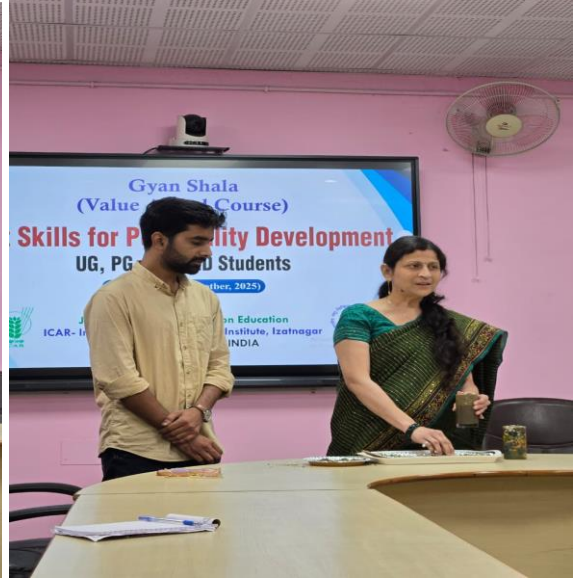


## **Value added Course (GYANSHALA) entitled “Soft Skills for Personality Development” organised by JDEE, ICAR-IVRI during 7<sup>th</sup> to 16<sup>th</sup> October, 2025**

The Joint Directorate of Extension Education (JDEE), ICAR-Indian Veterinary Research Institute, Izatnagar, organized a Value-Added Course (GYANSHALA) titled “*Soft Skills for Personality Development*” from 7th October to 16th October, 2025. While students typically develop hard or technical skills through coursework, research, and internships, this initiative was launched to emphasize the equally important area of soft skills and personality development. According to research conducted by Harvard University, 85% of job success is attributed to well-developed soft and interpersonal skills, while only 15% is linked to technical knowledge and hard skills. Recognizing this crucial insight, the GYANSHALA programme was designed to help students enhance their communication, leadership, emotional intelligence, and overall personal effectiveness. The course received an overwhelmingly positive response, with participants demonstrating great interest and enthusiasm throughout the sessions.

Dr. Rupasi Tiwari, Joint Director of Extension Education (JDEE), sensitized students to the importance of soft skills and personality development in both personal and professional life. She introduced the concept of emotional intelligence and encouraged students to cultivate self-awareness, manage their emotions, stay motivated, practice empathy, and develop social skills. Dr. Mahesh Chander, Principal Scientist and Former Head of the Division of Extension Education, shared his experiences with the participants and discussed the development of social networking, blogging, and communication skills. Dr. H. R. Meena, Principal Scientist and Head of the Division of Extension Education, interacted with students on the themes of managerial and motivational skills. Dr. R. S. Suman addressed the importance of anger and stress management as essential components of soft skills. Dr. Madan Singh, Scientist, discussed conflict management and change management within organizations, and introduced students to the Johari Window model, which aids in self-awareness and self-evaluation. Dr. Shruti engaged with students on topics such as team building, time management, the Big Five personality traits, and fostering creativity in organizations. To enhance understanding and application of these soft skills, interactive hands-on exercises were also organized for the students.

## Glimpses of Interactives sessions



## Exercises on Emotional Intelligence



**Exercises on Team Work**





### Ice breaking exercises



The valedictory session of *Gyanshala* was held on 16th October 2025. The event was graced by Dr. Rupasi Tiwari, Joint Director of Extension Education; Dr. H.R. Meena, Head of the Extension Education Division and other faculties of Extension Education Division Dr. Mahesh Chander; Dr. R.S. Suman; and Dr. Shruti. During the session, certificates were awarded to the 25 students who successfully completed the *Gyanshala* programme. Dr. Rupasi Tiwari addressed the participants, emphasizing the importance of essential soft skills for students across various platforms. She highlighted key areas such as communication, motivation, stress and time management, anger and conflict resolution, change management, social networking, emotional intelligence, and leadership—skills that collectively contribute to overall personality development. The programme was successfully coordinated by Dr. Shruti, Scientist, with assistance from Sh. Veer Singh, ACTO, and Sh. Suraj Singh from the Joint Directorate of Extension Education.



