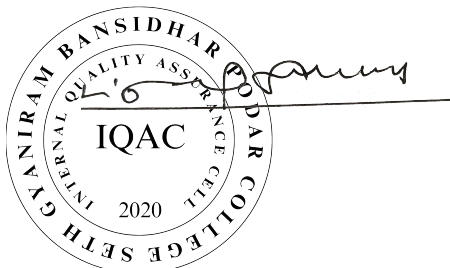
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

## January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

59	Amit Kumar	7374011337	amitdhaka2019@gmail.com	Male	8/2/1999	Krishan Kumar	Nawalgarh	Aadhar Card	9.03079E+11	M.sc.(final) Physics	Jun-23
60	DEEPAK KUMAR	6367782477	Dk9885564@gmail.com	Male	12/19/2005	Mahesh Kumar	BHOJNAGAR	Aadhar Card	6.08487E+11	Bca 1st year	Jun-23
61	Arjun	7357850295	arjunsoni10082003@gmail.com	Male	10/4/2005	Rajesh soni	333707	Aadhar Card	333707	All	Jun-23
62	nitin saini	7851021101	nitinsainisn6@gmail.com	Male	11/23/2004	gulabchand saini	nawalgarh	Aadhar Card	8.31643E+11	life skills	Jun-23
63	Vicky Saini	7568538449	Vs2841992@gmail.com	Male	10/28/2004	Phoolchand saini	Navalgadh	Aadhar Card	9.35203E+11	Banking	Jun-23
64	Harsh	7878153125	soniking922@gmail.com	Male	10/1/2004	Ram gopal Soni	NAWALGARH	Aadhar Card	3.05186E+11	B.com	Jun-24
65	Bhupendar	9509857445	bhupendrasaini046@gmail.com	Male	5/9/2004	Ramdu tt saini	Nawalgarh Nawaldi dharmana ki dhani	Aadhar Card	2.61036E+11	B.com 1 year	Jun-24
66	Pratyaksh	Ghorela 6378947564	Pratyakshghorela052@gmail.com	Male	8/18/2004	Narottam ghorela	Nawalgarh	Aadhar Card	4.27329E+11	B. Com	Jun-24
67	Sonu	Kaloya 7357817774	sonukaloya2508@gmail.com	Female	8/25/2002	Ramwaroop kaloya	Ward no 2 mandawa jhunjhunu	Aadhar Card	2.77568E+11	Msc physics	Jun-23
68	Priya	Rawat 7340548399	p4641621@gmail.com	Female	8/11/2004	Pratap Singh	Churi ajitgarh, mandava	Aadhar Card	4.24991E+11	B.com. 1st year	Jun-24
69	Ayush	Soni 7878425523	soniyush9829@gmail.com	Male	11/30/2004	Roshan lal soni	Doomra Nawalgarh Jhunjhunu	Aadhar Card	8.92397E+11	Bsc maths	Jun-24
70	Choudhary	Sasikant 8000067116	choudharysasikant6@gmail.com	Male	8/15/2002	Indrapal	Nawalgarh	Aadhar Card	6.54071E+11	BA part 2	Jun-24
71	Nikita	Nikita 964981096	nikugodara238@gmail.com	Female	8/25/	Devka	godara ka	Aadhar	5602	life skills/soft	Jun-23





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

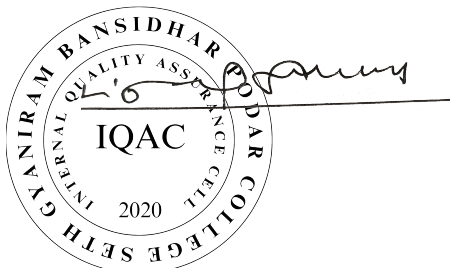
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

## January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

1	kumari	kumari	2	mail.com	male	2002	ran	bas singnor, jhunjhunu rajasthan	ar Card	7132 0618	skills	
72	Pankaj	Kumar	9079354852	pankajk81127@gmail.com	Male	5/12/2000	Ashok Kumar	Kairu	Aadhar Card	3.89648E+11	M.sc (Physics)	Jun-23
73	Himanshu	Mahicha	7849839323	himanshumahicha5@gmail.com	Male	8/25/2003	Babul Mahicha	Fatehpur	Aadhar Card	9.9034E+11	BCA 1st year	Jun-23
74	Payal	Mishra	7073152997	mishram49024@gmail.com	Female	7/15/2002	Manoj Kumar	Nawalgarh	Aadhar Card	7.33576E+11	Bsc.2nd year maths	Jun-24
75	Amit	Saini	8302216337	amits83022@gmail.com	Male	11/11/2002	Dayas hankar saini	Saininagar	Aadhar Card	6.48569E+11	B.Sc. 2nd year mathematics	Jun-23
76	Ashish Kumar	Kumawat	7375034865	ashishkumar78572@gmail.com	Male	5/18/2004	Bhagirath mal	Barwasi	Aadhar Card	8.74748E+11	B.SC.2nd year mathematics	Jun-23
77	Rajat	kumar	9680733694	rk5834783@gmail.com	Male	5/2/2005	mr. kailash chandra	nawalgarh	Aadhar Card	4.74102E+11	BCA-1st	Jun-23
78	Suren der	Saini	7891517330suiwalsaini	Suiwalsainisurenra@gmail.com	Male	7/15/2001	Rames hwar lal saini	Ward no:17 mishra wali dhani dhaniya panchayat post kanka wali dhani nawalgarh jhunjhunu 333042 rajasthan	Aadhar Card	Aadhar card	Bachor of arts	Jun-23
79	Sharwan	Sharwan	9351239274	Sharwan Swamisharwan3@	Male	7/14/2000	Ramni was ji	Aadhar card	Aadhar	5.20565E+11	Aadhar	Jun-23





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

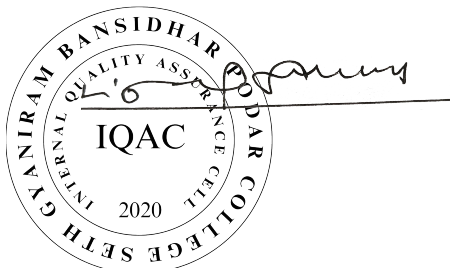
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

	Kumar swami	Kumar swami		gmail			swmai		Card			
80	Rohit	Kumar	7023451863	Rp4877942@gmail.com	Male	7/8/2005	Pawan prajapat	Word no 1 gumani ram ki dhani nawalgarh 333042	Aadhar Card	4.07595E+11	BBA	Jun-23
81	Chetna	Soni	9950998221	Chetna2019soni@gmail.com	Female	12/6/2004	Tarach and soni	Nawalgarh	Aadhar Card	3.31728E+11	BCA_1	Jun-23
82	Ankit	Saini	9358672577	ankitsaini63504@gmail.com	Male	5/31/2003	Rajendra kumar saini	Nawalgarh	Aadhar Card	7.49511E+11	B.Sc first year (maths)	Jun-23
83	Jitesh	Kumar	7878267138	jitesh6655@gmail.com	Male	2/27/2003	Shishpal Singh	Naya Parasrampura , Nawalgarh , Jhunjhunu	Aadhar Card	2.23662E+11	Seience	Jun-23
84	Ankit	Kumar	8000226755	ankitdoot2003@gmail.com	Male	12/29/2003	Bajrang lal doot	Chota bus stand Nawalgarh	Aadhar Card	6.39031E+11	B.com part 2	Jun-24
85	Dheeraj	Sharma	8955496703	dheerajsharma6674@gmail.com	Male	7/20/2005	Omprikash sharma	Bay , nawalgarh ward no.5	Aadhar Card	4.65026E+11	B.com part 2nd	Jun-24
86	Aryan	Aryan	9358563019	dootaryan048@gmail.com	Male	6/21/2005	Rams waroop	Sultanpura , nawalgarh	Aadhar Card	7.27825E+11	BCA-1	Jun-24
87	Vikas	Kumar	9327947616	sv2719805@gmail.com	Male	4/3/2005	Deven dra Kumar	Nawalgarh	Aadhar Card	7.06006E+11	B.com part 2	Jun-24
88	Sochan	Singh Shekhawat	9351694785	souravshekhawat3@gmail.com	Male	3/8/2004	Mr Manohar Singh	Nawalgarh	Aadhar Card	7.69357E+11	B.A	Jun-24





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

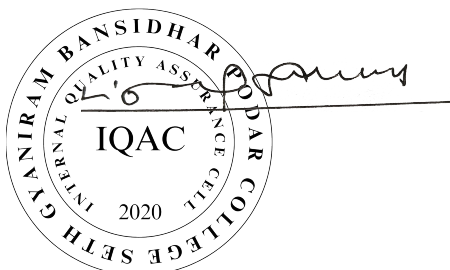
Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023

## RUBICON'S LIFESKILLS TRAINING PROGRAMME

89	Ravi Kumar	Sain	9351627227	rs0467719@gmail.com	Male	2/22/2006	Vinod Kumar sain	Sikar	Aadhar Card	6.11126E+11	Bsc		Jun-24
90	Praveen	Doot	7568354009	Praveendoot89@gmail.com	Male	7/25/2007	Mukesh Doot	Basawa	Aadhar Card	4.88336E+11	Arts part 2nd year		Jun-23
91	Ravi	Jankgir	7851068586	Ravijangirjangir642@gmail.com	Male	7/7/2003	Shishram	Sotwara	Aadhar Card	6.46234E+11	Art		Jun-23
92	pushpendra	choudhary	8764830276	pkhichar511@gmail.com	Male	8/16/2002	anil kumar	mainas	Aadhar Card	2.51952E+11	army gd		Jun-24
93	Amit	Singh	9799678892	amitshekhawat8012@gmail.com	Male	12/8/2006	Raju singh	Nawalgarh	Aadhar Card	9.88978E+11	Bsc		Jun-24
94	Kaif	Tanwar	9358263036	mokaiifanwar055@gmail.com	Male	6/6/2003	Umed Ali	Nawalgarh	Aadhar Card	2.38233E+11	<a href="#">B.com</a>		Jun-24
95	Heny	Sharma	8619747800	Adityasharma61682@gmail.com	Female	1/10/2002	Ramesh Kumar Sharma	Nawalgarh	Aadhar Card	7.3308E+11	<a href="#">B.com</a>		Jun-24
96	Aajy kumar	Sain	6376354432	asain3463@amazonmail.com	Male	8/8/2007	Rajkumar sain	Nawalgarh	Aadhar Card	6.54945E+11	<a href="#">B.com</a>		Jun-24
97	Priya	.	7340548399	p4641621@gmail.com	Female	8/11/2004	Prtap Singh	Churi ajitgarh	Aadhar Card	424990709493	B.com.1 year		Jun-24
98	Dinesh	Patodia	8824669634	dpatodia676@gmail.com	Male	12/29/2002	Dilip	Nawalgarh	Aadhar Card	916500924194	<a href="#">B.com</a>		Jun-24
99	Sameer	Bhati	7339836771	Sameerbhati2313@gmail.com	Male	5/29/2001	Liyakant	Nawalgarh	Aadhar Card	8.85252E+11	<a href="#">B.com</a>		Jun-24
100	Sunil	Kumar	6367642539	kumarsunil100403@gmail.com	Male	10/4/2003	Banwarilal	NAWALGARH	Aadhar Card	6.47905E+11	Bsc mathematics		Jun-23
1	Rohit	Parsra	800063615	rohitagarwal11206	Ma	10/10	Pramo	Nawalgarh	Aadh	7.35595E	<a href="#">B.com</a>		Jun-24





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

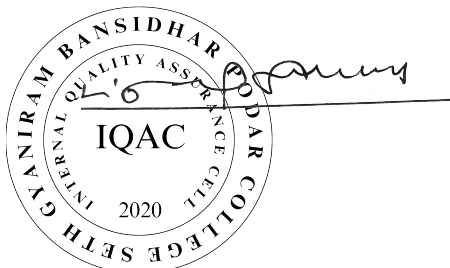
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

01		mpuri	7	@gmail.com	le	/2006	d parsra mpuri a		ar Card	+11		
102	Param	saini	9694013069	Sainiparam705@gmail.com	Male	2/1/2005	Rajendra Kumar Saini	Nawalgarh	Aadhar Card	4.89631E+11	Bea	Jun-24
103	Mukesh	Kumawat	6367650933	mukeshkumawat056n@gmail.com	Male	5/28/2003	Gourishankar Kumawat	Nawalgarh	Aadhar Card	7.92372E+11	B. C. A	Jun-24
104	Abhay	Kumar Ghorela	9024376840	abhayghorela7@gmail.com	Male	1/27/2003	Rakesh Kumar Ghorela	Nawalgarh	Aadhar Card	7.89746E+11	Bea	Jun-24
105	Mukesh	Lakhmara	8619270417	mukeshlakhmara7431@gmail.com	Male	9/13/2005	Ashok Kumar lakhmara	Mandawa, word no. 9	Aadhar Card	6.80183E+11	BCA	Jun-24
106	Himanshu Kumar	Sani	7014657090	hs149500@gmail.com	Male	7/26/2003	Manna Lal Saini	Birod road ward no 35, Nawalgarh	PAN Card	OKOPS7172B	BSC	Jun-23
107	Anil Kumar	Doot	9549363381	anilkumardoot3@gmail.com	Male	7/7/2002	Ramni was doot	Barwasi	Aadhar Card	5.27878E+11	BCA	Jun-23
108	Abhimanyu	Kumawat	9358597405	abhimanyukumawat7405@gmail.com	Male	3/10/2004	Kurda ram	Nawalgarh	Aadhar Card	4.98009E+11	Bea part-1	Jun-24
109	Sourabh	Jangir	9024936392	sauravjangir22@gmail.com	Male	11/25/2004	Kamal kumar jangir	Nawalgarh	Aadhar Card	7.87892E+11	Bea part-1	Jun-24
110	Reena	Jangir	8432588130	mukeshjangir2012@gmail.com	Female	11/11/2004	Mukesh Kumar jangir	Nawalgarh	Aadhar Card	5.32401E+11	B.s,c part 1	Jun-23
1	Pooja	Kumar	800365494	sainitarachand054	Fe	12/16	Tarach	Nawalgarh	Aadh	7.81368E	B.sc.	Jun-24







# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

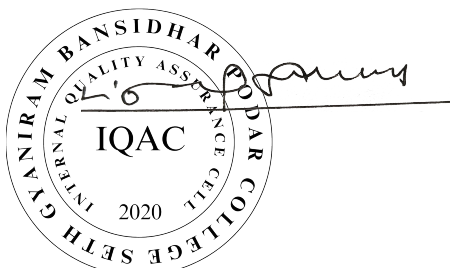
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

11		i	2	@gmail.com	mal	/2004	and		ar	+11		
111	Manish Kumar	Saini	6378296745	Sainimanish20000@gmail.com	Male	1/1/2003	Ramjilal Saini	Dundlod	Aadhar Card	7.67555E+11	Bsc	Jun-23
113	Sachin	Kalyan	9784021054	sk4403409@gmail.com	Male	1/15/2005	Dleep Kumar Kalyan	Kairu Nawalgarh	Aadhar Card	7.01232E+11	BCA part-1	Jun-23
114	Devendra	Saini	9571916884	devendrakumarsaini77@gmail.com	Male	10/10/2004	Parme shwarlal	Saini nagar	Aadhar Card	4.99741E+11	Sikal	Jun-23
115	Sachin	K	9928174822	sachinteenwal@gmail.com	Male	1/14/2006	Mr Bhanu Prakash	Mandawa	Aadhar Card	Aadharca rd	BCA	Jun-24
116	Rinku	Saini	8824516946	dineshrajoria221@gmail.com	Female	2/22/2005	Ramc handra saini	Jangir hospital ke pass Nawalgarh	Aadhar Card	3.07464E+11	B.sc 1st year biology	Jun-24
117	Pushpendra	Kumar	6378873757	pkf6383@gmail.com	Male	1/26/2001	Rajendra Kumar	Ward no 06 chelasi nawalgarh jhunjhunu Rajasthan	Aadhar Card	4.81119E+11	Msc(Physics)	Jun-23
118	Payal	Saini	7378008321	rahul9828170643@gmail.com	Female	12/9/2006	Kanhaiya Lal Saini	Gumani ram ki dhani, ward no.1, Nawalgarh	Aadhar Card	3.32778E+11	BCA	Jun-24
119	Maresh	kumar	9352363057	sirswamahesh@gmail.com	Male	5/17/2006	Sardar singh	jhunjhunu	Aadhar Card	8.52931E+11	BCA	Jun-23
120	Akshat Singh	Vedi	9166005440	akshatsinghvedi@gmail.com	Male	1/10/2004	Udai Vedi	MUKUN DGARH , JHUNJHUNU	Aadhar Card	344499102799	BCA1st year	Jun-23
1	Krish	Saini	737590674	tanwargirls1997@	Fe	8/25/	Prahal	Nawalgarh	Aadh	3.94231E	M.Sc botany	Jun-24





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

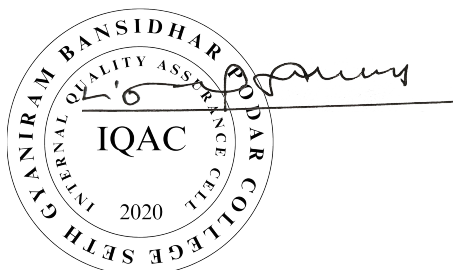
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

21	ana		8	gmail.com	male	1997	ad ray saini		ar Card	+11		
122	Pradeep	Kumar	6350261586	mipradeep966@gmail.com	Male	5/28/2002	Nemichand	Khirood	Aadhar Card	6.2259E+11	BA FINAL	Jun-23
123	Shashikant	Meghwal	8619488361	radheshyamr752@gmail.com	Male	3/7/2003	Radheshyam	Navalgarh	Aadhar Card	2.64359E+11	<a href="#">B.com</a>	Jun-23
124	MANISH	SAINI	791300549	ermanishsaini909@gmail.com	Male	11/25/2003	Deepchand saini	Khetri	Aadhar Card	8.46885E+11	<a href="#">B.com</a>	Jun-23
125	Shashikant	Meghwal	8619488361	radheshyamr752@gmail.com	Male	3/7/2003	Radheshyam	Navalgarh	Aadhar Card	2.64359E+11	<a href="#">B.com</a>	Jun-24
126	Laxmi	Jagrat	9521722651	laxmijagrat1@gmail.com	Female	11/11/2004	Ganesh jagrat	Ambedkar nagar , ward 22 , nawalgarh	Aadhar Card	520439132608	B.sc second year	Jun-24
127	Sanjay	Kumar	7357002703	sanjukaseru4@gmail.com	Male	3/14/2005	Vijendra	Nawalgarh	Aadhar Card	7.636E+11	Bachelor of computer application	of Jun-23
128	Sanjay	Kumar	7357002703	sanjukaseru4@gmail.com	Male	3/14/2005	Vijendra	Nawalgarh	Aadhar Card	7.636E+11	Bachelor of computer application	of Jun-23
129	Sandeep	Bhakar	6378970359	bhakarsandeep123@gmail.com	Male	8/17/2005	Ramniwas ji Bhakar	Kari	Aadhar Card	4.45926E+11	Bachelor of Arts	Jun-24
130	Harish	Harish	7877293205	harishjangir049@gmail.com	Male	11/5/2000	Mr.Ramesh kumar	Nawalgarh	Aadhar Card	4.07062E+11	M.sc. physics	Jun-23
131	Shahid	Kazi	9352039773	Sahidkazi861@gmail.com	Male	4/7/2002	Chirag	Nawalgarh	Aadhar Card	3.98874E+11	Bea part 1	Jun-23
132	Shahid	Kazi	9352039773	Sahidkazi861@gmail.com	Male	7/2/2002	Chirag	Nawalgarh	Aadhar Card	3.98874E+11	Bea part 1	Jun-23





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

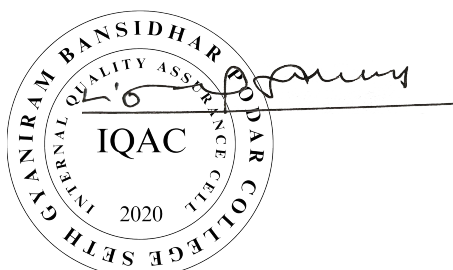
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

1333	Kartikan	Sharma	9929352875	vandanasharma21921@gmail.com	Male	11/28/2004	Pramod kumar sharma	Mandawa	PAN Card	QPAPS8717B	<a href="#">B.com</a>	Jun-24
1334	Aman kumar	Sharma	8058673088	Amankumarsharma038@gmail.com	Male	8/14/2001	Jeewan kumar sharma	City power house, chuna chowk	Aadhar Card	2.97966E+11	Science	Jun-23
1335	Rahul	Meel	8003908882	rahulmeel8882@gmail.com	Male	6/19/2004	Rajendra	Sikar	Aadhar Card	2.89765E+11	BCA	Jun-24
1336	Jatin	Kumar	8740954728	kumarjatin7938@gmail.com	Male	5/30/2004	Shankar Lal	Jhunjhunu	Aadhar Card	6.95073E+11	BCA	Jun-23
1337	Ramesh Kumar	Saini	9875898726	Ramesh Kumar sainirks80@gmail.com	Male	6/4/2004	Phool Chand saini	Ward no.18 vpo_swaro oppura beri sikar	Aadhar Card	6.42695E+11	Artist	Jun-23
1338	Rizwan	Khan	7023238378	rizwankhan21383@gmail.com	Male	1/19/2005	Mubarak Ali	Jhunjhunu	Aadhar Card	604370332736	B.C.A	Jun-23
1339	Jahir	Khan	7375027258	Itsjahir143@gmail.com	Male	8/18/2004	Mo.ayub	Jhunjhunu	Aadhar Card	9.81952E+11	BCA	Jun-23
1340	Yogesh kumar	Garhwal	7357066080	Yoges004kumar@gmail.com	Male	12/21/2004	Subhash chandra	Khirod	Aadhar Card	4.4903E+11	B.A. final	Jun-24
1341	Kapil	Kumar	8306784817	Kapilkumar0386@gmail.com	Male	6/19/2006	Magilal	Village - Ajeetpura, Post - Kaseru	Aadhar Card	3.61885E+11	Bsc	Jun-24
1342	Prateek	Jadhav	8956063043	prateekjadhav94055@gmail.com	Male	2/9/1998	Suresh	Nawalgarh	Aadhar Card	3.77209E+11	MSc botany	Jun-23





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

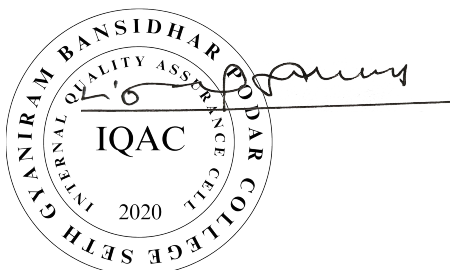
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

## January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

143	Bhaskar	Saini	9664055268	Bhaskarsaini894@gmail.com	Male	11/19/2003	Murari Lal Saini	Mandawa	Aadhar Card	2.81897E+11	Science	Jun-24
144	Dinesh	Yadav	8741962746	yadavddinesh81@gmail.com	Male	10/2/2004	Sultan Singh	Pujari ki dhani Nawalgarh	Aadhar Card	Na	Physics	Jun-24
145	Ronak	Saini	7240630724	ronaksaini242004@gmail.com	Male	9/11/2003	Rajendra kumar saini	Nawalgarh	Aadhar Card	2.65206E+11	B. Com	Jun-24
146	Vikesh	Poonia	8209244132	Pooniavikesh48@gmail.com	Male	2/27/2004	Kuldeep kumar poonia	Bay	Aadhar Card	4.26472E+11	Bca	Jun-24
147	Sandeep	Gadwal	7374952590	sandeepgadwal45@gmail.com	Male	10/3/2005	Omprikash Gadwal	Garhwalo ki dhani, Rah anawa, Laxmangarh, sikar	Aadhar Card	2.38506E+11	BCA 1st year	Jun-23
148	Jatin	Kumar	8740954728	kumarjatin7938@gmail.com	Male	5/30/2004	Shankar Lal	Jhunjhunu	Aadhar Card	6.95073E+11	BCA	Jun-23
149	Ravindra	Saini	9530078163	ravindrasaini3614@gmail.com	Male	12/30/2002	Shriram saini	Bero sikar	Aadhar Card	8.04668E+11	Msc botany	Jun-23
150	Tanushree	Saini	9783432958	tanushreesaini99@gmail.com	Female	11/2/2004	Sampat Kumar saini	Nawalgarh	Aadhar Card	4.8906E+11	BSC(math)	Jun-23
151	Praveen	Mahala	7374934430	Praveenmahala1@gmail.com	Male	4/20/2004	Ummed singh	Doomra	Aadhar Card	9.45534E+11	BA	Jun-24
152	Shubham	Saini	9828975426	sainishubham7665@gmail.com	Male	1/26/2006	Rajendra Saini	Near podar college Nawalgarh	Aadhar Card	7.49979E+11	Bca 1st year	Jun-23
1	Nisha	Nisha	941389274	Kavitasaini3194@gmail.com	Female	11/11	Lalit	Nawalgarh	Aadhar Card	2.82536E	Soft skill,life	Jun-24





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

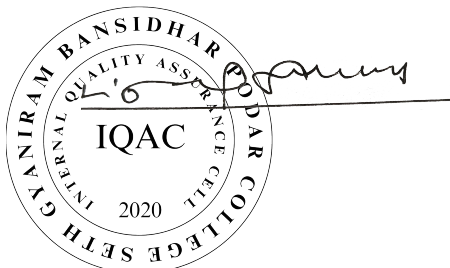
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

## January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

53			8	gmail.com	male	/2004	kumar		ar Card	+11	skill	
154	Gagan	Shekhawat	7425970511	Gaganshekhawat07@gmail.com	Male	7/15/2005	Parwat Singh Shekhawat	Beri	Aadhar Card	9.45244E+11	Arts	Jun-23
155	Mohit	Kumar	9785198301	kkhichar4@gmail.com	Male	2/4/2004	Vinod kumar	Niwai Nawalgarh rajasthan	Aadhar Card	8.03767E+11	Ba part3	Jun-23
156	Amit	Kumar	9057584578	Kuwait6754786@gmail.com	Male	7/12/2005	Manoj yogi	Nawalgarh	Aadhar Card	3.13581E+11	Bca part-1	Jun-24
157	Lakshya	Soni	9351312481	Lakshyasoni4526@gmail.com	Male	5/18/2004	Mr. Satya Prakash Soni	Nawalgarh Rajasthan	Aadhar Card	8.20095E+11	BCA 1st year	Jun-24
158	Khusi	Saini	7300144211	Garimasaini585@gmail.com	Female	1/31/2005	Omprakash saini	Nawalgarh	Aadhar Card	5.83778E+11	Bea	Jun-24
159	Hemant	Balan	7023638292	hemantbalan76@gmail.com	Male	10/19/2004	Shivkaran balan	Nawalgarh	Aadhar Card	593821878757	BCA	Jun-23
160	Ravindra	Kumar Saini	9358040283	ravindrasaini51979@gmail.com	Male	12/9/2004	Sundaram saini	Nawalgarh ,jhajhar	Aadhar Card	7.68525E+11	BCA 1st year	Jun-24
161	Ankit saini	Saini	9358672577	ankitsaini63504@gmail.com	Male	5/31/2003	Rajendra kumar saini	NAWALGARH	Aadhar Card	7.49511E+11	B.sc first year	Jun-23
162	Chandan	Saini	7891476933	Chandansaini5667@gmail.com	Male	7/11/2004	Rama watar saini	Nawalgarh	Aadhar Card	2.11156E+11	Bs.c 1year math	Jun-23
163	Hitesh	Kumar	7878393679	Didwanihitesh3@gmail.com	Male	6/13/2002	Rajesh kumar didwania	Nawalgrah	Aadhar Card	2.52717E+11	BBA 1st eyar	Jun-23
164	Himanshu	Jangir	7357719604	himanshujangir825@gmail.com	Male	4/16/2005	Pawan Jangir	Churi Ajitgarh	Aadhar Card	3.97248E+11	Commerce/bcom	Jun-23





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

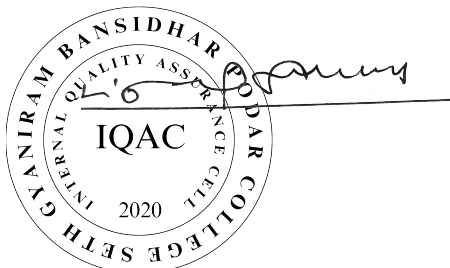
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

64									Card				
165	Deepika	Mahala	9414748427	deepikamahala2003@gmail.com	Female	3/21/2003	Dharmal Singh Mahala	Nawalgarh	Aadhar Card	4.17099E+11	Bachelor of Science	of	Jun-23
166	Ankit	Jangir	9351290311	akjangir172004@gmail.com	Male	1/7/2023	Parmeshwar	Kolida	Aadhar Card	6.35774E+11	Bsc		Jun-24
167	Abhishek kumawat	Kumawat	7340079743	abhisheknwai012@gmail.com	Male	10/7/2005	Rohitash Kumar	Niwai Nawalgarh	Aadhar Card	8.95054E+11	BA final		Jun-23
168	Manish	Chejara	6350537625	Manishchejara09@gmail.com	Male	3/4/2004	Mahesh chejara	Banarsi devi road no 33 Nawalgarh	Aadhar Card	7.21714E+11	Bsc.(maths)1st year		Jun-23
169	Rajkumar	Dhaka	9660380004	rajkumardhakajin@gmail.com	Male	12/11/2005	Mr.Dinesh kumar	Paniyoki dhani (bhagera)	Aadhar Card	5.09812E+11	Rubicon registration form		Jun-23
170	Pramod Kumar	Yadav	8529125898	promody164@gmail.com	Male	7/7/2005	Papulal yadav	Gothara	Aadhar Card	3.42209E+11	BCA part1		Jun-23
171	Anisha	Rulaniya	6378004673	anisharulaniya@gmail.com	Female	4/19/2006	Mahipal Singh	Kari Nawalgarh	Aadhar Card	477211665728	Bsc Math		Jun-23
172	Kaha	Saini	6377238426	Nehasaininwh01	Female	11/11/2004	Pawan kumar saini	Nawalgarh	Aadhar Card	796712685606	BA		Jun-23
173	Nitesh	Kumawat	8306547660	Kumawatnitesh824@gmail.com	Male	8/26/2007	Vinod kumar	Bay Nawalgarh	Aadhar Card	9.45234E+11	B.sc 1st year		Jun-23
174	Anjali	Saini	8209324486	sainianjali14112005@gmail.com	Female	11/14/2005	Ashok Kumar	Nawalgarh	Aadhar Card	6.85575E+11	B.sc.(maths)		Jun-23







# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

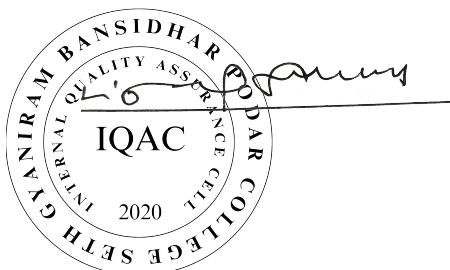
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

## January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

175	Rahul	Saini	9.19588E+11	sainirahul5536@gmail.com	Male	8/23/2005	Shankar Lal saini	Nawalgarh	Aadhar Card	4.06307E+11	BCA	Jun-24
176	Aditya	Singh	882483417	adityarajputa44@gmail.com	Male	12/7/2005	Pawan kumar	Ward no. 7 barwasi Nawalgarh	Aadhar Card	8.52123E+11	Bsc.(math's)1st year	Jun-23
177	Saniya	Saniya	9587155290	Sohannarmolia695@gmail.com	Female	11/19/2005	Sohal Lal	Nawalari , nawalgarh	Aadhar Card	7.72267E+11	Skill development	Jun-24
178	Manisha	Saini	772880640	manishasaini4103@gmail.com	Female	2/2/2005	Rajendra prasad saini	Nawalgarh	Aadhar Card	6.6608E+11	Bsc part _1	Jun-24
179	Anu	Saini	8209925188	Sainigori018@gmail.com	Female	3/1/2003	Mr. Maniram saini	Manakram ki dhani	Aadhar Card	4.77212E+11	Bsc 1st year maths	Jun-23
180	Ajay	Kumar	8104278126	ajaysaini7321@gmail.com	Male	11/28/2005	Babul al saini	Balu chajara ki dhani beri	Aadhar Card	8.65824E+11	Bsc maths	Jun-23
181	Mukesh	Kumar	6375784057	joya55685@gmail.com	Male	5/1/2003	Jagdish parsad	Devipura bani	Aadhar Card	2.21704E+11	Bsc1 year mathematics	Jun-23
182	Abhishek	Goswami	7878875415	Goswamiabhishek9660@gmail.com	Male	12/25/2005	Rohitash puri	kari	Aadhar Card	5.61925E+11	Rubicon ragistration form	Jun-23
183	Vikas	Jangir	9351408883	jangirvikas198@gmail.com	Male	9/18/2003	Anand Kumar jangir	Mukundgarh	Aadhar Card	697435838644	Bsc 1St year	Jun-24
184	Pankaj	Choudhary	7014438194	pankajchoudhary8890@gmail.com	Male	3/19/2005	Mr.ma haveer prashad	Nawalgarh	Aadhar Card	2.96294E+11	Ba	Jun-23
185	Antim	Saini	9024163927	Sainidinesh9024@gmail.com	Male	9/18/2003	Suresh kumar saini	Rawata wali dhani ward no 2 nawalgarh jhunjhunu	Aadhar Card	Aadhar card	Bsc 1 st year	Jun-24





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

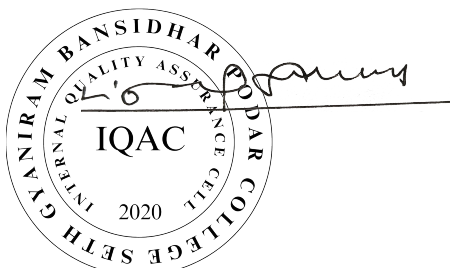
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

186	Monika	Monika	9667636571	monika.moni200602@gimal.com	Female	6/20/2023	Subhash chandra	Rajasthan Poojari ki Dhani, Nawalgarh, Jhunjhunu, Rajasthan	Aadhar Card	217449527918	Msc, chemistry	Jun-23
187	Vikash	Kumar	9587622326	vikashv162@gmail.com	Male	5/31/2006	Satish Kumar	Rahanawa	Aadhar Card	8.86247E+11	Science	Jun-24
188	UMESH	DANGI	9024895476	uk898852@gamil.com	Male	7/12/2005	Kishor singh	Jaisinghpura	Aadhar Card	6.3972E+11	Bsc mathematics	Jun-23
189	Aakriti	Sharma	9116199071	Ashokkumarsharmall87@gmail.com	Female	2/8/2008	Ashok Kumar Sharma	Nawalgarh	Aadhar Card	2.96232E+11	B.s.c 1st year	Jun-23
190	Ashish	Kumar	8619262250	Ashishmkgh@gmail.com	Male	1/7/2006	Sitaram kumar wat	Mukundgarh	Aadhar Card	7.79106E+11	Bsc 1	Jun-23
191	Vishal	Kulhari	8209624465	vishalkulhari80@gmail.com	Male	7/25/2002	Banwarilal	Churi Ajeetgarh, Jhunjhunu, Rajasthan	Aadhar Card	2.19355E+11	BCA, Graphic Designer	Jun-23
192	Nitin	Kumar	9116893870	nitinboyal33@gmail.com	Male	2/10/2001	Subhash Chandrar	Mirjwas, Laxmangarh	Aadhar Card	2.41349E+11	Science	Jun-23
193	Khusi saini	Khushi saini	8302820981	sainilalitkumar123@gmail.com	Female	8/19/2005	Lalit Kumar saini	Ganesh pura	Aadhar Card	9.73627E+11	Skill development	Jun-24
194	Anmol	Saini	9950766713	anmolsaini9950766713@gmail.com	Male	11/10/2004	Bishanlal saini	Devipura bani	Aadhar Card	8.12171E+11	<a href="#">B.Sc</a>	Jun-24

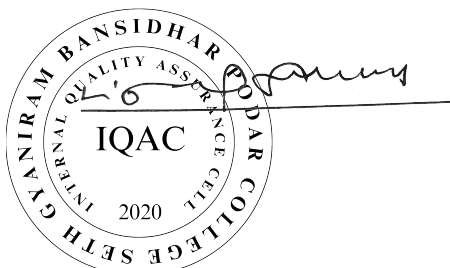




# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME



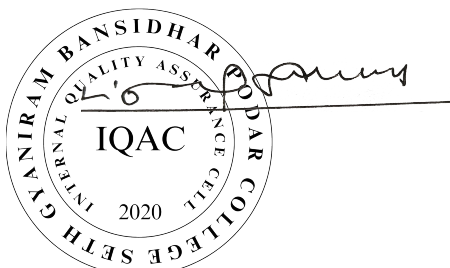


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME



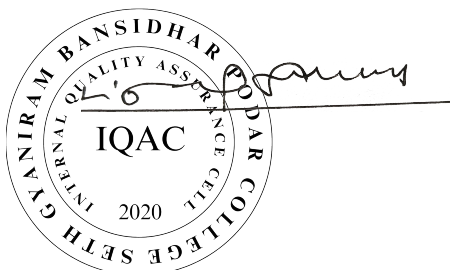


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME



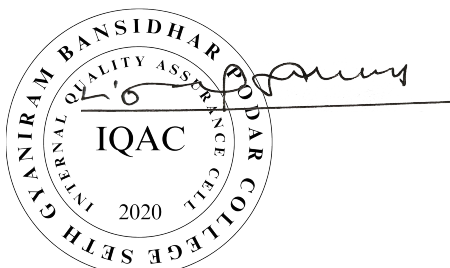


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME





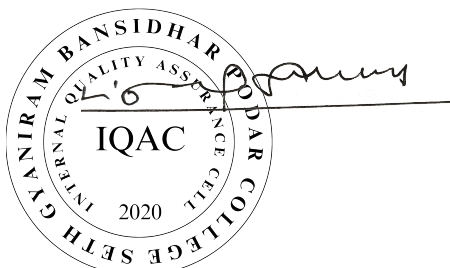


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

Introduction "

1. Introduction : Ice Breaker"

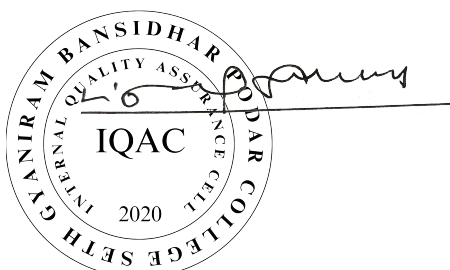
To get people in the mindset to share ownership over making the learning event successful, I often do an 'appreciative' exercise. Divide participants into groups of three or four and ask them to think about a peak experience of whatever the topic is (e.g. the best meeting you ever attended – or if that's too hard, how about a reasonably successful meeting in the last month. The most interesting presentation you remember / the most successful piece of writing you've done etc.). Ask them to think about what made this so successful. Get them to share the experience with the other members of the group and the group to come up with some of the elements of success. Collect these "Elements of Success" on the flip chart. This exercise engages everyone and encourages positive attitudes. The purpose of icebreakers is to bring people together, familiarise them with each other, put them into the zone and basically break the ice as the name suggests. The purpose of team building activities is to bring the teams together, get them to go through a shared experience, solve problems, make decisions, manage limited resources and usually work against time. To address both, you can take advantage of great educational and entertaining tools in the form of board games. Some games last long which help to bring a team together and some can be quite short which could be ideal to break the ice. There are cooperative games, competitive games, or even games that don't have a winner, but just one big loser! Some games abstract down the real world in such imaginative ways that become incredibly rewarding to experience. As such board games are great if you want to create a memorable event which is also educational as this is what many traditional team building games aim to achieve.

Speed Intros: I do a meet and greet version of speed dating. Have people pair up with someone they don't know, then find a non-work or non-workshop connection with the person. 30 seconds per individual, 1 minute per pair. 3-5 minutes overall (meet 3-4 people). If people in the room know each other well, then they should find out something about that person they didn't know before.

Find your Match: What has worked for me is to give each participant a slip of paper with information on it that is relevant to the topic or participants in general. They have to find the corresponding participant with the same information, introduce themselves, and talk briefly about what the information means to them.

HELLO exercise: "Hello" is an opener that directly relates to the workshop process and content. It uses a deck of playing cards and a few other items. The basic idea is that you prepare four questions related to individuals' expectations, experience, questions and changes regarding the training.

Picture and a Few Words: Great collection of picture post cards, many of which have been sent to me by art galleries to advertising an opening and some that are recycled greeting/note cards. The process has many benefits: 1. Needs assessment 2. Sharing of common challenges 3. Ability to share 'through' the picture choice, which allows for less personal exposure — not saying 'I'm not good at xxx' but rather 'I chose this card because it represents times when I xxx' 4. Good storytelling tool... curiosity level of group is high when they see what cards others have chosen.





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

5. Allows me to observe how comfortable they are with public speaking and what sort of audience members they are when others are sharing 6. Facilitating the grouping of challenges helps the group to identify commonalities and helps us all identify what we need to work on during the session.

**Origami Cup:** In this icebreaking / team building activity everyone makes a very simple origami cup (all you need is a piece of paper for each person, card stock. You make 3 or 4 simple folds to create the cup). Everyone put their cups on a tray. You fill each cup up with water and talk about how we are all like these paper cups. If all the cups are strong then the group is strong. If a cup loses some of the water then it spills on to the other cups. Each person on the team is like these cups. The better they "hold" their part of the work the less work that spills onto the team. You can then let the tray sit for about 5 or 10 minutes and then go back and look at the tray to see if the water is holding in each of the cups or if water has spilled into the tray. No matter the outcome people can have a visual representation of what it means to hold their part of the work together. The other part to this activity, if you are trying to talk about the value of healthy, "well" employees would be to show how a stronger paper (card stock) can hold water better than a paper that is worn out or thin.

## **Expectation Setting**

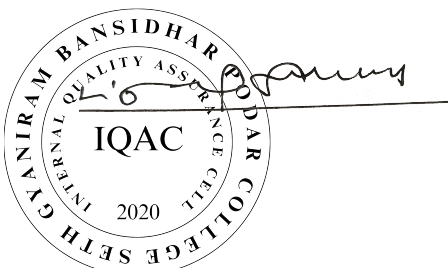
Individual Success has plenty of people relying on them. Expectation-setting skills are the skills that help you communicate and manage your work and work production. They allow you to clearly set boundaries, define the scope of what is being done, and communicate effectively with others. Expectation-setting skills are crucial for Customer Success Managers because there will be times when you find yourself in a situation where the other person is expecting something that is too much. Maybe it's out of scope, maybe it's unrealistic, or perhaps it's out of touch with the reality of the situation.

## **Pre-Assessment : Interview Skills**

There are some easy steps that you can take that will increase your chances of success at interviews. First, remember that job interviews should be a process of two-way communication. Not only are they a tool for employers to use to evaluate you, but they are also an opportunity for you to assess the job, the organization, and to see if there is a "fit." The keys to a successful interview are preparation and practice. The following suggestions will help you prepare for an interview:

**Self-evaluation** It is important for you to think about yourself and your past experiences in order to be ready to articulate what you have to offer an employer.

Consider the following topics:





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

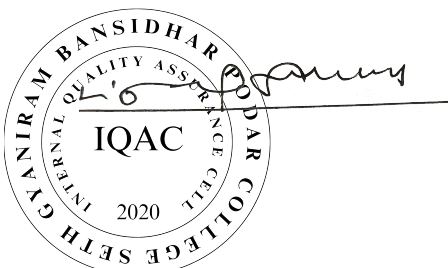
*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

- How your present and past experience relate to the position
- Your current and future career goals
- What skills and expertise you have to offer
- The skills that you would like to develop or improve
- Location, salary, and lifestyle priorities
- Kinds of people and environments you prefer
- Past experiences you want to highlight such as volunteer work, hobbies, travel

Overview of corporate world

1. Introduction to different industries for jobs
2. Difference between each industry and the competencies required to join the same"







# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

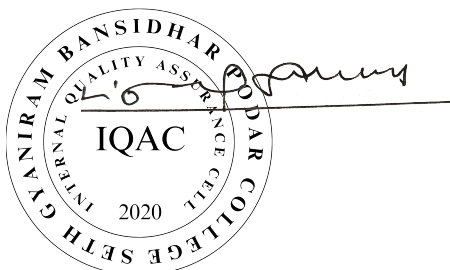
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME



Seth G B Podar College, Nawalgarh | 29

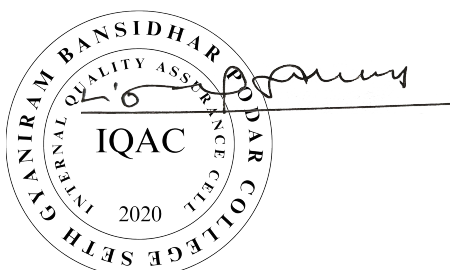




# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME





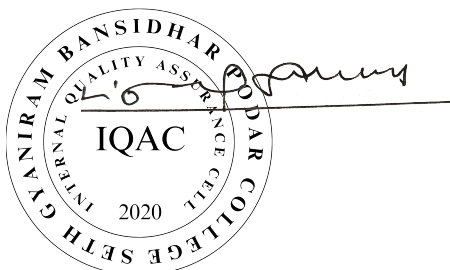


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME

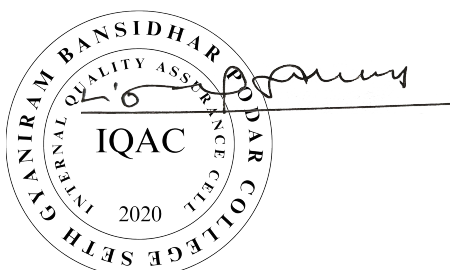




# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME



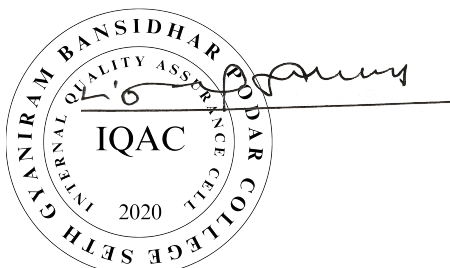


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC*  
*Recognition of college under Section 2(f)/12(B), UGC Act, 1956*  
*Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME

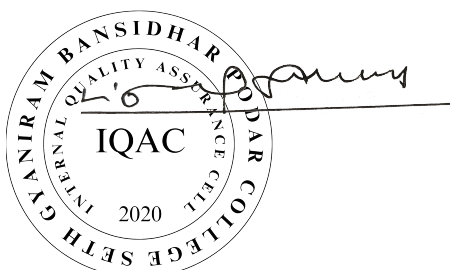




# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME





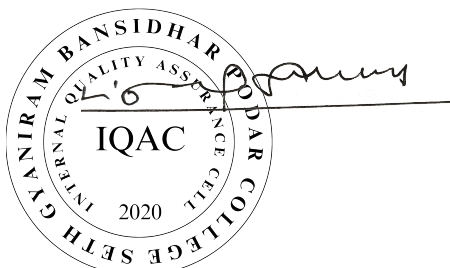


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME

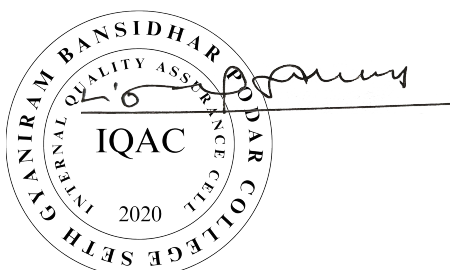
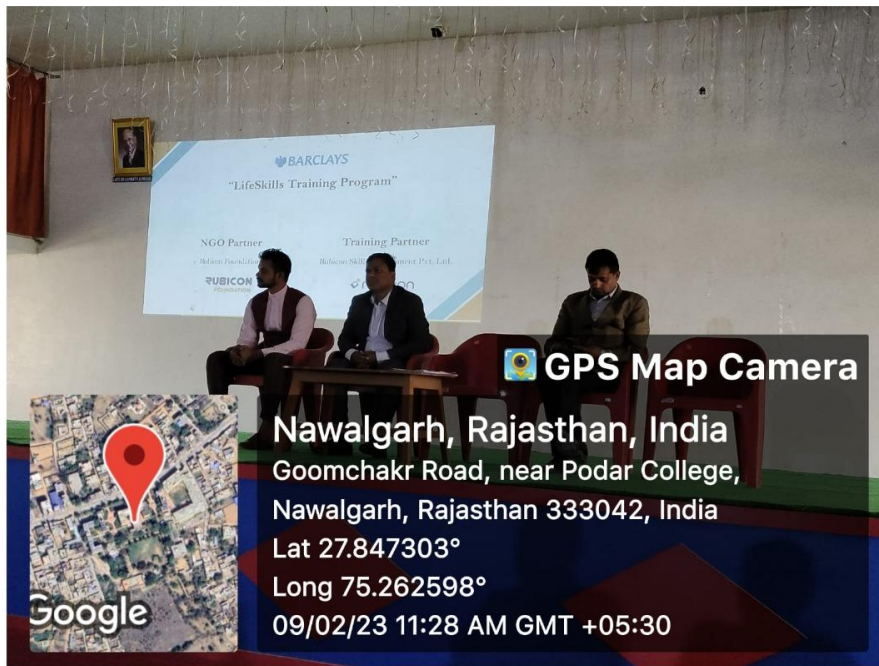




# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME





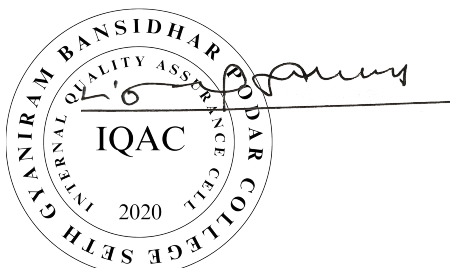


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME

Sr No	Module	Topic	Methodology
1	Introduction	1. Introduction 2. Ice Breaker	Activity - Memory Game
2	Introduction	Expectation Setting	Presentation by trainees
3	Pre-Assessment	Interview Skills	Mock Interview
4	Overview of corporate world	1. Introduction to different industries for jobs 2. Difference between each industry and the competencies required to join the same	PPT
5	Self-Awareness	Goal Settings	Presentation and Activity
6	Self-Awareness	SWOT Analysis	PPT and Activity
7	Industry know-how	Corporate Jargons	PPT and role play
8	Communication Skills	Public Speaking	Extempore/Debates
9	Communication Skills	Presentation Skills	PPT and Presentation
10	Written Communication	E-mail Etiquette	Email writing on different topics
11	Oral Communication	Telephone Etiquette	Mock Calls
12	No Verbal Communication	Grooming	PPT and sharing tips
13	No Verbal Communication	Body language	Feedback and tips
14	Resume and Interview Skills	Group Discussion/Resume Writing	Resume Building Activity
15	Interview Skills	Personal Interview/Mock Interviews	Role Play and Feedback
16	Final Assessment	Personal Interview/Mock Interviews	Interview



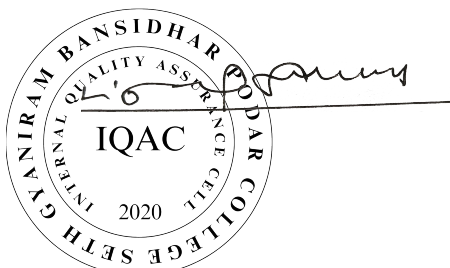


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME



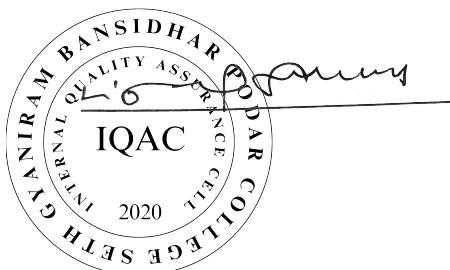


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME






# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME



 **GPS Map Camera**

**Nawalgarh, Rajasthan, India**

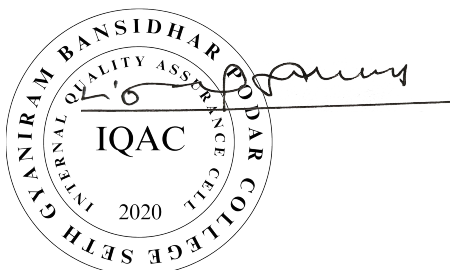
R7X6+3VH, near poddar college, Nawalgarh,

Rajasthan 333042, India

Lat 27.847565°

Long 75.261987°

09/02/23 12:02 PM GMT +05:30





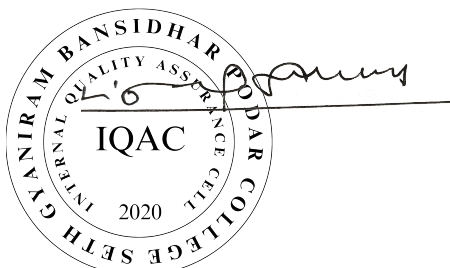


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME

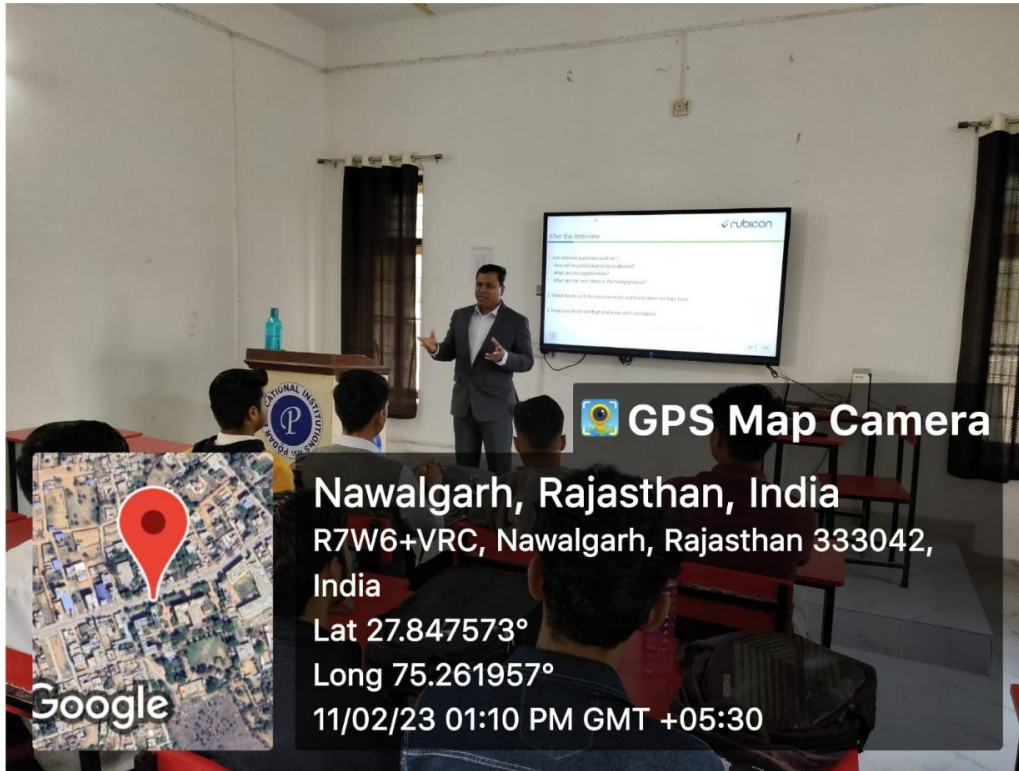




# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

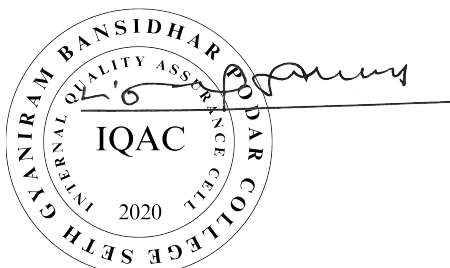
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023 RUBICON'S LIFESKILLS TRAINING PROGRAMME



 **GPS Map Camera**

**Nawalgarh, Rajasthan, India**  
R7W6+VRC, Nawalgarh, Rajasthan 333042,  
India  
Lat 27.847573°  
Long 75.261957°  
11/02/23 01:10 PM GMT +05:30





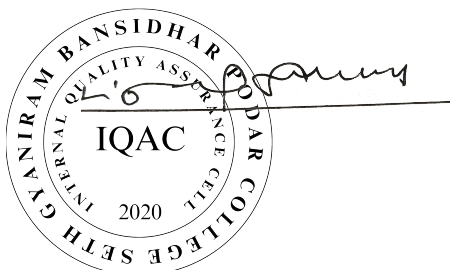


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME



 **GPS Map Camera**

**Nawalgarh, Rajasthan, India**

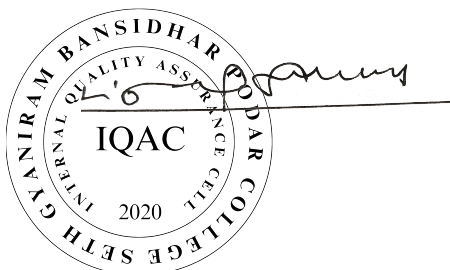
R7X6+3VH, near poddar college, Nawalgarh,

Rajasthan 333042, India

Lat 27.847542°

Long 75.262203°

11/02/23 01:09 PM GMT +05:30



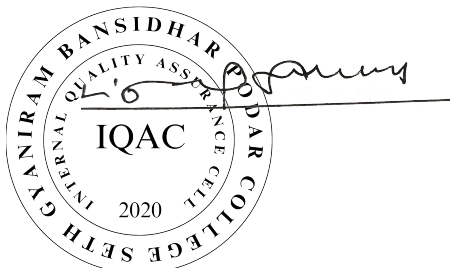


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME



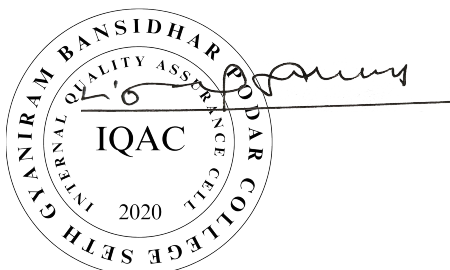


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME





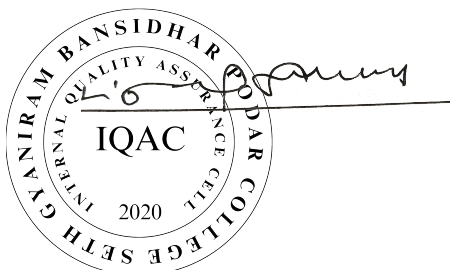


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME



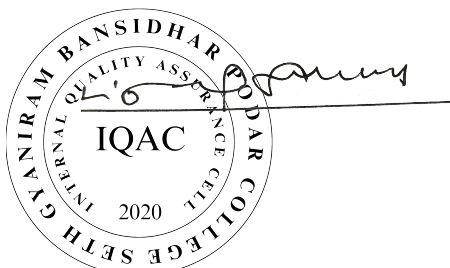


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME







# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

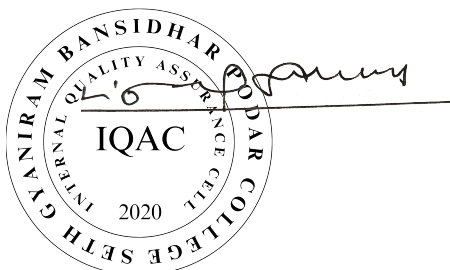
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME



Seth G B Podar College, Nawalgarh | 49



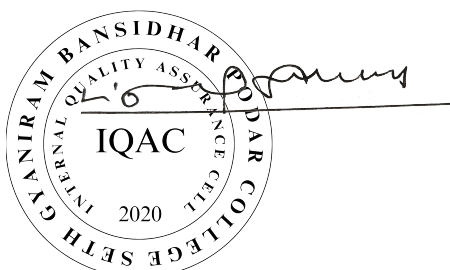


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME



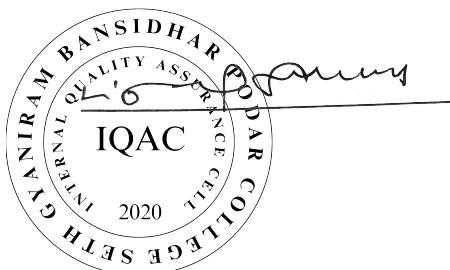


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME





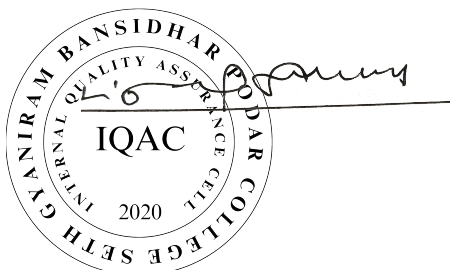


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME



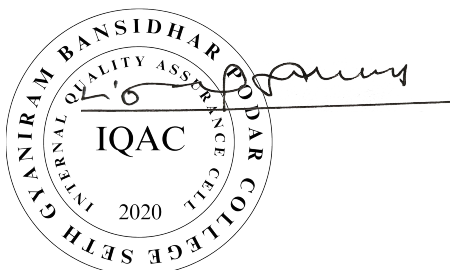


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME





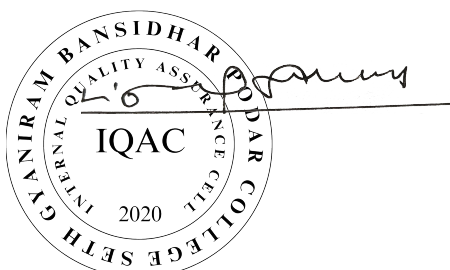


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME



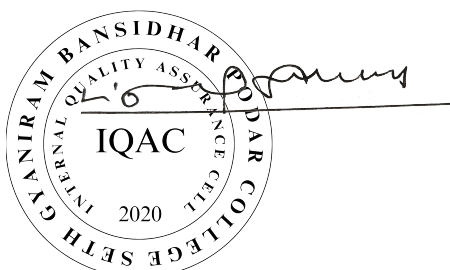


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME



## न पोदार कॉलेज में कौशल विकास कार्यक्रम का समापन

न्यूज सर्विस/नवज्योति, नवलगढ़। दी आनन्दीलाल पोदार ट्रस्ट द्वारा संचालित सेठ जी.बी. पोदार कॉलेज व रूबिकॉन फाउन्डेशन, पुणे के तत्वावधान में तीन दिवसीय व्यक्तिगत विकास प्रशिक्षण कार्यक्रम का समापन हुआ। जिसमें मुख्य अतिथि पोदार कॉलेज के प्राचार्य डॉ. सत्येन्द्र सिंह एवं विशिष्ट अतिथि उप-प्राचार्य डॉ. विनोद कुमार सैनी ने रूबिकॉन संस्था के प्रतिनिधि तथा प्रशिक्षक जे. लिमा तथा भारत भूषण दत्ता का महाविद्यालय द्वारा सहयोग के लिए सम्मान किया गया। रूबिकॉन स्किल डवलपमेंट कार्यक्रम के संयोजक डॉ. दाउलाल बोहरा ने तीन दिवसीय प्रशिक्षण कार्यक्रम का ब्यौरा प्रस्तुत किया। जिसमें स्मॉल विक्षेपण, इंटरव्यू स्किल, सामूहिक चर्चा, टेलीफोनिक एटिकेट्स, ई-मेल राइटिंग, चरित्र विकास, ड्रेस कोड, कम्प्यूटर स्किल, भाषा, इत्यादि विषयों पर लर्निंग उद्देश्यों पर विद्यार्थियों को प्रशिक्षण दिया।



भारत भूषण दत्ता ने बताया, कि वर्तमान में व्यावसायिक प्रबन्धनों में कार्य करने के लिए कौशल विकास की आवश्यकता होती है, जिसे विश्वविद्यालय द्वारा चल रहे स्नातक पाठ्यक्रम के साथ सीखना अत्यावश्यक है। श्री जे. लिमा ने विद्यार्थियों में हावभाव का सम्प्रेषण किसी उच्च पदों की नौकरी के लिए आवश्यक है। प्राचार्य डॉ. सत्येन्द्र सिंह ने कहा, कि विद्यार्थियों को कौशल विकास पर ध्यान देना चाहिए। कार्यक्रम संयोजक डॉ. बोहरा ने बताया,

कि सभी विद्यार्थियों में अभिव्यक्ति कार्यकुशलता के लिए आवश्यक है, जिसे उच्च गुणवत्ता व कौशल के साथ संयोग रखना चाहिए। विद्यार्थियों में वर्क स्किल, पर्सनलिटी डेवलपमेंट, लक्ष्य निर्धारण तथा विद्यार्थियों में व्यवसायिक स्तर पर अपने कार्य क्षमताओं को बढ़ाने के लिए किया जा रहा है। वर्तमान समय में कार्य कुशलता एवं दक्षता की अत्यधिक आवश्यकता है, जिससे स्किल मैनेजमेंट के द्वारा विद्यार्थी अपने भविष्य को उज्ज्वल बना सकता है।

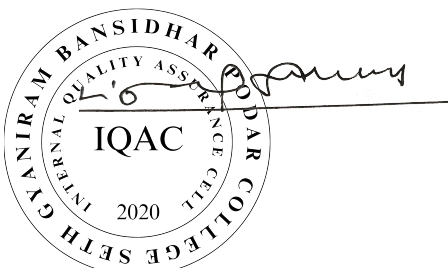


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME







# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME



## CERTIFICATE OF PARTICIPATION

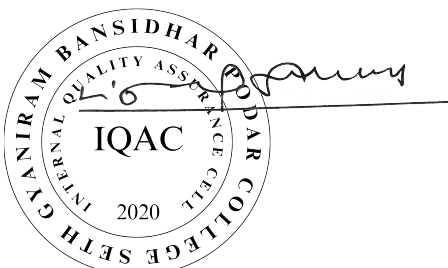
THE CERTIFICATE IS PRESENTED TO:

*Kuldeep Singh*

For successfully completing 3 days training from 09<sup>th</sup> February 2023 to 11<sup>th</sup> February 2023  
on "Employability Skills" under "LifeSkills" programme organized by Rubicon  
at Seth Gyaniram Bansidhar Podar College, Nawalgarh, Rajasthan.

*Dhanya*

Dhanya Narayanan  
Chief Operating Officer







# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME



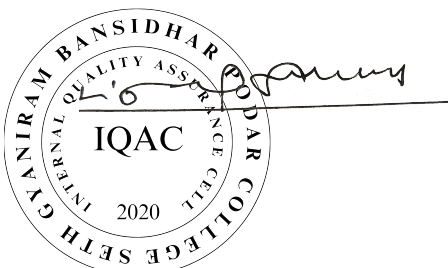
## CERTIFICATE OF PARTICIPATION

THE CERTIFICATE IS PRESENTED TO:

*Anmol Gadhwal*

For successfully completing 3 days training from 09<sup>th</sup> February 2023 to 11<sup>th</sup> February 2023  
on "Employability Skills" under "LifeSkills" programme organized by Rubicon  
at Seth Gyaniram Bansidhar Podar College, Nawalgarh, Rajasthan.

*Dhanya*  
Dhanya Narayanan  
Chief Operating Officer



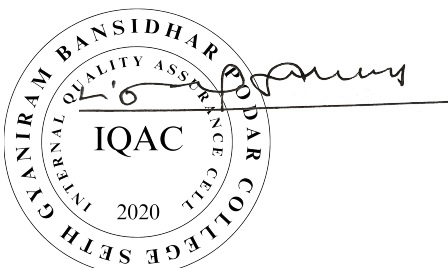


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

January 1, 2023

RUBICON'S LIFESKILLS TRAINING PROGRAMME



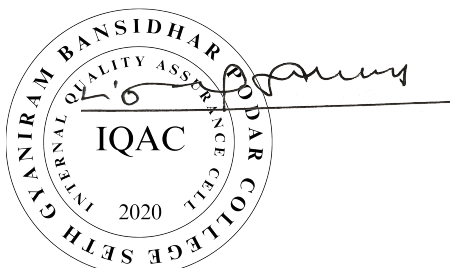


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

Communication Skills By Training & Placement Cell (2022-23)

## TRAINING REPORT ON COMMUNICATION SKILLS BY TRAINING & PLACEMENT CELL





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

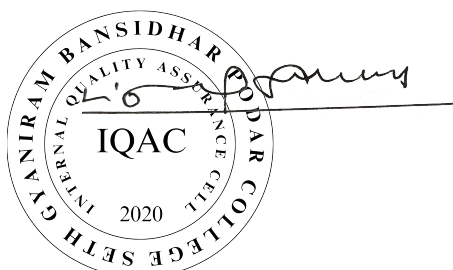
*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*



**SETH GYANIRAM BANSIDHAR PODAR COLLEGE**  
**Podar Educational Campus, Nawalgarh - 333042 (Raj.)**

## INDEX

Sr. No	Particulars	Page No.	Remarks
1	Report- Training Program on Communication Skills	1-7	
2	Permission Letter	8	
3	Student Notice	9	
4	Sample Certificate of Participation	10	
5	Feedback Forms	11-39	





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*



## SETH GYANIRAM BANSIDHAR PODAR COLLEGE Podar Educational Campus, Nawalgarh - 333042 (Raj.)

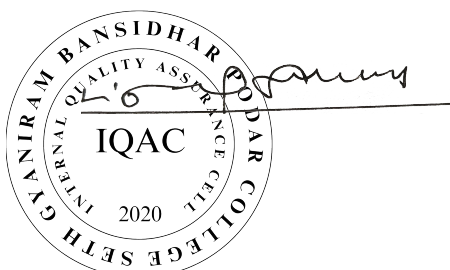
### Report On Communication Skills

Seth Gyaniram Bansidhar Podar College, Nawalgarh has laid a great emphasis on students overall development. It has considered Communication Skills as one the most important skills when it comes to student overall development. To improve these skills, college has always laid emphasis on training students on Communication Skills. Education has rapidly become more practical oriented and communication skills has gained prime importance in every aspect of a student's professional as well as personal life.

The Training and Placement Cell of the college conducted a training program on Communication skills from 10<sup>th</sup> to 12<sup>th</sup> September, 2022 for its students of UG and PG courses to enable them to take over the challenges of life and come out with a positive attitude and also as a winner in all aspects of their life.

Three Day session was organized for Communication Skills on (Date) delivered by the head of Training and Placement Cell Mr. Rajesh Verma in order to develop and enhance the students' soft skills, career development and their communication skills. The Training and Placement Cell along with the IQAC motivated and encouraged the students to be active participants and constantly improve upon their skills and competencies for their personal and professional growth. A welcome speech was delivered by college Principal wherein he urged the participants to make use of the sessions to the maximum extent possible in order to enhance their Communication Skills.

The main aim of the sessions were to emphasize on the simple methods, which gave necessary tips and guidelines on to improve the basic communication skills and effective ways to face varied situations which was followed by the participants' drafting their self introduction sample on their own. They were made to read out the drafts and necessary corrections and clarifications we made after that.

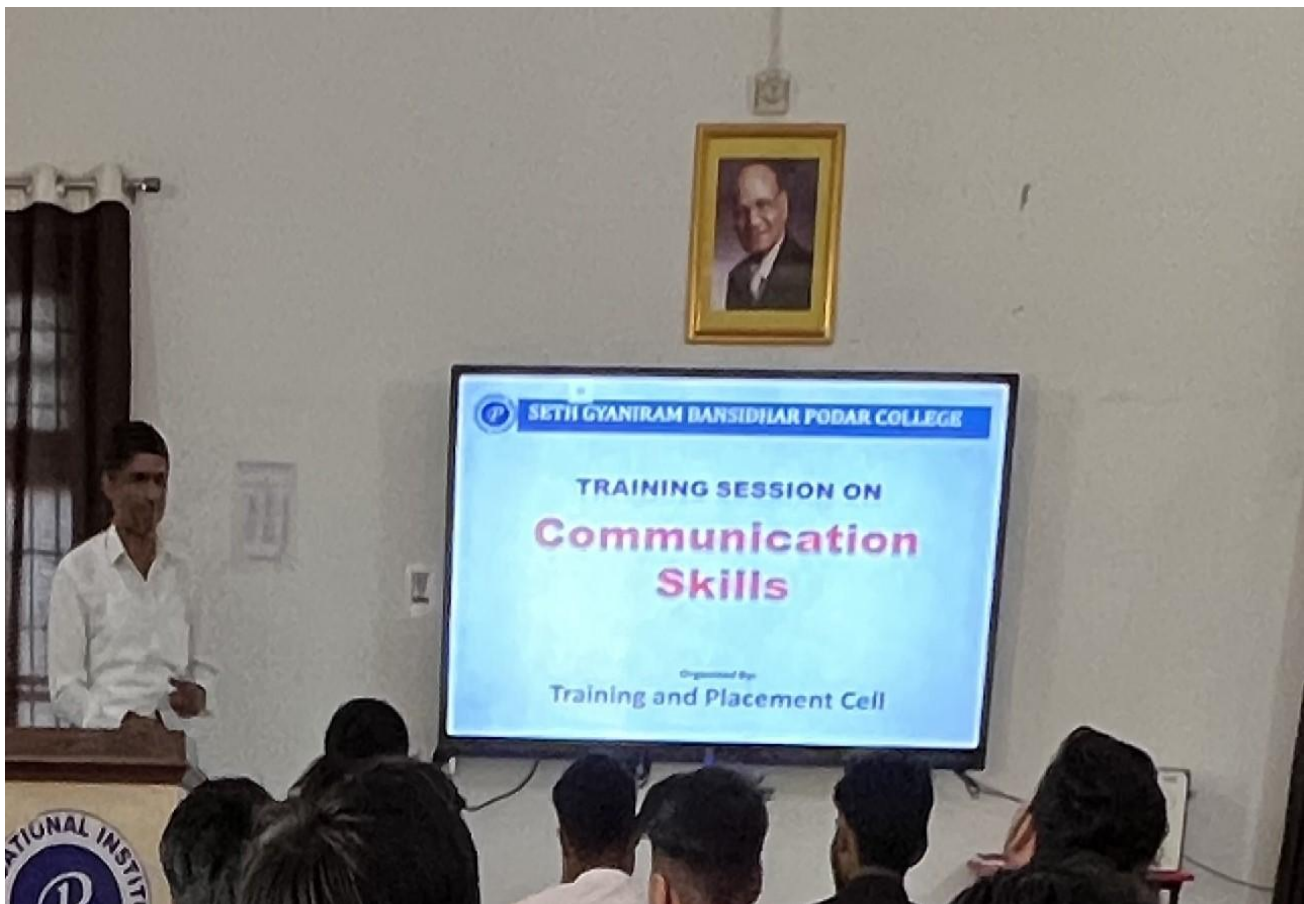






# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar



The highlights and min points emphasized in these sessions as under:

Importance of communication has always been realized in all times because it is the most vital means by which people are connected together in society. However, today communication plays a crucial role in almost all aspects of life. Work in business, government or organizations are impossible without communication. People have to communicate with each other, exchange information, make decisions and talk about innovations. Management is a complex practice of communicating with other people. In an age when the business environment is turbulent in terms of competition, new technologies political instability, workforce diversity, the need for good communication skills is being increasingly felt by managers at all levels. The ability to communicate effectively in various business situations has to be developed. For organization to perform and to have a competitive advantage managers and workers have to be well equipped with communication skills. Many of the problems that occur in an organization are the direct result of people failing to communicate effectively and efficiently. Big corporations e.g. textile sector and multinational organizations need better communication skills in their employees so that they are able to work in teams and with people from diverse background. Good communication skills in today's business world, has been found to directly impact productivity. Therefore, this communication skills training module will help to improve communication among the managers and workers for enhanced, competitive and successful performance of the organization. Aims and objectives of the module. The aim of this module is to assist in



# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

the development of communication competence by providing information regarding different forms of communication and their appropriate use.

Learning outcomes By the end of this program, participants will be able, to communicate more effectively and efficiently by:

1. Listening, and responding with an open mind in a more effective way.
2. Using appropriate communication methods.
3. Minimizing communication barriers.
4. Using verbal and non-verbal messages appropriately.
5. Relating and networking with others at work.
6. Giving and receiving instruction correctly.
7. Maintaining a working relationship with clients.
8. Use of two-way communication feedback.
9. Recognize and appreciate cultural and gender difference in communication.

The main Training Topics were:

- Understanding communication
- What is communication
- The communication process
- Principles of communication
- Barriers to communication
- Over communication
- Long, differences
- Conflicting information
- Interests and attitudes
- Differing status, position and self-expression
- Providing feedback
- Characteristics of good feedback

Importance of communication: Many writers have identified the advantages of good communication:

1. Leads to personal effectiveness.
2. Helps to network with people.
3. Influences motivation for enhanced performance
4. Builds better understanding between boss and subordinates.
5. Creates better interpersonal relations.
6. Increases listening ability.

All these benefits cannot be automatically achieved. One can understand the complex nature of communication by examining the factors that make communication a dynamic process. The communication process, the word process indicates that it is an activity



# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

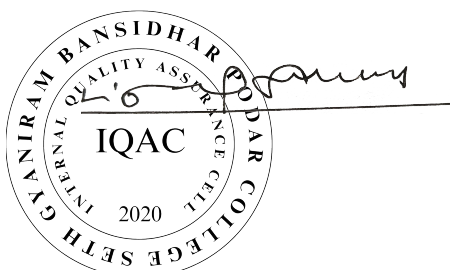
*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

that is connected with a series of steps that are deliberately undertaken to reach a goal. A communication process comprises the following elements:

**Barriers to Communication** In the process of communication, caution needs to be exercised as barriers to communication are either consciously or unconsciously erected by the sender or the receiver. These barriers hamper the growth of communication and relegate it to the status of a conversation where feedback is not expected. If either the speaker or the listener has problems in adjusting his frequency with the co-interacting, barriers would automatically be erected.

Some of the barriers to communication are:

- Over-communication
- Conflicting Information
- Language Differences
- Prejudice
- Differing status
- Interest and attitude
- Prejudgment
- Over Confidence
- Jargons
- Disturbances
- Inability to comprehend details
- Lack of knowledge
- Unwanted distortions
- Unwillingness to understand





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

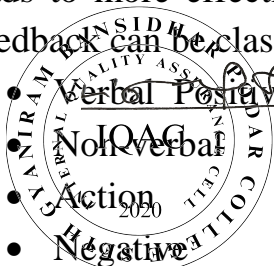
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar



Feedback.

Feedback is an essential part of successful interpersonal communication. It indicates how well the sender's message is being understood or has been understood by the recipient. The importance of feedback cannot be overemphasized. Feedback makes communication a two-way process, it indicates effective understanding or misunderstanding of the message, it stimulates further communication and discussion. Feedback can help or hinder your communication and the climate you create. In the workplace most people communicate face-to-face with their lecturer, supervisors, and colleagues so the ability to provide appropriate feedback can assist the development of effective working relationships and the productivity of the business. There is continuing research evidence that feedback not only improves communication but also, in turn, leads to more effective manager and organizational performance. Types of feedback Feedback can be classified in different ways. It can be:

- Verbal Positive
- Nonverbal
- Action
- Negative
- A combination of any of these







# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

## Negative feedback

You can encourage negative feedback by making it clear that:

- o You recognize it as vital if you are to know what is working properly and what is not.
- o You do not become upset or angry towards those who are prepared to share negative messages with you.

You believe in fixing problems rather than blaming or punishing those who report them. Even when you are at fault, you value this kind of message more than cover-ups or false praise. You encourage and support others who accept negative/error feedback. Naturally, a climate in which there is open discussion of errors mistakes and problems takes a little getting used to, but workers soon become comfortable with it. It is an ideal foundation for positive problem solving because:

- It promotes active thinking by looking more closely at problems rather than avoiding them.
- It makes it harder to hide" problems.
- Error feedback is more likely to be true and is probably more accurate than overly positive feedback.

## Listening Skills

### Benefits of listening

1. You enjoy two-way benefits. When people notice how well you listen to them, they usually reciprocate and try to understand you better.
2. Relationship within a group improves. Members develop a more positive attitude towards each other, so personal support and teamwork is strengthened. Friendships develop and deepen.
3. You receive more accurate information. The more confident people are that you are listening to them, the happier they will be to share facts they would not reveal to a poor listener.
4. Influence: have an effect on the attitude and behaviours of others, because people are more likely to respect and follow those whom they feel have listened to and understand them.
5. Help: be able to assist people because you hear more, empathize more and come to understand others more deeply.
6. Learn: You acquire knowledge of others the world and yourself and profit from the insights of others who have learned or seen what you have not.

## Intercultural communication

Is communication between people living in the same country but from different cultural backgrounds. Over time a culture develops distinctive national patterns of communication and social behavior. These patterns affect the way people communicate and act as individuals or in groups. People working in a multicultural environment must acquire new skills and knowledge about other cultures. The more sensitive a person becomes to the diverse cultural factors the more successful will the person be in getting into the right frame of reference for communicating ideas with people from other





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

cultures. The factors that cause cross cultural and intercultural communication problems, owing to lack of knowledge about the other culture are:

- Social customs
- Values and beliefs
- Names and titles
- Sense of time
- Social conduct
- Language/speech for communication
- Non-verbal communication
- Exchanging business cards
- Being ethnocentric
- Believing in the stereotypes
- Life concerns
- Dress
- Courtesies in speech
- Use of humor and irony

Overcoming cultural barriers Cultural sensitivity leads to better communication. Therefore, a global manager can overcome cultural barriers and be an empathetic communicator by

1. Knowing your own culture first-foreigners may ask you curious questions about social and cultural norms as followed in your culture.
2. Take interest in other cultures e.g. pay attention to the non-verbal cues of other culture.
3. Avoid being ethnocentric and judgmental. At no cost must you make your business client feel that your country's culture is the best. Every culture is as good as the other.
4. Being a good observer and listener backed by right cognitive skills of other cultures, and keep unbiased mind.
5. Practice flexibility in accepting a new way of looking at individuals –by doing this you will help yourself in not stereotyping individuals.

After each session students were given ample opportunities to raise their doubts or queries and the queries were adequately answered as far as possible.

After the end of the sessions students showed a lot of improvements and most importantly were free of hesitation and overcame their jitters while communicating in a group and it enabled them to overcome their apprehensions on talking in front of others as they were provided enough opportunities to practice, they were encouraged when they committed mistakes and most importantly they realized the importance of helping each other and get rid of their fears or peer pressure to a large extent.



# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*



## SETH GYANIRAM BANSIDHAR PODAR COLLEGE Podar Educational Campus, Nawalgarh - 333042 (Raj.)

Date: 28/10/2022

To,  
The Principal,  
Through IQAC,  
Seth Gyaniram Bansidhar Podar College,  
Nawalgarh.

Subject: Regarding permission for a three days Training Program on Communication Skills

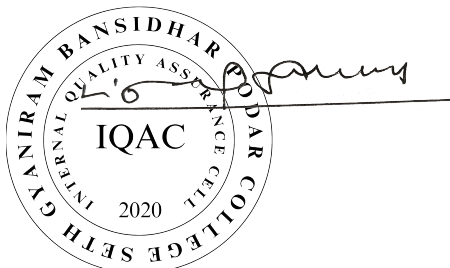
Respected Sir,

With due regards, I Rajesh Verma, am writing this letter to kindly inform you that the Training and Placement Cell is organizing a three days Training Program for UG and PG final year students on Communication Skills from 10<sup>th</sup> to 12<sup>th</sup> November, 2022. The Training Program will be conducted from 10:30AM to 01:00PM.

I, sincerely request you to please permit to organize the Training Program.

With regards,

Training and Placement Cell





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*



## SETH GYANIRAM BANSIDHAR PODAR COLLEGE Podar Educational Campus, Nawalgarh - 333042 (Raj.)

Date: 01/11/2022

### Notice

All UG and PG final year students are hereby informed that a three days Training Program on Communication Skills will be organized by the Training and Placement Cell from 10<sup>th</sup> to 12<sup>th</sup> November 2022.

The Training Program will be held in Main Building Auditorium of the college from 10:30AM to 01:30PM. Students are instructed to attend the sessions with due diligence.

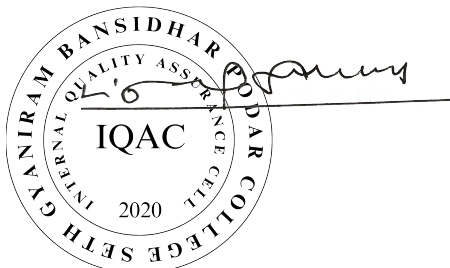
In case of any queries or further information regarding the training sessions please contact the Training and Placement Cell.

Training and Placement Cell

Principal

Copy To:-

1. Executive Director, The Anandilal Podar Trust, Nawalgarh
2. COO, The Anandilal Podar Trust, Nawalgarh
3. IQAC, Seth Gyaniram Bansidhar College
4. All Students Notice Boards
5. Office Record





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar



## Seth Gyaniram Bansidhar Podar College

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

### Training on Communication Skills

#### Feedback Form

Name of the Participant :

Department/Stream :

Date :

➤ Please respond to the following statements by using 4 points rating scale indicating the extent to which you agree or disagree. Please choose the appropriate response.

A- Completely Agree

B- Agree

C- Average

D- Poor

1	The training sessions were well Prepared and Organized	
2	The Trainer was well Prepared and Expert on the topic	
3	The Trainers communication was easily understood	
4	The Trainer gave opportunity to participants to raise queries and resolved them	
5	The Trainer gave enough time to every topic to be understood properly	
6	The Time Duration of the program was Appropriate and completed on time	
7	The Program was effective in enhancing your professional knowledge and skills on the topic	

❖ What one thing would you recommend to make such training sessions useful & more effective?

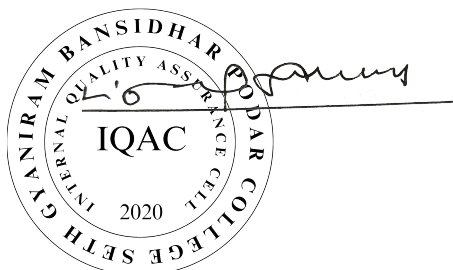
.....

Signature

ORGANISED

BY

Training and Placement Cell





**SETH GYANIRAM BANSIDHAR PODAR COLLEGE**

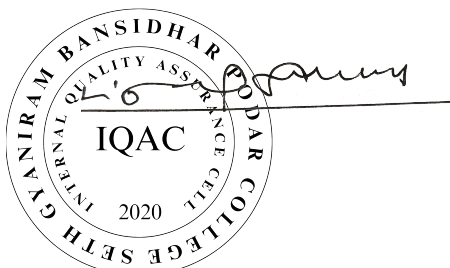
*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC*

*Recognition of college under Section 2(f)/12(B), UGC Act, 1956*

*Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

**Presentation Skills By Training & Placement Cell (2022-23)**

**TRAINING REPORT  
ON  
PRESENTATION SKILLS  
BY  
TRAINING & PLACEMENT  
CELL**







# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

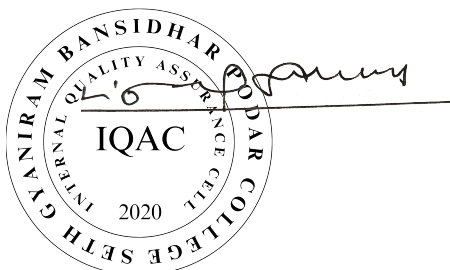
*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*



**SETH GYANIRAM BANSIDHAR PODAR COLLEGE**  
**Podar Educational Campus, Nawalgarh - 333042 (Raj.)**

## INDEX

<b>Sr. No</b>	<b>Particulars</b>	<b>Page No.</b>	<b>Remarks</b>
1	Report- Training Program on Presentation Skills	1-6	
2	Student Notice	7	
3	Principal Permission Letter	8	
4	Sample Certificate	9	
4	Feedback Forms	10-81	





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

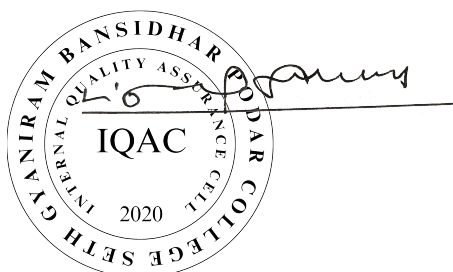


## SETH GYANIRAM BANSIDHAR PODAR COLLEGE Podar Educational Campus, Nawalgarh - 333042 (Raj.)

### Report on Training on Presentation Skills

Seth Gyaniram Bansidhar Podar College, Nawalgarh has always been at the fore front when it comes to students academics and career. The Training and Placement Cell organised a 3 day training on Presentation Skills was organised from 29<sup>th</sup> to 31<sup>st</sup> July, 2022 Traditionally academics was always considered as the main focus as far as students knowledge and subject aptitude was considered. However with changing times the market dynamics have changed and education has also undergone a major change in the recent years. Education has rapidly become more practical oriented and student training other than academics has gained prime importance. Students have also become more career oriented with the times and expect more than just academics from their college. The college always wanted their students to be gain good employment opportunities even before the completion of their education and farewell from the college and also had this belief that a student must become self reliant and able to successfully pursue a start up if he/she is aspiring to become an entrepreneur. To achieve this, the college planned and executed training programs through its Training and Placement Cell for its students and make them aware of the market realities and sound enough to gain meaningful employment whether government or private along with their aspirations of building up their own business ventures.

The Training and Placement Cell of the college conducted a training program on Presentation skills for its students of Professional courses like BBA and BCA considering the need and importance of making and presenting a PPT which is helpful for every avenue right from jobs to taking over family owned businesses to start-ups or other ventures. Presentation skills are one which is also needed at every stage and level of a professional career or business. Making a simple Power Point Presentation is easy, however to make an impressive and effective PPT is completely different thing which requires various skill sets and other personal communication skills including





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*



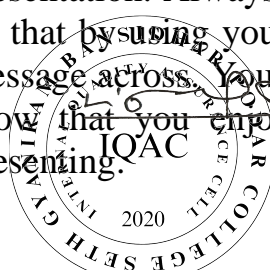
body language and the flow of the communication while delivering the presentation, maintaining proper eye contact and connecting with the audience.

This Training Program was conducted over a period of 3 days conducted over a period of one week from (Dates).

The main points covered under this three day program are enlisted below:

In order to be able to present successfully, not only the layout and the content of the presentation must be convincing. The decisive step is to convey the content of the presentation to the audience in the best possible way by presenting it correctly. The tips listed below were explained for effective presentation skills. In order to give listeners the feeling of being important and to make them feel personally addressed, it is particularly important to maintain eye contact with the audience during the presentation. Not only does this exude confidence, but it also helps your audience to connect with you and your subject. It also helps you feel less nervous. The main are as follows:

- Maintain eye contact while presenting and smile.
- Use of gestures and facial expressions: To emphasize the content of your presentation, it is advisable to use appropriate gestures and body language to get your message across. Avoid crossed arms, hands behind your back, or in your pockets during a presentation. Always stand up straight, and try not to appear tense or stressed. You can do that by using your hands and arms to emphasize what you are saying and get your message across. Your facial expressions should always be friendly and open. Smile and show that you enjoy the topic and you are confident in the information you are presenting.
- Avoid distractions: Often you will not be able to avoid the use of aids. For example, you may need to use a laser pointer to show something on the screen, or you may need



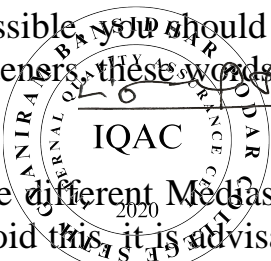


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

to use a pen to write something down on a flipchart. To avoid distractions for you and the audience, get into the habit of putting down tools you don't need! That way you will not be tempted to deal with them in the first place.

- Be prepared: Practice makes perfect: Practice makes perfect. If you prepare well before the presentation, you will feel more relaxed and confident while presenting and it will also improve your body language.
- Be confident: By appearing self-confident, you convey to the listener that you are confident in your topic and have prepared yourself sufficiently. Try to relax and not appear too stressed or nervous. Another tip for advanced speakers: Step out in front of the podium and walk around the room and get closer to the audience. This also exudes self-confidence and helps in attracting your audience's attention.
- Effective beginning and end: Good presentation skills can help you in captivating your audience straight away. In order to do that, you should start your presentation with a bang. You should also give an overview of the time and structure of your presentation. This outline should run through your presentation so that you can always assign the individual contents to an outline point. It is also helpful for your audience to have the outline displayed in a slimmed-down form during the whole presentation. How you end the presentation is as important as how you start it. A weak ending will leave the audience uninspired. But a good ending will motivate them and help them walk away on a positive note. For example, include a call to action, end the presentation with a memorable quote, or a personal story, and don't forget to thank and acknowledge the audience.
- Speak freely: The headline speaks for itself. To make the presentation as lively and enjoyable as possible, you should avoid reading it off. Speak freely, slowly, and clearly. If you are not yet confident in what you are presenting, try using note cards. But keep in mind: No continuous text, but only short, concise bullet points. If you use note cards to support you, it is especially advisable at this point to memorize at least the beginning and end of your presentation, as eye contact is crucial at these points.
- Filler Words: In order to make your presentation flow as smoothly and confidently as possible, you should avoid using filler words such as "um," "so," and so on. For your listeners, these words convey insecurity and inadequate preparation.
- Use different Media: A presentation can quickly become boring and monotonous. To avoid this, it is advisable to use different types of media. For example, combine videos and flipcharts, use the whiteboard, or show something practical on a model. This will





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

increase the attention of your audience enormously and will help in keeping them engaged until the end.

- Use effective pauses: When giving a presentation, you should keep in mind that you have already heard the content several times - your audience probably hasn't! Therefore, give your audience enough time to read and understand the content of your slides. Effective use of speech pauses is a master technique. It is one of the most versatile tools in a presenter's toolbox. Yet very few people perform it well. A pause, if used correctly, can add a great deal to your presentation or speech. Pause before, during, or after saying something that you would like to emphasize. Pausing between two different parts of your presentation can indicate to the audience that something new is coming. A quick pause could also help you in remembering your next point, without the audience. Make sure to use appropriate analogies and anecdotes and avoid foreign words, empty phrases, and clichés.
- Connect with the audience: When creating your presentation, you should already think about your target audience. This will help you present successfully later on. It is especially important that you speak the language of the audience. Use appropriate and relevant examples. Use "strong" and meaningful words in short sentences to avoid losing the audience. Another way to involve the audience in your presentation is by interacting with them. To make a point clearer, examples can be given to explain it in more detail.

The program was divided in 3 categories, first being the technicalities involved in making a good, effective and influential presentation. Second being how to effectively put forward the presentation with enthusiasm to the target audience to achieve the desired goal of the presentation. Thirdly how to professionally handle the queries or the question and answer section after the presentation, the main aim being to satisfactorily resolving the queries without intimidating the person having put forth the query.

After each session students were given ample opportunities to raise their doubts or queries and the queries were adequately answered as far as possible.

After the end of the sessions students showed a lot of improvements and most importantly were free of hesitation and overcame their jitters while communicating in a group and it enabled them to overcome their apprehensions on talking in front of others as they were provided enough opportunities to practice, they were encouraged when they committed mistakes and most importantly they realized the importance of helping each other and get rid of their fears or peer pressure to a large extent





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*



## SETH GYANIRAM BANSIDHAR PODAR COLLEGE Podar Educational Campus, Nawalgarh - 333042 (Raj.)

Date: 28/07/2022

### Notice

All UG and PG final year students are hereby informed that a three days Training Program on Presentation Skills will be organized by the Training and Placement Cell from 29<sup>th</sup> to 31<sup>st</sup> July 2022. The Training Program will be held in Main Building Auditorium of the college from 11:30AM to 01:30PM. Students are instructed to attend the sessions with due diligence.

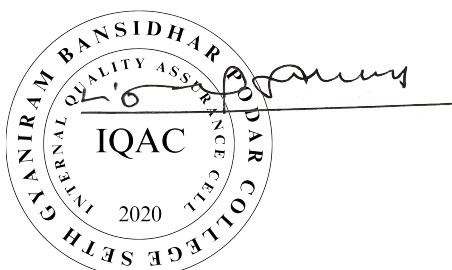
In case of any queries or further information regarding the training sessions please contact the Training and Placement Cell.

Training and Placement Cell

Principal

Copy To:-

1. Executive Director, The Anandilal Podar Trust, Nawalgarh
2. COO, The Anandilal Podar Trust, Nawalgarh
3. IQAC, Seth Gyaniram Bansidhar College
4. All Students Notice Boards
5. Office Record





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*



## SETH GYANIRAM BANSIDHAR PODAR COLLEGE Podar Educational Campus, Nawalgarh - 333042 (Raj.)

Date: 26/07/2022

To,  
The Principal,  
Through IQAC  
Seth Gyaniram Bansidhar Podar College,  
Nawalgarh.

Subject: Regarding permission for a three days Training Program on Presentation Skills

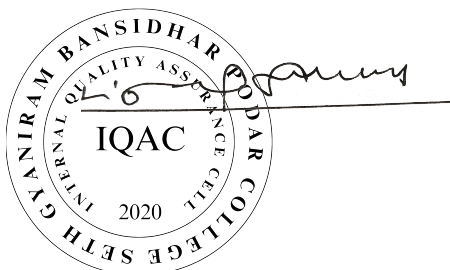
Respected Sir,

With due regards, I Rajesh Verma, am writing this letter to kindly inform you that the Training and Placement Cell is organizing a two days Training Program for UG and PG final year students on Presentation Skills from 29<sup>th</sup> to 31<sup>st</sup> July, 2022. The Training Program will be conducted from 02:00AM to 01:30PM.

I, sincerely request you to please permit to organize the Training Program.

With regards,

Training and Placement Cell






# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

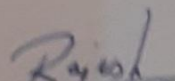
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

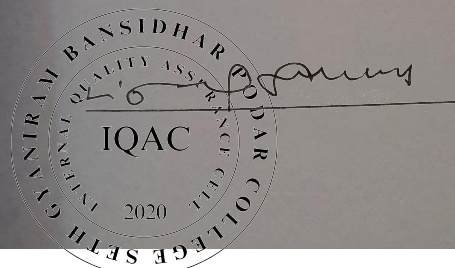
Seth Gyaniram Bansidhar Podar College  
Podar Educational Campus, Nawalgarh - 333042 (Raj.)

## CERTIFICATE OF PARTICIPATION

This is to certify that Mr./Miss. Mehd. Riyaz  
participated in a Three days Training Program from 29-31 July 2022 on  
Presentation Skills organized by Training & Placement cell.

  
Principal

  
TPO, Coordinator





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar



## Seth Gyaniram Bansidhar Podar College

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

### Training on Presentation Skills

#### Feedback Form

Name of the Participant :

Department/Stream :

Date :

➤ Please respond to the following statements by using 4 points rating scale indicating the extent to which you agree or disagree. Please choose the appropriate response.

**B-** Completely Agree

**B-** Agree

**D-** Average

**D-** Poor

1	The training sessions were well Prepared and Organized	
2	The Trainer was well Prepared and Expert on the topic	
3	The Trainers communication was easily understood	
4	The Trainer gave opportunity to participants to raise queries and resolved them	
5	The Trainer gave enough time to every topic to be understood properly	
6	The Time Duration of the program was Appropriate and completed on time	
7	The Program was effective in enhancing your professional knowledge and skills on the topic	

❖ What one thing would you recommend to make such training sessions useful & more effective?

.....

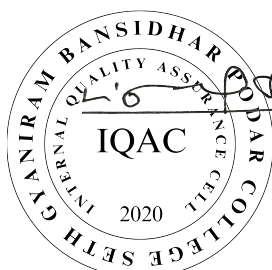
.....

Signature

ORGANISED

BY

Training and Placement Cell





**SETH GYANIRAM BANSIDHAR PODAR COLLEGE**

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC*

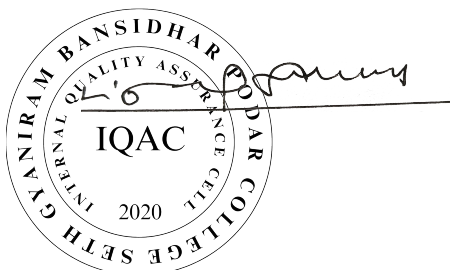
*Recognition of college under Section 2(f)/12(B), UGC Act, 1956*

*Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

---

Soft Skills By Training & Placement Cell (2022-23)

**TRAINING REPORT  
ON  
SOFT SKILLS  
BY  
TRAINING & PLACEMENT  
CELL**







# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

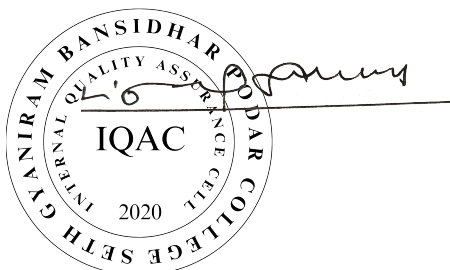
*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*



**SETH GYANIRAM BANSIDHAR PODAR COLLEGE**  
**Podar Educational Campus, Nawalgarh - 333042 (Raj.)**

## INDEX

Sr. No	Particulars	Page No.	Remarks
1	Report- Training on Soft Skills	1-5	
2	Student Notice	6	
3	Principal Permission Letter	7	
4	Sample Certificate	8	
4	Feedback Forms	9-27	





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*



## SETH GYANIRAM BANSIDHAR PODAR COLLEGE Podar Educational Campus, Nawalgarh - 333042 (Raj.)

### Soft Skills

In the subject of career guidance, soft skills are the life skills that create a positive environment which enables a person to obtain a desired job that suits one's qualifications when he seeks a career opportunity. The Training and Placement Cell of the college organised 3 days Soft skills Training for the students from 9<sup>th</sup> to 11<sup>th</sup> November, 2022. The training was delivered by Mr. Rajesh Verma, coordinator Training and Placement Cell. Soft Skills are essential in the professional arena as well as the daily life of a person. These skills should be established and developed and can be established and developed. The human is a social creature. This is why people are used to living in groups or herds ever since the time of evolution. Therefore it is clear that soft skills have been important and will continue to be important for all people at all times. Soft skills are also important to lead a happy and peaceful life without mental stress. It has to be accepted that soft skills make life easier. This module has been created to identify the essential soft skills and to practically train them using various activities. This would pave the way for professional success and subsequently a society of content citizens.

Soft Skills is a very popular term nowadays, used to indicate personal transversal competences such as social aptitudes, language and communication capability, friendliness and ability of working in team and other personality traits that characterize relationships between people. Soft Skills are traditionally considered complementary of Hard Skills, which are the abilities to perform a certain type of task or activity. Soft Skills are strategic to be successful in personal and professional life then is essential for the students when they try to obtain any kind of job. Enterprises generally hire new employees, in particular recent graduates, taking more in consideration their Soft Skills than their Hard Skills. This happens also for technical professions, because the company, in order to be competitive, needs to create good and effective teams and a collaborative working atmosphere. The departments of the college have organized various types of activities to develop the soft skills of the students enrolled with the institution. These activities of the departments and platforms available helped the learners to learn and acquire soft skills like Communication Skills, Presentation Skills, Written Communication, Interpersonal Skills, Creativity and Leadership etc. These activities benefit the students to enhance the knowledge of use of language and its spoken aspect. It helped the students for their development of communication skills. To improve the Presentation Skills the departments conducted seminars of the students. The students get participated and perform active role in the Seminars. Topics are given



# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

to them to prepare and present to assess their performance. Every year the departments make the organization of such seminars a regular feature of the campus. The Department of English conducts the Poetry Recitation activity which helps the students to learn the presentation skills and enhances the creative capabilities among them. The Group Discussion is the routine practice of the campus may it be the part of the curriculum or not. They learn the art of argument which helps them in practical life ahead and thus develop interpersonal skills among themselves. The institution has also developed well equipped Language Laboratory supported by digital resources and software like Words Worth. It helps and encourages the learners to acquire necessary nuisances of the language.



## The Importance of Soft Skills:

- To build and maintain interpersonal relationships.
- To make meaningful/appropriate decisions
- Efficient Communication
- To influence the professional development
- For effective, efficient and higher performance

Soft Skills

- **Innovative thinking:** Innovative Thinking In order to successfully overcome life's challenges and obstacles, one should free him of the traditional ways of thinking and

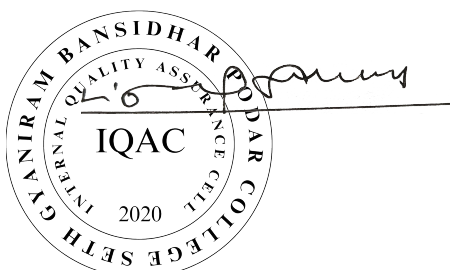


# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

adopt a new and creative way of thinking. Employing such novel methods would help a person to reach ones goals in a unique manner with minimum effort. To enhance creativity while departing from traditional thinking, some activities can be done.

- **Problem management:** Facing problems are part and parcel of our daily life. But there are instances where people have attempted suicide due to their inability to handle problems successfully. Therefore it has become vital to learn the skill of problem management as a soft skill.
- **Stress and emotional management:** Two of the major causes behind stress are a person's work environment and the complex social background. Also there is a direct link between time management and stress management. Over work, i.e. the work that cannot be completed within the work hours and work that exceeds your capability directly affects your stress levels. We go to our jobs while carrying the burden of many private matters which could decrease the efficiency and affectivity of the job. Also we come back home from work while carrying the problems of work and the problematic situations we have created as a result of not working efficiently. This may act as a vicious circle and reduce ones patience and endurance resulting in a restless mind and behavior. Stress can grow to a state where there is increased conflict, seemingly less solutions for problems, lack of creativity, isolation due to weakened interpersonal relationships as well as various mental health issues. However there's also a positive outlook on stress called "required stress". An example is the stress induced by fear of an exam which could motivate a person to study. Management of emotions such as anger, sorrow, and happiness has a direct relationship with the management of stress. Relaxed and free mind will distance you from anger. Managing ones emotions to prevent harmfully affecting oneself or others is a quality of a great personality.
- **Leadership:** Let us understand the concepts about leadership. A leader can be identified as a person who motivates and guides the people who are striving to achieve a common goal in the family, society or workplace. The unfortunate situation of today is that most people are waiting for a person to guide them because they have failed to identify the leadership qualities within him/ her. Even if one gets the leadership opportunity it is more challenging to maintain it. Therefore leadership is a soft skill that needs to be developed.







# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar



- Team work: A team is a group of people from a certain social class, with a permanent interrelationship of duty among each other. A team is a collection of people with a definite and a common convention regarding attitudes, emotions, aspirations and goals based on important factors that affect each member who has an express or implied assessment.

Features of an Efficient Group: Fulfills the targets and duties, Maintaining the goal of achieving common targets (internally), (Balancing the duties, interrelationships and team maintenance) Developmental change so as to increase the efficiency. Explain to the trainees about the stages of a team, the features of an effective team, how the achievement of workplace targets is a collective effort and the fact that each team member is a different person with varied habits and that it is an art to work with each person cooperatively. It is clear that it's possible to attain the common objectives of a firm/company as well as one's individual goals by becoming an efficient team member in an efficient team. The trainees should understand that our individual goals cannot be attained in isolation and that we need the help of others to reach our goals.

- Communication: From birth to death, man employs communications for all his activities. Poor communication skills challenge his negotiation capabilities and create various problematic situations. Weak communication skills also reduce the opportunities to develop other soft skills. Therefore being a communicator and developing these skills is growing increasingly important. This unit will provide the guidance to develop that skill. In fostering relationships communication is one of the





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC*

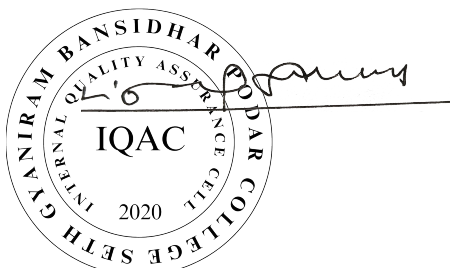
*Recognition of college under Section 2(f)/12(B), UGC Act, 1956*

*Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

most important factors. It is the people with strong communication skills who will succeed in adopting a positive mindset.

- Understanding oneself: One of the major issues that a person faces when reaching his/her life goal is, not having understood who he/she is. This lack of understanding is the cause behind the inability to solve problems efficiently or to logically reach a conclusion after assessing the pros and cons of a problem. Therefore this topic will create an opportunity to identify a person's skills, aspirations, qualities and personality traits.

After the end of the sessions students showed a lot of improvements and most importantly were free of hesitation and overcame their jitters while communicating in a group and it enabled them to overcome their apprehensions on talking in front of others as they were provided enough opportunities to practice, they were encouraged when they committed mistakes and most importantly they realized the importance of helping each other and get rid of their fears or peer pressure to a large extent





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*



## SETH GYANIRAM BANSIDHAR PODAR COLLEGE Podar Educational Campus, Nawalgarh - 333042 (Raj.)

Date: 02/11/2022

### Notice

All UG and PG final year students are hereby informed that a three days Training Program on Soft Skills will be organized by the Training and Placement Cell from 9<sup>th</sup> to 11<sup>th</sup> November, 2022.

The Training Program will be held in Main Building Auditorium of the college from 11:30AM to 01:30PM. Students are instructed that attending the sessions is mandatory.

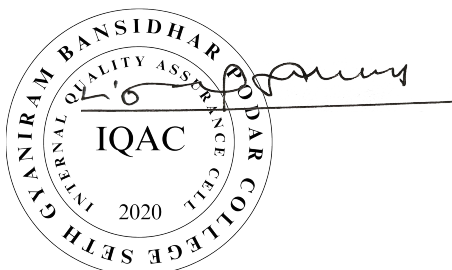
In case of any queries or further information regarding the training sessions please contact the Training and Placement Cell.

Training and Placement Cell

Principal

Copy To:-

1. Executive Director, The Anandilal Podar Trust, Nawalgarh
2. COO, The Anandilal Podar Trust, Nawalgarh
3. IQAC, Seth Gyaniram Bansidhar College
4. All Students Notice Boards
5. Office Record





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

*Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar*



## SETH GYANIRAM BANSIDHAR PODAR COLLEGE Podar Educational Campus, Nawalgarh - 333042 (Raj.)

Date: 01/11/2022

To,  
The Principal,  
Through IQAC  
Seth Gyaniram Bansidhar Podar College,  
Nawalgarh.

Subject: Regarding permission for a three days Training Program on Soft Skills

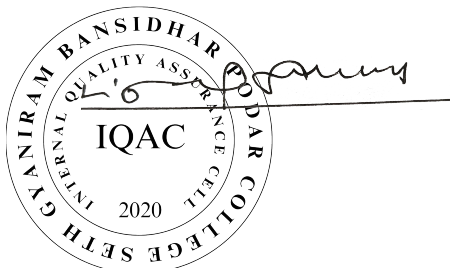
Respected Sir,

With due regards, I, Rajesh Verma, am writing this letter to kindly inform you that the Training and Placement Cell is organizing a two days Training Program for UG and PG final year students on Soft Skills from 9<sup>th</sup> to 11<sup>th</sup> November, 2022. The Training Program will be conducted from 11:30AM to 01:30PM.

I, sincerely request you to please permit to organize the Training Program.

With regards,

Training and Placement Cell





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

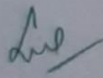
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar



**Seth Gyaniram Bansidhar Podar College**  
Podar Educational Campus, Nawalgarh - 333042 (Raj.)

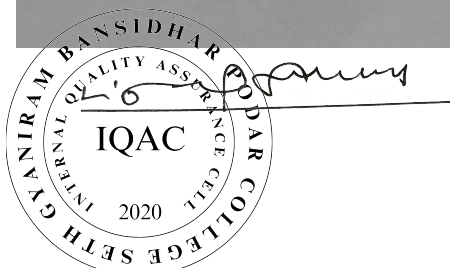
## **CERTIFICATE OF PARTICIPATION**

This is to certify that Mr./Miss. Deepshika (BBA)  
participated in a Three days Training Program from 9-11 Nov. 2022 on  
Soft Skills organized by Training & Placement cell.



Principal

TPO, Coordinator





# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC  
Recognition of college under Section 2(f)/12(B), UGC Act, 1956  
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar



## Seth Gyaniram Bansidhar Podar College

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

### Training on Soft Skills

#### Feedback Form

Name of the Participant :

Department/Stream :

Date :

- Please respond to the following statements by using 4 points rating scale indicating the extent to which you agree or disagree. Please choose the appropriate response.

C- Completely Agree

B- Agree

E- Average

D- Poor

1	The training sessions were well Prepared and Organized	
2	The Trainer was well Prepared and Expert on the topic	
3	The Trainers communication was easily understood	
4	The Trainer gave opportunity to participants to raise queries and resolved them	
5	The Trainer gave enough time to every topic to be understood properly	
6	The Time Duration of the program was Appropriate and completed on time	
7	The Program was effective in enhancing your professional knowledge and skills on the topic	

- ❖ What one thing would you recommend to make such training sessions useful & more effective?

.....  
.....

Signature

ORGANISED

BY

Training and Placement Cell

