

Inauguration of Value added Course (GYANSHALA) entitled “Soft Skills for Personality Development” at ICAR-IVRI on 7th October, 2025

The Joint Directorate of Extension Education, ICAR-Indian Veterinary Research Institute, Izatnagar inaugurated **Value Added Course (GYANSHALA) entitled “SOFT SKILLS for PERSONALITY DEVELOPMENT”** on 7th October, 2025. For promoting hard skills or technical skills, students undertake course work including research work and internship. Thus for promoting soft skills among students JDEE initiated GYANSHALA on soft skills and personality development. The research conducted by Harvard University says that 85 % of job success comes from having well-developed soft and people skills, and only 15% of job success comes from technical skills and knowledge (hard skills). Thus, developing soft skills among students is crucial and students have shown great interest and enthusiasm for the programme. The programme commenced with engaging **ice-breaking activities**, including a creative exercise on "**Fish and Fisherman**" and a game focused on **promptness**, setting a dynamic tone for the sessions.

Dr. Rupasi Tiwari, Joint Director of Extension Education, delivered an insightful session on **Emotional Intelligence**, emphasizing its critical role in both personal and professional life. She guided the students through key aspects of emotional intelligence, including **self-awareness, managing emotions, self-motivation, empathy, and social skills**. These components were discussed not just as abstract concepts, but as practical tools that can significantly enhance interpersonal relationships and workplace dynamics. The session aimed to encourage students to reflect on their own emotional responses and behavioral patterns, helping them build resilience and emotional maturity. By cultivating these abilities, students are expected to develop stronger foundations in **self-management, social awareness, relationship management**, and achieving a healthy **work-life balance**—skills that are increasingly valued in today's collaborative and high-pressure work environments. The total 25 students participated into the programmes and it was coordinated by Dr Shruti, scientist and assisted by Sh Veer Singh, ACTO & Sh Suraj, Senior Technical, Joint Directorate of Extension Education.

Inaugural Session of Soft Skills



Ice breaking exercises





