

# ARIHANT INSTITUTE OF BUSINESS







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# **Event Report on Capacity Building and Skills Enhancement Initiatives**

The institution has organized a range of capacity-building and skills enhancement programs to equip students with essential competencies for academic and professional success. These initiatives focus on life skills, communication skills, ICT skills, and soft skills, aiming to foster holistic development. Below is a detailed report on the initiatives conducted during the academic year.

#### 1. Life Skills (Yoga, Physical Fitness, Health, and Hygiene)

Date of Implementation: 21st June 2024

Number of Students Enrolled: 280

Name of the Agency/Consultant: Team Art of Living

Contact Details: Sneha Dhulap: 9664851597

The Life Skills program aimed to promote overall well-being through mental, physical, and social awareness activities. It included daily yoga sessions focusing on stress management, concentration improvement, and physical fitness. In addition to yoga, workshops on fire safety, women safety and POSH (Prevention of Sexual Harassment), self-defense training, gender sensitization, and menstrual hygiene awareness were conducted. These activities emphasized holistic well-being and empowered students with practical knowledge and skills for personal and social safety.



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### 2. ICT & Computer Skills

Date of Implementation: 1st October 2023

Number of Students Enrolled: 144 Name of the Agency/Consultant:

Mr. Abhishek Sood: 9096977286

Ms. Swarleen Kaur, Founder of Talk Room: 7409468668

The ICT and Computer Skills program enhanced students' digital competencies and introduced them to tools critical for technological efficiency. The sessions covered basics of ICT and digital literacy, along with advanced workshops on Microsoft Excel. These included training on data analysis using pivot tables and charts, advanced functions, formulas, and macros. Students participated in hands-on exercises to solve real-world business problems. Training also included effective use of internet resources and productivity tools, preparing students for technology-driven work environments.







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### 3. Soft Skill Development

Date of Implementation: 11th October 2023

Number of Students Enrolled: 124

Name of the Agency/Consultant: Ms. Fatema Abbas, Placement Head & Team

Contact Details: 8007866639

The Soft Skill Development program focused on enhancing interpersonal skills, emotional intelligence, and adaptability, equipping students for dynamic work environments. Through workshops on communication, teamwork, and leadership, students engaged in role-playing activities for problem-solving and conflict resolution. Additional sessions emphasized professional etiquette, time management, and decision-making skills, ensuring students are well-prepared for the challenges of the professional world.





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### 4. Language and Communication Skills

• Date of Implementation: 1st February 2024

Number of Students Enrolled: 172

Name of the Agency/Consultant: Ms. Fatema Abbas, Placement Head & Team

Contact Details: 8007866639

This program aimed to improve students' English proficiency and professional communication skills, enabling them to effectively articulate ideas in academic and workplace settings. Training sessions covered grammar, vocabulary building, and sentence formation. Practical exercises in public speaking, group discussions, and email writing were conducted. The program also included tips and mock sessions for interviews and formal presentations, providing students with the confidence to navigate professional interactions.

In conclusion, these initiatives reflect the institution's commitment to nurturing well-rounded individuals equipped with essential skills for their personal and professional growth. The programs were well-received, with active participation from students, and have made a significant impact on their development. The institution continues to prioritize capacitybuilding efforts, fostering a culture of continuous learning and improvement.





Director Arihant Institute of Business Management Baydhan (Bk.) Pune - 21.