

REGENT EDUCATION & RESEARCH FOUNDATION GROUP OF INSTITUTIONS

Report on Soft Skills

Inauguration Date: September 6, 2022

Main Course Dates: September 7, 2022 - October 6, 2022

Venue: Inauguration - Seminar Hall, Main Course - Language Lab

Organized by: Basic Science and Humanities Department of Regent Education and Research Foundation Group of Institutions

No. of Student Joined: 130 (divided into two groups)

Time:

Every Wednesday and Thursday:

- **Group 1:** 11:00 AM to 12:30 PM
- **Group 2:** 02:00 PM to 03:30 PM

Introduction:

We are pleased to present a report on the successful completion of the "Soft Skills Development Program" organised by the BSH Department of RERFGI. This program aimed to equip students with essential soft skills necessary for success in their academic pursuits and future careers.


Inauguration Ceremony:

The program commenced with an inaugural ceremony held in the Seminar Hall on September 6, 2023. The ceremony served as a platform to introduce the program's objectives, provide an overview of the curriculum, and inspire participants to embark on a journey of personal and professional development. Esteemed guest speakers shared their insights on the significance of soft skills in today's competitive world.

Main Program Highlights:

The core of the program unfolded in the Language Lab from September 7, 2023, to October 6, 2023. Participants were divided into two groups for convenience, ensuring personalised attention and an optimal learning environment. The program encompassed a wide range of activities and workshops focused on developing various soft skills, including:

1. **Communication Skills:** Enhancing verbal and non-verbal communication, active listening, and effective expression.
2. **Teamwork and Collaboration:** Promoting teamwork, problem-solving, and effective collaboration through group exercises.
3. **Time Management:** Workshops on prioritising tasks, setting goals, and managing time efficiently.


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4. **Leadership and Decision-Making:** Developing leadership qualities, decision-making skills, and conflict resolution techniques.
5. **Presentation Skills:** Practical sessions on preparing and delivering effective presentations, including public speaking.
6. **Emotional Intelligence:** Understanding and managing emotions, empathy, and effective interpersonal relationships.

Outcomes and Feedback:

The Soft Skills Development Program yielded several positive outcomes:

1. **Enhanced Soft Skills:** Participants demonstrated marked improvements in their soft skills, including communication, teamwork, and leadership.
2. **Confidence Building:** Through interactive sessions and practical exercises, participants reported increased self-confidence in their ability to tackle academic challenges and prepare for their careers.
3. **Career Readiness:** The program equipped students with the essential skills needed to excel in the academic realm and the professional world.
4. **Positive Feedback:** Feedback received from both participants and instructors indicated a high level of satisfaction with the program's content and delivery.

Conclusion:

The "Soft Skills Development Program" organised by the BSH Department of RERFGI was a resounding success. The structured approach, division into two groups for personalised attention, and the dedication of instructors and participants collectively contributed to the program's effectiveness.

We extend our gratitude to all participants, instructors, and organisers for their contributions to the success of this program. The skills and knowledge gained during this program will undoubtedly serve our students well in their academic pursuits and future careers.

We look forward to continuing to offer similar programs in the future, further enriching the educational experience of our students and enhancing their soft skills.


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Report on Language and Communication Skills

Inauguration Date: May 4, 2023

Main Course Dates: May 5, 2023 - June 3, 2023

Venue: Inauguration - Seminar Hall, Main Course - Language Lab

Organized by: Basic Science and Humanities Department of Regent Education and Research Foundation Group of Institutions

No. of Student Joined:

- Slot 1: 90
- Slot 2: 50

Time:

Every Friday and Saturday:

- Slot 1: 11:00 AM to 12:30 PM
- Slot 2: 02:00 PM to 03:30 PM

Introduction:

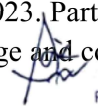
We are delighted to present a report on the successful completion of the "Language and Communication Skills Program" organised by the BSH Department of RERFGI. This program, designed to enhance language proficiency and communication skills, played a crucial role in equipping participants with valuable skills for personal and professional growth.

Inauguration Ceremony:

The program commenced with an inaugural ceremony held in the Seminar Hall on May 4, 2023. The ceremony served as an important platform to introduce the program's objectives, provide an overview of the curriculum, and inspire participants to embark on a transformative learning journey. Distinguished guests and speakers shared their insights on the significance of effective language and communication skills in today's dynamic world.

Main Program Highlights:

The heart of the program unfolded in the Language Lab from May 5, 2023, to June 3, 2023. Participants engaged in a series of structured sessions and activities aimed at improving their language and communication skills. Key highlights of the main program included:


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1. **Words Worth English Language Lab Software:** The program extensively utilized the Words Worth English Language Lab Software to provide participants with interactive lessons, exercises, and assessments, thus enhancing their vocabulary, grammar, and pronunciation.
2. **Communication Skills Workshops:** Participants had the opportunity to develop their verbal and non-verbal communication skills, active listening, and effective expression.
3. **Presentation Techniques:** Practical sessions on preparing and delivering effective presentations equipped participants with valuable skills for public speaking and professional presentations.
4. **Language Proficiency Development:** The program catered to participants at various language proficiency levels, ensuring that each student received tailored support to bridge any gaps in their language skills.
5. **Group Activities:** Teamwork and collaboration were fostered through group activities and discussions, allowing participants to practise their newly acquired skills in real-life scenarios.

Outcomes and Feedback:

The Language and Communication Skills Program achieved several positive outcomes:

1. **Enhanced Language Proficiency:** Participants demonstrated notable improvements in their language skills, including vocabulary enrichment, improved grammar, and more polished communication.
2. **Confidence Building:** Through interactive sessions and practical exercises, participants reported increased confidence in their ability to express themselves effectively.
3. **Career Readiness:** The program equipped participants with the essential skills needed to excel in their academic and professional endeavours.
4. **Positive Feedback:** Feedback received from both participants and instructors indicated a high level of satisfaction with the program's content and delivery.

Conclusion:

The "Language and Communication Skills Program" organised by the BSH Department of RERFGI was a resounding success. The structured approach, the utilisation of cutting-edge language lab software, and the dedication of instructors and participants collectively contributed to the program's effectiveness.

We extend our gratitude to all participants, instructors, and organisers for their contributions to the success of this program. The skills and knowledge gained during this program will undoubtedly serve our participants well in their academic pursuits and future careers.

We look forward to continuing to offer similar programs in the future, further enriching the educational experience of our students and enhancing their language and communication skills.


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Report on Daily Yoga Sessions in the Academic Year 2022-2023

Organised by Basic Science and Humanities Department of Regent Education and Research Foundation Group of Institutions

No of Student Enrolled : 80

Executive Summary

In the academic year 2022-2023, Regent Education and Research Foundation introduced a daily 15-minute Yoga session for all year students before the regular class routine in the seminar hall. This initiative aimed to promote the physical and mental well-being of our students and create a positive and healthy start to their academic day. This report provides an overview of the daily Yoga sessions, their objectives, activities, and the impact they have had on the student community.

Introduction

In recognition of the importance of holistic education, Regent Education and Research Foundation (RERF) introduced a daily Yoga session in the academic year 2022-2023. The sessions were conducted in the seminar hall and were open to all students, regardless of their year of study.

Objectives


The primary objectives of the daily Yoga sessions were as follows:

- **Promote Health and Well-being:** To encourage students to prioritize their physical and mental health.
- **Stress Management:** To equip students with practical tools for managing academic and personal stress.
- **Enhance Concentration:** To improve students' focus and concentration, benefiting their academic performance.
- **Foster a Sense of Community:** To create a positive and healthy start to the academic day, fostering a sense of unity among students.

Activities

The daily Yoga sessions included a variety of activities to cater to students with different levels of expertise:

- **Basic Yoga Poses and Breathing Techniques**
Students were introduced to fundamental Yoga postures and breathing techniques to enhance flexibility and relaxation.
- **Guided Meditation and Mindfulness**
Meditation sessions aimed at reducing stress, enhancing mental clarity, and promoting a sense of inner peace.


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- Relaxation Techniques
Practical relaxation techniques were taught to help students release tension and achieve a calm state of mind.
- Yoga Philosophy Discussions
Informative discussions on the philosophical aspects of Yoga and their relevance to modern life.
- Impact
The introduction of daily Yoga sessions had a significant positive impact on our student community:
 1. Improved Well-being: Students reported feeling physically and mentally refreshed after each session, contributing to their overall well-being.
 2. Stress Reduction: The sessions equipped students with valuable stress management techniques, which they could apply in their daily lives.
 3. Enhanced Concentration: Many students noted improved focus and concentration, leading to better academic performance.
 4. Community Building: The daily sessions created a sense of unity among students, as they started their day together in a positive and healthy environment.

Conclusion

The daily Yoga sessions introduced in the academic year 2022-2023 at Regent Education and Research Foundation have been a resounding success. They have not only promoted the physical and mental well-being of our students but have also fostered a sense of community and positivity. We believe that this initiative aligns with our commitment to providing holistic education and nurturing the overall development of our students.

We look forward to continuing these daily Yoga sessions in the future and exploring additional opportunities to enhance the well-being and academic success of our student community.



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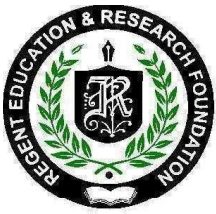
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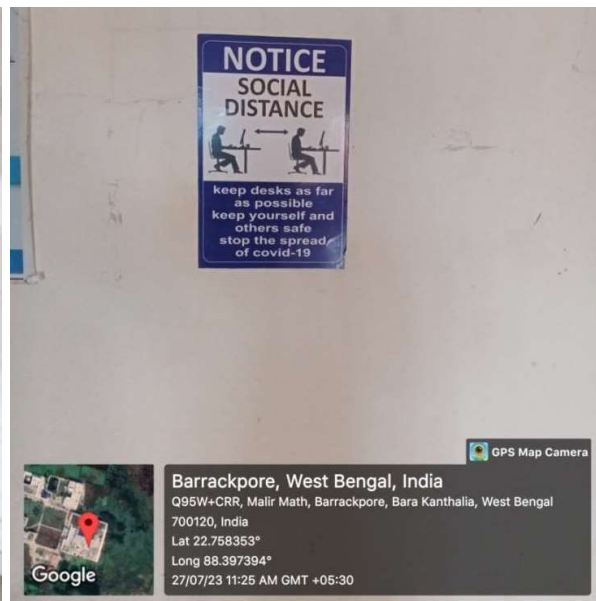
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Health and hygiene awareness is crucial for maintaining individual and community well-being. It involves understanding the importance of adopting healthy habits and hygienic practices to prevent the spread of diseases and ensure a higher quality of life. The institute runs poster campaign across the college campus to promote hygiene among students. Also, the institute has installed a **sanitary napkin vending machine** for the well-being of the female students and staffs. Some of the hygiene related issues addressed by the institute are provided below. Some of the posters are also provided here.

1. **Personal Hygiene:** Personal hygiene refers to practices that individuals perform to maintain cleanliness and prevent the spread of germs. This includes regular handwashing with soap and water, bathing or showering daily, brushing teeth twice a day, and wearing clean clothes.
2. **Hand Hygiene:** Handwashing is one of the most effective ways to prevent the transmission of infections. Washing hands thoroughly with soap and water for at least 20 seconds should be done after using the restroom, before eating, and after coughing or sneezing.
3. **Respiratory Hygiene:** Covering your mouth and nose with a tissue or your elbow (not your hands) when coughing or sneezing helps prevent the spread of respiratory infections like colds and flu.



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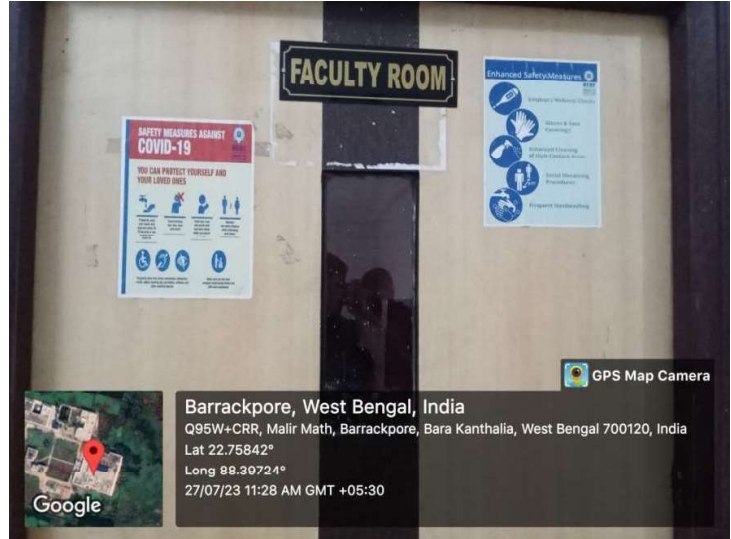
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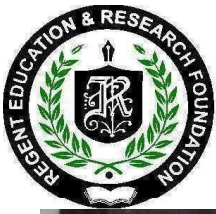

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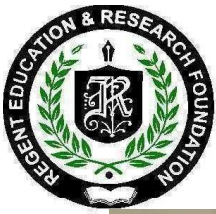
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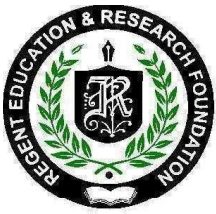
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Sanitary Napkin Vending Machine




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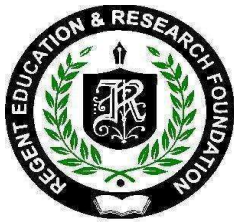
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Title of the Practice: Newspaper Reading and Vocabulary Building

Newspapers present details and general information. Newspapers give reports on a country's monetary situation, games, amusement, business and selling. Reading newspaper is a good habit and a part of modern life. This practice would broaden perspective and improve awareness.

Objectives of the practice:


In a newspaper page, comes a section where an editorial column and important news are published. Such editorial columns and news help improve vocabulary skills. Daily reading of newspaper increases vocabulary of students as they study different words from it. They can make a note of them along with their meaning. An outstanding vocabulary helps them to improve their pronunciation and speaking skills.

The Context:

Students acquire information regarding different topic with the support of newspapers. Students grow to be a good speaker which helps them to take active part in debate, speech and talks. Newspaper reading is a habit that can be a complex activity for those who do not know how to read. Reading daily newspapers is a really good practice that provide a great sense of educational assessment. RERF has decided to inculcate this practice with the help of BSH department for the benefit of students. At Language lab, we have arranged this newspaper reading and vocabulary building activities with the students through projector and white board.

The Practice:

Newspapers offer a natural supply of a variety of written English that has become gradually more important for students and important for verbal communication. With the thought of learning everyday vocabulary on a variety of interesting topics. RERF organized this activity with the faculties of Humanities Department. Ms. Amrita Chakraborty and Ms. Aparna Das have been given the charge of initiating this work to improve students' vocabulary building and reading skills. Language Lab of RERF has introduced this activity to increase not only the vocabulary building but also the four skills of learning a new language.


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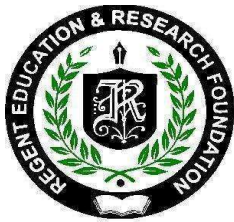
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Evidence of Success:


Reading is always recommended to improve vocabulary. On behalf of RERF, language lab organized this activity and received many enthusiastic responses from students. They have improved their vocabulary building skill, reading skills by using visual technical/non-technical passages. They also developed their writing skill by practice sessions and progressively to develop students for overall development.

Problems encountered and resources required:

Despite the online format, technical issues such as internet connection issues or audio/video interruptions may be encountered during class. However, proactive measures were taken to ensure smooth functioning and minimize disruptions. Adequate resources such as a stable internet connection, visual equipment, and a suitable platform for conducting classes were required to facilitate success.

Conclusion:

Reading newspapers is an excellent option for learning vocabulary. Students need to literally analyse what they read to improve vocabulary. In terms of vocabulary, students need to find excellent words in the paper that are situational and trending. To be more specific about newspaper vocabulary and writing style, it is a newspaper that will use the right words in a particular situation. If you have an average ability in English and want to improve your vocabulary, newspapers should be your first choice. RERF feels this importance and introduced it in language lab program to prepare students for an independent life.


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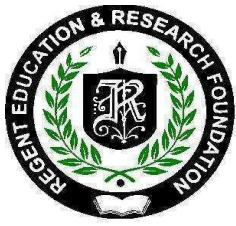
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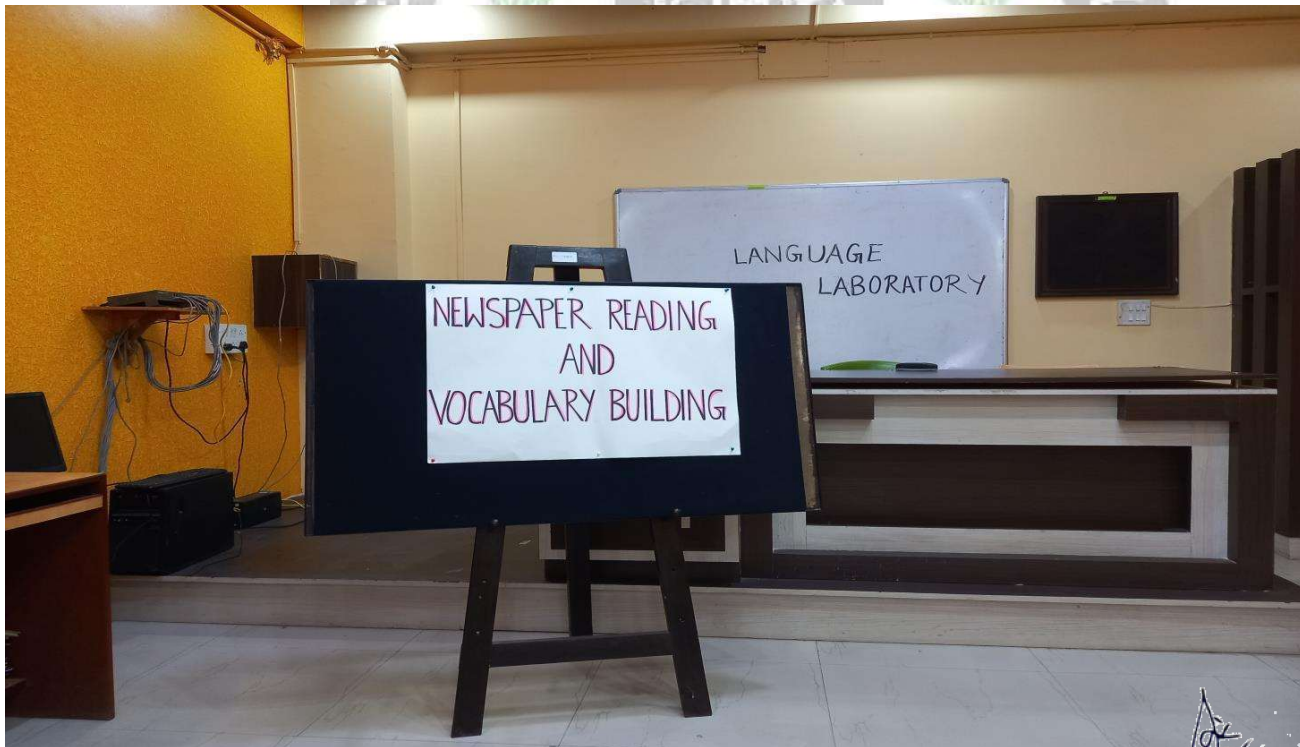
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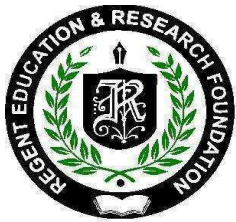
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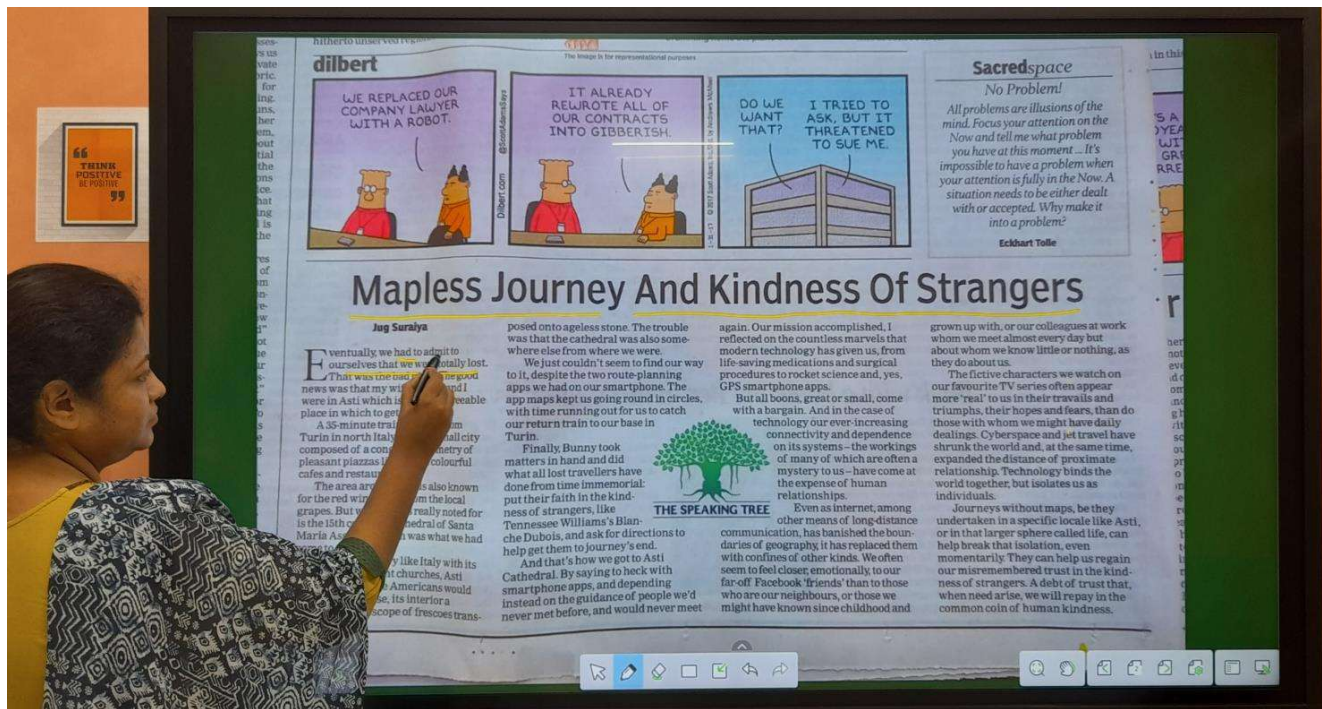
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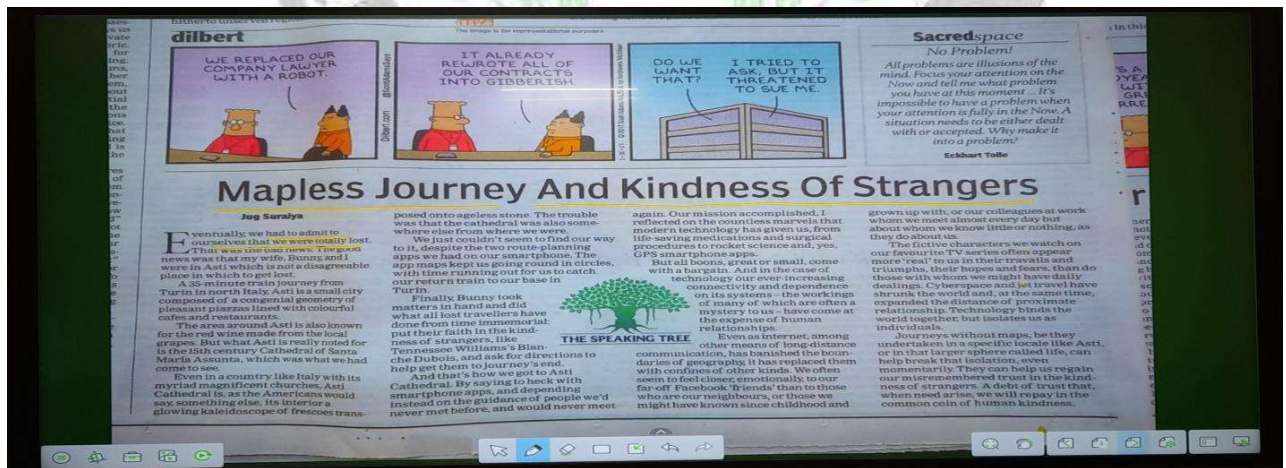
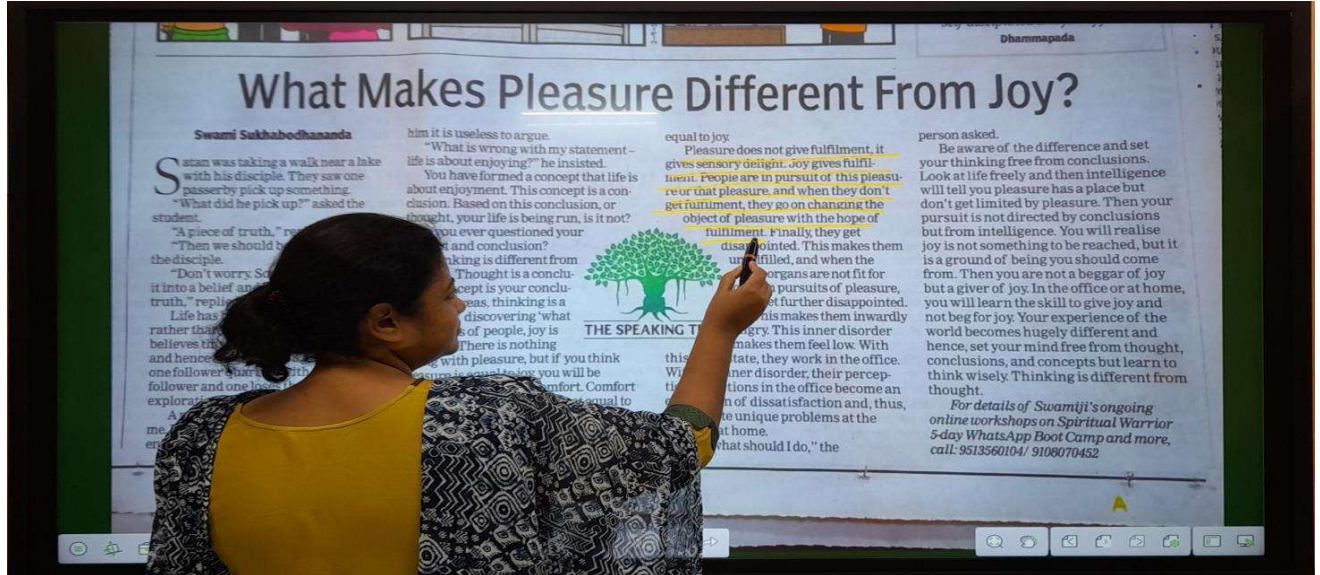
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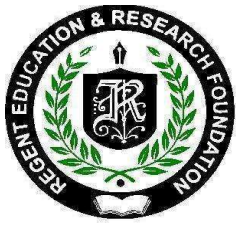
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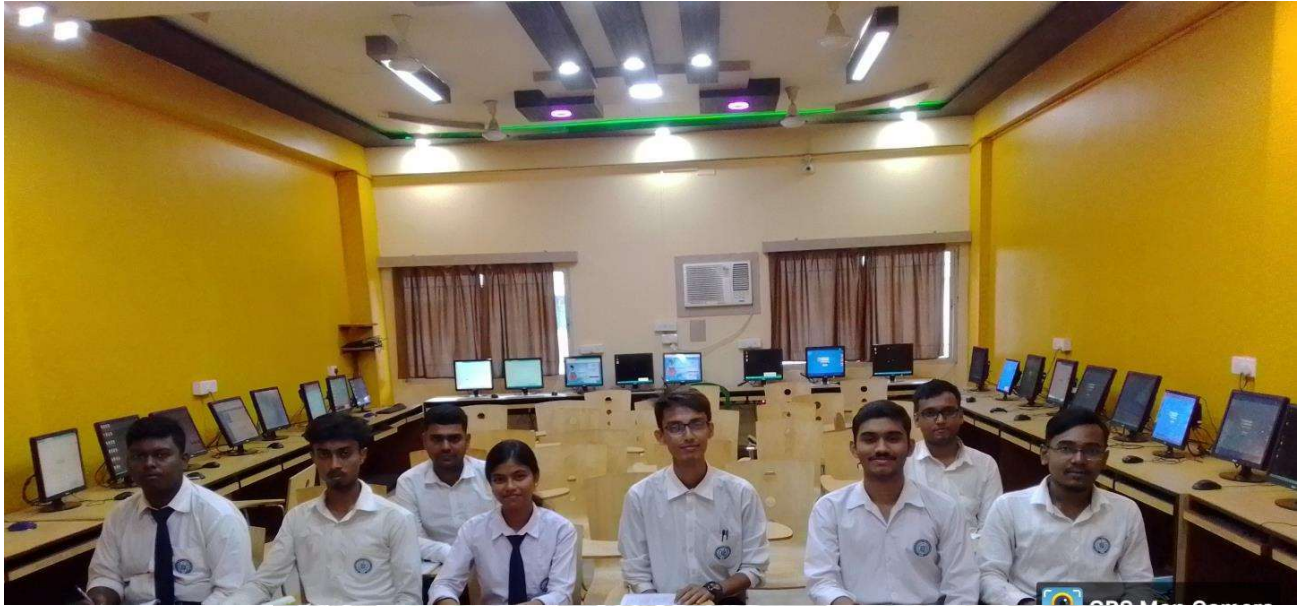
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