## UNNATI Foundation, UNXT Program

The Career Guidance and Placement Cell, Auxilium College (Autonomous) organized onemonth soft skill training from $10^{\text {th }}$ July 2023 to $30^{\text {th }}$ August 2023 . The soft skill training program began with a Inauguration ceremony followed the prayer service. The resource persons were Mr. Vijaya Kumar N and Ms. Arthi S, change makers from UNNATI Foundation, UNXT Program.

Ms. Sreelekha from the Department of Commerce gave the welcome address. Dr. (Sr.) Jaya Santhi R, Principal of our college addressed the gathering and encouraged the students to eagerly participate in the soft skill program and to excel in their fields in the near future.

The training was scheduled for the period of 30 days, (the college had CA exams in between). The total number of student beneficiaries were seventy-six. From shift I, 41 students and from shift II, 35 students were trained.

The students were trained on the life and communication skills. The topics include, meditation, news reading, discussion of values, affirmation, group activity, energizer and resume making. Mock interviews were conducted to train the students individually.

The students were trained to come overcome shyness and stage fear, motivated towards self-discipline. They were also addressed on goal setting and goal achieving strategies, improving self-confidence, listening skills, gratitude and appreciation. The students also learned about public etiquette, email etiquettes, language etiquettes, attitude management, stress management, time management, money management dignity of labour, and assertiveness. They got to know about how to be determined and have perseverance and to land with a successful job. The students found the training session to be highly beneficial.

On $30^{\text {th }}$ August 2023, the training program succesfully ended with a valedictory function. Ms. Sailaksmi of III Commerce, Shift II delivered the vote of thanks. The students thanked our Sr. Principal for the opportunity provided.

