

Event Name: **Bosco Employability Skill and Training –
BEST Programme & Social Skills Enhancement**

From Date: **13.11.2025**

To Date: **14.11.2025**

Organized by: **Don Bosco Vazhikaatti, Perambur, Chennai
Deans & Career Guidance and Placement cell
Auxilium College (Autonomous), Vellore.**

Academic Year: **2025-2026**

Report:

Auxilium College (Autonomous), Vellore, in collaboration with Don Bosco Vazhikaatti, Perambur, organized the *Bosco Employability Skill and Training – BEST Programme & Social Skills Enhancement* on November 13th and 14th, 2025. The event aimed to equip students with essential employability and social skills for personal and professional growth. The programme was led by Dr. (Sr.) Arokia Jayaceli A., Principal, along with Vice Principal Dr. (Sr.) Amala Valarmathy A. and Deputy Vice Principal Dr. Abi Beulah. Sr. Principal enlightened the students with her words of wisdom and asked the students to make use of the opportunity and equip themselves with details from today's event. Eminent resource persons including Fr. Joe Anand SDB, Dr. Joseph Einstein, and others conducted insightful sessions. The event inspired students to develop confidence, leadership, and communication, aligning with the vision of St. John Bosco.

The second year students from the shift II were the beneficiaries of this programme. The students were divided into groups and various sessions were conducted. Fr. Joe Anand shared valuable insights on how to learn skills effectively, which was inspiring to the students and would help them to take active roles in their personal and professional growth. The highlight of the day was a session by Dr. Joseph Einstein, Ph.D., on "Handling Emotions and Stress for Holistic Wellbeing", which focused on emotional intelligence and stress management. The session helped participants understand the importance of managing emotions for overall personal development. In the session I, Mr. Einstein talked about the importance of EQ in day-to-day life. He explained the difference between EQ and IQ. He also mentioned eight types of EQ to follow. In this session he talked about basic components such as understanding the emotions by gave some assessments to work on and also talked about toxic emotions and how to manage them. In the Session II, the resource person helped the students to understand the

importance of managing stress. He also mentioned three types of stress and the ways to differentiate them. He also gave an assessment on ways to cope stress.

As part of the Bosco Employability Skill and Training (BEST) Programme, a special session was conducted by Fr. Joe Anand SDB. He spoke about the importance of being future goal-oriented and encouraged students to set clear and achievable objectives for their careers. During the session, he made the class interactive and engaging by involving students in fun and meaningful activities. He also guided the participants on how to learn new courses online and introduced various online learning platforms and scholarship portals that could help them enhance their skills and knowledge. The session was very informative and inspiring, motivating students to make use of digital resources for continuous learning and self-improvement.

Overall, the students felt the event was really helpful and it made them understand the importance of managing EQ and stress which plays a main role in their lives. It helped them to understand the capability of handling hardships and issues in life.