



# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail:ihsbbsr@margdarsi.org, web: www.ihsindia.org

Ref No- IHS/ Tra/ 226 (a)/20-21

Date 17.03.2021

To  
Prof. Pravash Kumar Mishra  
Professor, Advanced Study Centre.  
Dept. Of Psychology, Utkal University, Bhubaneswar.

Sub: Invitation to conduct Soft Skills development training for undergraduate students Of IHS.

Sir,  
Greetings from the institute of Health sciences (IHS). We invite you to share your expertise in Soft Skills development training with the UG students of IHS, pursuing BPT & BASLP degree under Utkal University.

We shall suggest your professional service as voluntary support for the IHS, a unit of Margdarsi i.e. a non-profit organization. Your support will go a long way in shaping the career of the future professionals in disability rehabilitation in India. You may please conduct the program at your convenient time in the campus of IHS.

With Regards  
Yours Sincerely,

Principal  
Institute of Health Sciences  
Bhubaneswar

Director  
Institute of Health Sciences  
Bhubaneswar



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To,  
The Principal  
Institute of Health Science,  
Bhubaneswar

Dear Sir,

With reference to your letter No. IHS/Tra/226(a)/20-21 on dated 20.03.2021 to 24.03.2021, I accept your invitation to provide professional services to your organization and to conduct Soft Skills development training for your undergraduate students.

With Regards.

Yours Sincerely,

Director  
Institute of Health Sciences  
Bhubaneswar

P.K. Mishra

Prof. Pravash kumar Mishra  
Professor, Advanced Study Centre.  
Dept. Of Psychology, Utkal University, Bhubaneswar

Enclosures: 1. Modules for 5 days training programme

2. MY Profile (CV) attached



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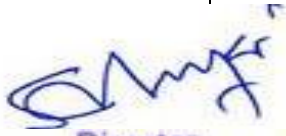
## Module for Soft Skills development training

**Duration: 5 Days**

**Time: 10 am -5 pm**

### Day 1

	Time
Welcome to participants	10am
Inaugural session, breaking the ice ,setting the objective	10am-10:45am
Tea break	10:45-11am
Technical session-I	11AM-1PM
Know yourself	
Transactional Analysis	
lunch	1PM-2PM
Technical session-II	2PM-3:45PM
Interpersonal Relationship	
Tea break	
Technical sessionIII	4PM-5PM
Team work	
We close	5 pm

  
Director  
Institute of Health Sciences  
Bhubaneswar



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## DAY -2

Content	Time
Technical session IV	10-11:30 am
Effective communication	
Tea break	11:30-11:45AM
Technical session V	11:45-1PM
Understanding Emotions of self and others	
lunch	1-2pm
Technical session VI	2pm-4pm
Tea break	4pm-4:15pm
Case study	4:15pm-5pm
We close	5 pm

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## DAY-3

Content	Time
Technical Session - VI'	10am-11:30am
Understanding the person and personality	
Tea Break	
Technical Session -VII	11:45am-1am
Differentiating between personal and Professional	
Professional Develop	
Lunch	1-2pm
Technical Session — IX	2-4pm
Understandi the personality Disorders	
Tea Break	4-4:15pm
Case study	4:15 pm-5pm
We close	5pm

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## DAY .4

Content	Time
Technical Session - X	10am-11:30am
Career development :attitude and aptitude	
Tea Break	11:30-11:45
Technical Session -XI	11:45am-1am
Emotional intelligence	
Professional Develop	
Lunch	1-2pm
Technical Session — XII	2-4pm
Employability intelligence	
Tea Break	4-4:15pm
Case study	4:15 pm-5pm
We close	5pm

Director  
Institute of Health Sciences  
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## DAY-5

Content	Time
Technical Session - XIII	10am-11:30am
Leadership-concept and dynamics	
Tea Break	11:30-11:45
Technical session -xiv	11:45am-1am
Towards goal setting	
Professional Develop	
Lunch	1-2pm
Technical Session — XII	2-4pm
Soft skill development	
Tea Break	4-4:15pm
Case study	4:15 pm-5pm
We close	5pm

Director  
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## **TRAINING REPORT ON SOFT SKILLS DEVELOPMENT.**

Date Of training 20-03-2021

Duration 5 Days

Time• 10 am to 5 pm

Venue: Conference Hall, IHS

No. of Participants All BASLP & BPT

Students Report:

A Five days training program on Soft skills development. personality development and employability skill development was conducted Online due to Covid. All the students of BASLP and BPI participated in the training programme. On the first day of the training. an inaugural session was conducted in presence of Resource person Prof. Pravas Mishra Professor in Psychology. Utkal University and the Principal of IHS. In this inaugural function. Prof. Mishra shared about the objectives of this 5 days training programme and interacted with the participants. The Principal of the Institute, Dr. Santosh Mishra talked about the importance of any training programme and learning out of that. After that the day wise training programme from 10 am to 5 pm was conducted.

Objectives of the training Program;

By the end of the training program, the students should be able to:

- Develop effective communication skills (spoken and written).
- Develop effective presentation skills.
- Become self-confident individuals by mastering inter-personal skills. Management skills. and leadership skills.
- Develop all-round personalities with a mature outlook to function effectively in different circumstances.
- Develop broad career plans, evaluate the employment market. Identify organizations to get good placement. match the job





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Transactional analysis is a technique which helps to understand the behaviour Of Other person so that communication becomes effective. Understanding human behaviour helps to motivate, guide and direct other persons. Transactional Analysis (TA), thus, facilitates communication. Soft skills provide students with a strong conceptual and practical framework to build develop and manage teams. They play an important role in the development of the students' overall personality, thereby enhancing their career prospects. The soft skills training provide strong practical orientation to the students and help them in building and improving their skills in communication, the effective use of English, business correspondence. Presentations, team building, leadership, time management. group discussions, interviews, and inter-personal skills. This training also helps students in career visioning and planning, effective resume writing and dealing with placement consultants' .Effective communication and interpersonal skills are crucial to increase employment opportunities and to compete successfully in the market. The real key to the effectiveness of professionals is their ability to put their domain knowledge into effective practice. In this context, soft skills have a crucial role to play. If future managers know how to deal with people at the emotional level (peers, subordinates, superiors, clients, suppliers, etc.)

Through Emotional Intelligence (EI), they can build and sustain effective relationships that will result in mutual gain.. The training benefits the students, both in their early professional careers and in their social interactions in the business environment. In an age when relationships between individuals and organizations are getting more and more complex, it is not enough to only have an excellent IQ. Being good at number crunching and scoring high marks in subjects are not the only criteria for success in professional or personal life. The ability to deal with one's feelings and understand the feelings of others in any given situation helps one to complement academic intelligence/cognitive capacities (IQ) with a humane understanding of issues. This ability is known as Emotional Intelligence or EI.

At the Soft Skills training, coaching is imparted to fine-tune the students' attitudes. Values beliefs, motivation, desires, feelings, and eagerness to learn. Willingness to share and embrace new ideas, goal orientation, flexibility, persuasion. Futuristic thinking, compassion. Diplomacy and various skills sets of communication, manners, and etiquette so that they will be able to deal with different situations diligently and responsibly. Soft skills or Emotional Intelligence Skills strengthen them from within. These skills empower them to understand "who they are" and how best they can come across as competent



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individuals in any given situation. The training in soft skills has two parts. One part involves developing attitudes and attributes and the other part involves fine-tuning communication skills to express attitudes, ideas and thoughts well. Crucial to successful work is the perfect integration of ideas and attitudes with appropriate communication skills in oral written and non-verbal areas. Attitudes and skills are integral to soft skills. Each one influences and complements the other. At the end of the 5 days training program, a feedback session was conducted to know the response of the students about the benefits and learning from the training programme. Most students responded that training was very interesting and educative. Some students shared about their doubts and queries. During the five days of programme. a number of exercises, presentations, energizers and group activities also case study analysis. The training program was closed with vote of thanks to all participants.

Director  
Institute of Health Sciences  
Bhubaneswar



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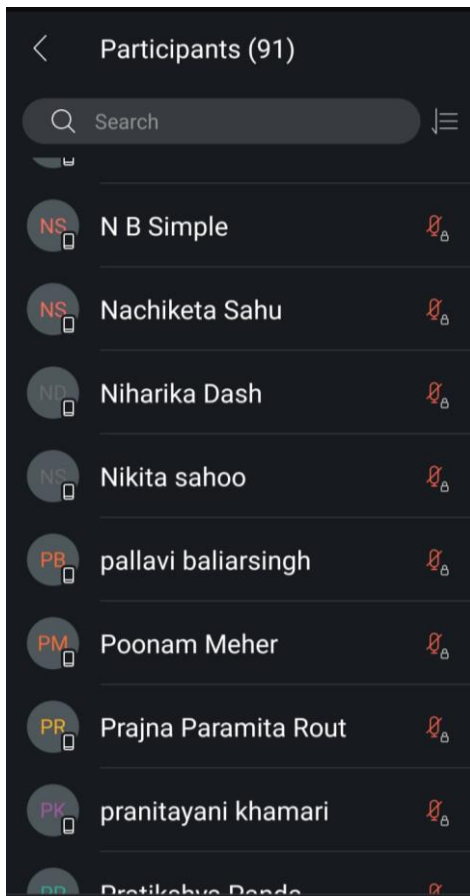
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Title: Soft Skills development Training

Date: 20/03/2021

Resource Person name: Prof. Pravash Kumar Mishra





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Director  
Institute of Health Sciences  
Bhubaneswar

Ref.No-IHS/Tra/226 (b) Date: 03/05/2021

To,

Mrs. Pushpa Maharana  
M.A.in English  
Bhubaneswar

Sub: Invitation to conduct Language and Communication Skills training for undergraduate students of IHS

Madam,

Greetings from the Institute of Health Sciences (IHS)! We invite you to share your expertise in Yoga & Wellness with the UG students of IHS, pursuing BPT & BASLP degree under Utkal University.

We shall suggest your professional services as voluntary support for the IHS, a unit of Margdarsi, i.e. a non-profit organization. Your support will go a long way in shaping the career of the future professionals in disability rehabilitation in India. You may please conduct the program at your convenient time in the campus of IHS.

With warm regards.

Director,

Institute of Health Sciences

Director  
Institute of Health Sciences  
Bhubaneswar



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Bhubaneswar

To,

The Principal  
Institute of Health Science,  
Bhubaneswar

Dear Sir,

With reference to your letter No. IHS/Tra/226(a)/20-21 on dated 05.05.2021, I accept your invitation to provide professional services to your organization and to conduct Language and Communication Skills training for your undergraduate students.

With Regards,

Yours Sincerely,

Mrs. Pushpa Maharana  
M.A.in English  
Bhubaneswar

Director  
Institute of Health Sciences  
Bhubaneswar



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Module for Language and Communication Skills

DURATION: 6 HOURS

Days: One day

TIME: 10 AM -5 PM

CONTENT	TIME
Welcome to Participants	10 AM
Inaugural Session	10 AM TO 10.30 AM
Tea Break	10.30 AM TO 10.45 AM
Introduction of participants Ground rules Fear & Expectations	10.45 AM TO 11.30 AM
Introduction to language communication skills Barriers to communication	11.30 AM TO 1 PM
LUNCH	1 PM TO 2 PM
Non Verbal Communication Body Language	2 PM TO 3.30 PM
Tea Break	3.30 PM TO 3.45 PM
Exercises on Communication Skills	3.45 PM TO 4.45 PM
	•
Feedback by the Participants End of the programme	4.45 PM TO 5 PM



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Director  
Institute of Health Sciences  
Bhubaneswar

## One day Training Report on Language and Communication Skills development

Date- 05/05/2021

Venue- Balmukund Conference Hall, IHS

Time- 10am-5pm

Duration- 1

Day

05/05/21 on Language and Communication Skills development for BASLP and BPT students of IHS was conducted at conference hall, Chandaka Campus, IHS. All the students of BASLP and BPT participated in the training programme. Mrs Pushpa Maharana was the trainer for the one day training on Language and Communication Skills development.

Training Objectives:

By the end of this language and communication skills training, the participants will have

- Recognized different styles of communication and how to improve understanding and build rapport with others. Reflected on different methods of communication and decided when each is most suitable.
- Appreciated the role of body language and voice tone in effective communication.
- Communicated their message in an effective and engaging way for the recipient.

Communication is both an art and a science. It often involves acts of speaking and listening, reading and writing, but it also goes beyond these and incorporates the transmission of non-verbal language and messages communicated by other means. The act of communicating verbally serves to convey how we feel and how.



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We think to others. Increasing knowledge and awareness of some of the components involved in effective communication can serve to improve how we use those components personality.

The purpose of communication skills training is to improve the ability to inform and persuade. Communication is a core skill for professionals. Communication training courses enhance verbal and written communication skills, improving the quality and effectiveness of communication. Communication training courses teach practical techniques to enable participants to assemble thoughts

And communicate them effectively, whether in a meeting, conference or at your desk. It's time to improve your communication skills and get your point across clearly and concisely.

In the training program, some exercises, energizers were conducted to do the training program more interesting. At the end, feedbacks from the students were also collected by the trainer. Finally, the training programme was closed at about 5 pm.

Director  
Institute of Health Sciences  
Bhubaneswar





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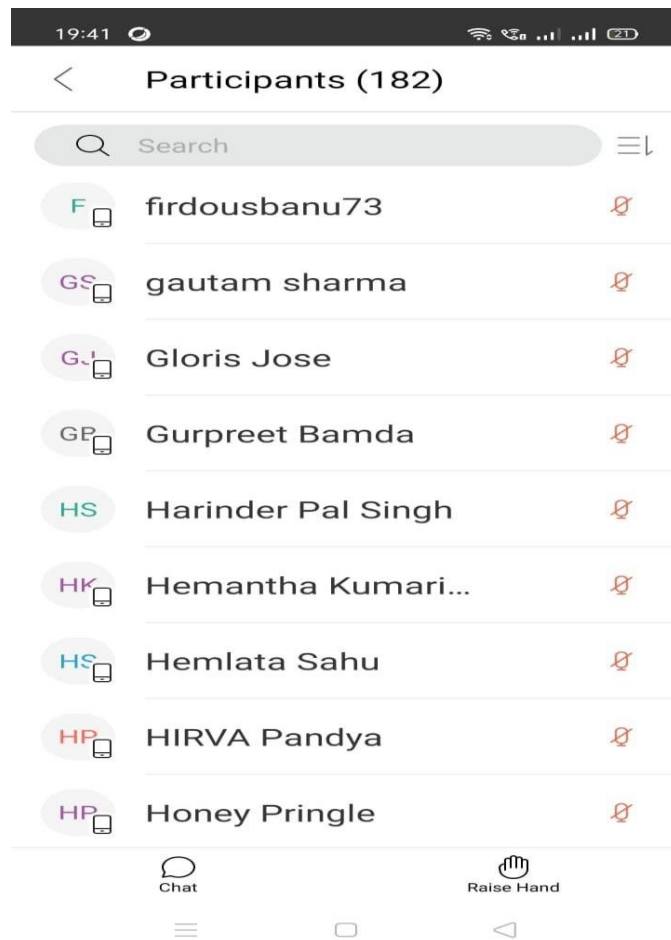
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Title: Language and Communication Skill Development Programme

Date: 05/05/2021

Resource Person name: Mrs. Pushpa Maharana





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Director  
Institute of Health Sciences  
Bhubaneswar

Ref No – IHS/Tra/183/ 20-21.

Date: 14.05.2021

To,  
Ramkrishna Pattanayak  
Training Coordinator, The Department of Yoga  
Institute of Health Sciences  
Bhubaneswar

**Sub: Invitation to conduct Yoga & Wellness training program for undergraduate students of IHS.**

Sir,

Greetings from the Institute of Health Sciences (IHS). We invite you to share your expertise in Yoga & Wellness with the UG students of IHS, pursuing BPT & BASLP degree under Utkal University.

We shall suggest your professional services as voluntary support for the IHS, a unit of Margdarsi, i.e. a non-profit organization. Your support will go a long way in shaping the career of the future Professionals in disability rehabilitation. You may please conduct a online yoga training program at your convenient time between 9 am. and 5 pm.

With warm regards



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*S. Mishra*

Principal, Institute of Health Science,

Bhubaneswar.

Director  
Institute of Health Sciences  
Bhubaneswar

To,

The Principal  
Institute of Health Science,  
Bhubaneswar.

Dear Sir,

With reference to your letter No.IHS/Tra/183/2020 – 2021. Dt.17.05.2021 till 21.05.2021, I am glad to accept your intimation to provide professional services on Yoga and wellness training stress management, mental and physical health and holistic lifestyle) to the above mentioned under graduate students of BPT & BASLP.

I have planned to conduct one week online training program daily one hour for every individual groups. Weekly Plan is attached herewith.

*Ramkrishna pattanayak*

27.03.2021

Bhubaneswar

Yours faithfully

RamkrishnaPattanayak



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Director  
Institute of Health Sciences  
Bhubaneswar

## **Plan for training session on yoga and wellness**

### DAY 1:

- OMM CHANTING & PRAYER
- INTRODUCTION TO YOGA AND WELNESS
- DIFFERENCE BETWEEN YOGA AND EXERCISE
- RELEVANCE OF YOGA IN MODERN TIME.

### DAY 2:

- OMM CHANTING & PRAYER
- JOINT MOBILIZATION
- ASANA (SELECTED FOR THIS TRAINING)
- NADISODHANA PRANAYAMA
- MEDITATION (BREATHING OBSERVATION)
- SAVASANA/RELAXATION.

### DAY 3:

- OMM CHANTING & PRAYER
- JOINT MOBILIZATION/WARM UP
- SURYANAMASKAR
- NADISODHANA PRANAYAMA
- SITALI PRANAYAMA
- MEDITATION/VISUALIZATION
- SAVASANA/RELAXATION.

### DAY 4:



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- OMM CHANTING
- JOINT MOBILIZATION
- SURYANAMASKAR
- ASANA (SELECTED FOR THIS TRAINING)
- NADISODHANA PRANAYAMA
- UJJAI PRANAYAMA
- MEDITATION
- SAVASANA/RELAXATION.

## DAY 5:

- OMM CHANTING
- JOINT MOBILIZATION/WARM UP
- SURYANAMASKAR
- ASANA (SELECTED FOR THIS TRAINING)
- UJJAI PRANAYAMA/BHRAMARI PRANAYAMA
- YOGA NIDRA/ THE PRATYAHARA PRACTICE

## DAY 6:

- OMM CHANTING
- JOINT MOBILIZATION
- ASANA (SELECTED FOR THIS TRAINING)
- NADISODHANA PRANAYAMA
- BHRAMARI PRANAYAMA
- YOGA NIDRA/THE PRATYAHARA PRACTICE

## DAY 7:

- OMM CHANTING
- JOINT MOBILIZATION
- ASANA (SELECTED FOR THIS TRAINING)
- NADISODHANA PRANAYAMA AND BHRAMARI PRANAYAMA
- MEDITATION
- SAVASANA/RELAXATION.

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## One week training report on Yoga and wellness

Duration of the Training: 17<sup>th</sup> May to 21<sup>th</sup> May 2021

Mode of Training: Virtual

Time : 09 AM – 10AM for BPT and 10 AM to 11 AM for BASLP

Title: Yoga and wellness training on stress management, mental and physical health and holistic lifestyle for undergraduate students of IHS.

### Report:-

Seven days programme on yoga and wellness was conducted for the undergraduate students of Institute of Health Sciences on virtual mode. This training programme was conducted by Mr. Ramkrishna Pattanayak as a trainer. All the student of BPT and BASLP attended the training program. The aim of the training programme was to promote and spread physical, mental, vital and spiritual wellness through Yoga.

### Objective of the training:

- To enable our student to maintain a healthy physical body.
- To maintain a balanced and healthy mental state.
- To maintain a balanced emotional health.
- To promote and develop values in life.
- To gain the knowledge of self/ the consciousness.
- To bring a certain amount of self discipline that is social code of conduct and personal code of conduct.



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- To bring awareness of the fundamentals of yoga for wellness in their daily lives.
- To create teachers to teach Yoga for wellness in the society.

Yoga is an invaluable gift of ancient Indian tradition. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between body and mind, mind and consciousness, consciousness and super consciousness. Yoga is not about exercise but

Discover the scene of oneness with ourselves, the world and Nature. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root meaning "to join", "to yoke" or "to unite, According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with

Universal consciousness. Yoga is becoming popular day by day. A wave of yoga practice is now across the globe. In this programme we introduce yoga as a science of Holistic living and not merely as yoga postures.

During this training programme the students are educated with the basic concepts of Yoga for wellness. In between the training, the trainer taught some yogic postures, pranayama, meditation, mindfulness practices and relaxation techniques with its importance on health and wellness. At the end of the training, the trainer interacted with the participants about the benefits and feedback of the training. The training programme closed with vote of thanks by Dr.Sivananda Mishra (Principal HIS).

Director  
Institute of Health Sciences  
Bhubaneswar



# INSTITUTE OF HEALTH SCIENCES

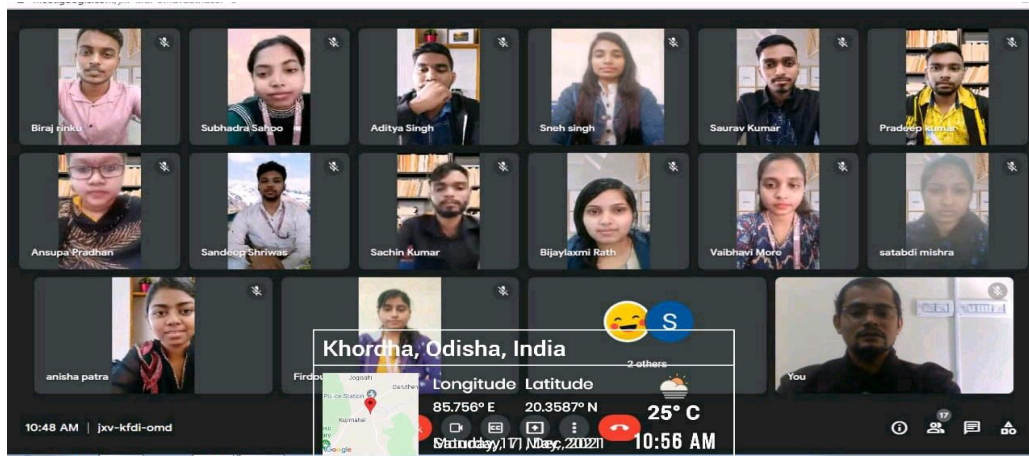
(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054  
Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail:ihsbbsr@margdarsi.org, web: www.ihsindia.org

Title: Yoga and wellness Training

Date: 17/05/2021 to 21/05/2021

Resource Person Name: Ramkrishna Pattanayak



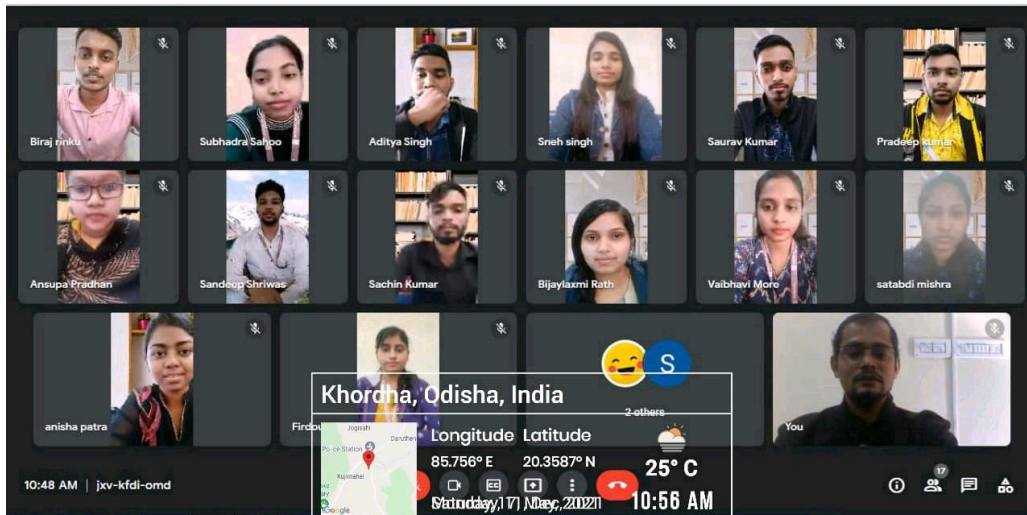




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Director  
Institute of Health Sciences  
Bhubaneswar

Ref No – IHS/Tra/183/ 20-21.

Date: 29.01.2021

To,  
Mr. Nabakishore Mohanty  
M.A in Pol. Sc., M.A in Yoga  
Bhubaneswar

**Sub: Invitation to conduct Analytical skill development program for undergraduate students of IHS.**

Sir,



# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

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Greetings from the institute of Health Sciences (IHS). We invite you to share your expertise in Analytical skill Development programme with the UG students of IHS, pursuing BPT & BASLP degree under Utkal University.

We shall suggest your professional services as voluntary support for the IHS, a unit of Margdarsi, i.e. a non-profit organization. Your support will go a long way in shaping the career of the future Professionals in disability rehabilitation. You may please conduct a online Analytical skill Development program at your convenient time between 9 am. and 5 pm.

With warm regards

Principal, Institute of Health Science,  
Bhubaneswar.

Director  
Institute of Health Sciences  
Bhubaneswar

To,

The Principal  
Institute of Health Science,  
Bhubaneswar

Dear Sir,

With reference to your letter No. IHS/Tra/226(a)/20-21 on dated 06.02.2021, I accept your invitation to provide professional services to your organization and to conduct Analytical skill Development program for undergraduate students.



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With Regards,

Yours Sincerely,

Mr. Nabakishore Mohanty  
M.A in Pol. Sc., M.A in Yoga  
Bhubaneswar

Director  
Institute of Health Sciences  
Bhubaneswar

## Module for Analytical skill Development program

**DURATION: 6 HOURS**

**Days: One day**

**TIME: 10 AM -5 PM**

CONTENT	TIME
Welcome to Participants	10 AM
Inaugural Session	10 AM TO 10.30 AM
Tea Break	10.30 AM TO 10.45 AM
Introduction of participants Ground rules	10.45 AM TO 11.30 AM



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Fear & Expectations	
Introduction to language communication skills Barriers to communication	11.30 AM TO 1 PM
LUNCH	1 PM TO 2 PM
Non Verbal Communication Body Language	2 PM TO 3.30 PM
Tea Break	3.30 PM TO 3.45 PM
Exercises on Communication Skills	3.45 PM TO 4.45 PM
Feedback by the Participants End of the programme	4.45 PM TO 5 PM

Director  
Institute of Health Sciences  
Bhubaneswar

## One day Training Report on Analytical skill Development program

Date- 06/02/2021

Venue- Balmukund Conference Hall, IHS

Time- 10am-5pm

Duration- 1

Day

16/04/21 on Analytical skill Development program for BASLP and BPT students of IHS was conducted at conference hall, Chandaka Campus, IHS. All the students of BASLP and BPT participated in the training programme. Mrs



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Pushpa Moharana was the trainer for the one day training on Analytical skill Development program.

Training Objectives:

By the end of this language and communication skills training, the participants will have

- Recognized different styles of communication and how to improve understanding and build rapport with others. Reflected on different methods of communication and decided when each is most suitable.
- Appreciated the role of body language and voice tone in effective communication.
- Communicated their message in an effective and engaging way for the recipient.

Communication is both an art and a science. It often involves acts of speaking and listening, reading and writing, but it also goes beyond these and incorporates the transmission of non-verbal language and messages communicated by other means. The act of communicating verbally serves to convey how we feel and how.

We think to others. Increasing knowledge and awareness of some of the components involved in effective communication can serve to improve how we use those components personality.

The purpose of communication skills training is to improve the ability to inform and persuade. Communication is a core skill for professionals. Communication training courses enhance verbal and written communication skills, improving the quality and effectiveness of communication. Communication training courses teach practical techniques to enable participants to assemble thoughts and communicate them effectively, whether in a meeting, conference or at your desk. It's time to improve your communication skills and get your point across clearly and concisely.

In the training program, some exercises, energizers were conducted to do the training program more interesting. At the end, feedbacks from the students were also collected by the trainer. Finally, the training programme was closed at about 5 pm.



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Director  
Institute of Health Sciences  
Bhubaneswar

Title: Analytical skill Development program

Date: 06/02/2021

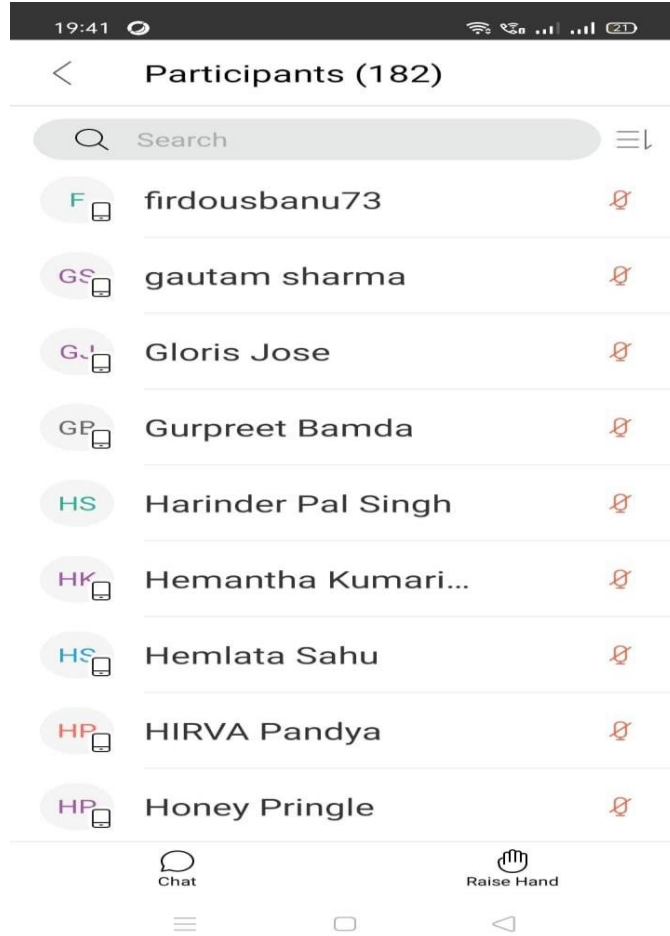
Resource Person name: Mr. Nabakishore Mohanty



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Director  
Institute of Health Sciences  
Bhubaneswar

Ref No – IHS/Tra/183/ 20-21.

Date: 09.04.2021



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---

To,  
B.K Damayanti  
Sister-in-Charge  
Bhubaneswar

**Sub: Invitation to conduct Human value development program for undergraduate students of IHS.**

Sir,

Greetings from the Institute of Health Sciences (IHS). We invite you to share your expertise in Human value development programme with the UG students of IHS, pursuing BPT & BASLP degree under Utkal University.

We shall suggest your professional services as voluntary support for the IHS, a unit of Margdarsi, i.e. a non-profit organization. Your support will go a long way in shaping the career of the future Professionals in disability rehabilitation. You may please conduct an online Human value development program at your convenient time between 9 am and 5 pm.

With warm regards

Principal, Institute of Health Sciences  
Bhubaneswar.

Director  
Institute of Health Sciences  
Bhubaneswar

To,  
The Principal  
Institute of Health Sciences  
Bhubaneswar





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---

Dear Sir,

With reference to your letter No. IHS/Tra/226(a)/20-21 on dated 13.04.2021, I accept your invitation to provide professional services to your organization and to conduct Human value development programme online for undergraduate students.

With Regards,

Yours Sincerely,

*B.K Damayanti*

B.K Damayanti  
Sister-in-Charge  
Bhubaneswar

Director  
Institute of Health Sciences  
Bhubaneswar

**Module for Human value development program**

**DURATION: 6 HOURS**

**Days: One day**



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## TIME: 10 AM -5 PM

CONTENT	TIME
Welcome to Participants	10 AM
Inaugural Session	10 AM TO 10.30 AM
Tea Break	10.30 AM TO 10.45 AM
Introduction of participants Ground rules Fear & Expectations	10.45 AM TO 11.30 AM
Introduction to Human value Development	11.30 AM TO 1 PM
LUNCH	1 PM TO 2 PM
Success is my birth right	2 PM TO 3.30 PM
Tea Break	3.30 PM TO 3.45 PM
Fear or Face	3.45 PM TO 4.45 PM
Feedback by the Participants End of the programme	4.45 PM TO 5 PM

Director  
Institute of Health Sciences  
Bhubaneswar

## One day training report on Human Values Development

**Date -13/04/2021**

**Time-10am-5pm**



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One day Training program on human value development for BASLP and BPT student was conducted online due to Covid. The training program was conducted by Sister Damayanti. The main objective of the training program was to teach value-based education to students the manager topic of training were first success is my birthright second fear or face 3rd I am stronger than the situation Forth sanitisation and immunisation yourself.

Now a day the common man is constantly under mental pressure and hence there is a need for mental stability, peace self reliant and to achieve all this we need a strong and balanced mind and Prajapati Brahma Kumari ishwariya Vishwa Vidyalaya has been including valued education in this direction at the end of the traning sister Damayanti asked all the student about any doubts and queries and gave vote of thanks to all of them

Director  
Institute of Health Sciences  
Bhubaneswar

Title: Human Value Development Programme

Date: 13/04/2021

Resource Person name: B.K Damayanti

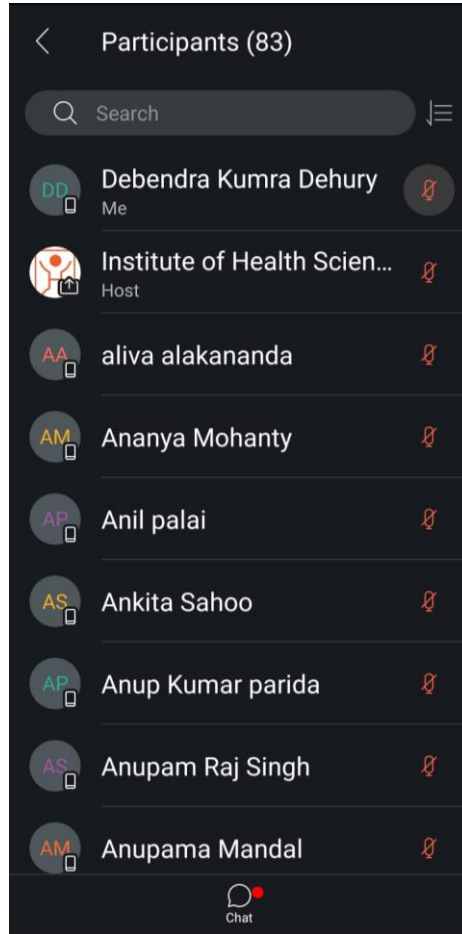


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Director  
Institute of Health Sciences  
Bhubaneswar

Ref No – IHS/Tra/183/ 20-21.

Date: 8.03.2021

To,



# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail:ihsbbsr@margdarsi.org, web: www.ihsindia.org

---

Dr.Sibananda Mishra  
Ph.D (Psychology)  
Bhubaneswar

**Sub: Invitation to conduct Personality and professional development program for undergraduate students of IHS.**

Sir,

Greetings from the Institute of Health Sciences (IHS). We invite you to share your expertise in Personality and Professional development programme with the UG students of IHS, pursuing BPT & BASLP degree under Utkal University.

We shall suggest your professional services as voluntary support for the IHS, a unit of Margdarsi, i.e. a non-profit organization. Your support will go a long way in shaping the career of the future Professionals in disability rehabilitation. You may please conduct a online Personality and Professional development program at your convenient time between 9 am. and 5 pm.

With warm regards

Director,  
Institute of Health Sciences  
Bhubaneswar

To,  
Director,  
Institute of Health Sciences  
Bhubaneswar



# INSTITUTE OF HEALTH SCIENCES

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---

Dear Sir,

With reference to your letter No. IHS/Tra/226(a)/20-21 on dated 10.03.2021, I accept your invitation to provide professional services to your organization and to conduct Personality and Professional development programme online for undergraduate students.

With Regards,

Yours Sincerely,

Dr.Sibananda Mishra  
Ph.D (Psychology)  
Bhubaneswar

Director  
Institute of Health Sciences  
Bhubaneswar

**Module for Personality and Professional Development**

**DURATION: 6 HOURS**

**Days: One day**

**TIME: 10 AM -5 PM**



# INSTITUTE OF HEALTH SCIENCES

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CONTENT	TIME
Welcome to Participants	10 AM
Inaugural Session	10 AM TO 10.30 AM
Tea Break	10.30 AM TO 10.45 AM
Introduction of participants Ground rules Fear & Expectations	10.45 AM TO 11.30 AM
Introduction to Personality and Profession	11.30 AM TO 1 PM
LUNCH	1 PM TO 2 PM
Success point on Professional Growth	2 PM TO 3.30 PM
Tea Break	3.30 PM TO 3.45 PM
Personal Development	3.45 PM TO 4.45 PM
Feedback by the Participants End of the programme	4.45 PM TO 5 PM

Director  
Institute of Health Sciences  
Bhubaneswar

## One day Training Report on Personality and Professional Development

Date- 10/03/2021

Venue- Balmukund Conference Hall, IHS



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Time- 10am-5pm  
Day

Duration- 1

23/05/21 on Personality and Professional development online programme for BASLP and BPT students of IHS was conducted at conference hall, Chandaka Campus, IHS. All the students of BASLP and BPT participated in the training programme. Mrs Pushpa Moharana was the trainer for the one day training on Analytical skill Development program.

Training Objectives:

By the end of this Personality and Professional development programme training, the participants will have

- Recognized different styles of Personality and how to improve understanding and build rapport with others. Reflected on different methods of personality development and decided when each is most suitable.
- Appreciated the role of body language and voice tone in effective communication.
- Dissent Appearance with good personality messages in an effective and engaging way for the recipient.

Communication is both an art and a science. It often involves acts of speaking and listening, reading and writing, but it also goes beyond these and incorporates the transmission of non-verbal language and messages communicated by other means. The act of communicating verbally serves to convey how we feel and how.

We think to others. Increasing knowledge and awareness of some of the components involved in effective communication can serve to improve how we use those components personality.

The purpose of personality and professional training is to improve the ability to individual presentation. Personal development is a core skill for professionals. Communication training courses enhance verbal and written communication skills, improving the quality and effectiveness of communication. Communication training courses teach practical techniques to enable participants to assemble thoughts and communicate them effectively, whether in





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~~a meeting, conference or at your desk. It's time to improve your communication skills and get your point across clearly and concisely.~~

In the training program, some exercises, energizers were conducted to do the training program more interesting. At the end, feedbacks from the students were also collected by the trainer. Finally, the training programme was closed at about 5 pm.

Director  
Institute of Health Sciences  
Bhubaneswar

Title: Personality and Professional Development

Date: 10/03/2021

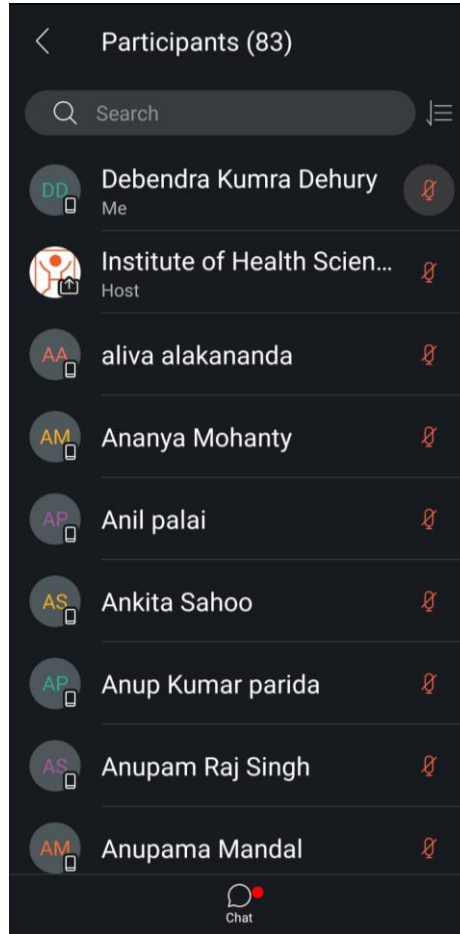
Resource Person name: Dr.Sibananda Mishra



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Director  
Institute of Health Sciences  
Bhubaneswar

Ref No – IHS/Tra/183/ 20-21.

Date: 2.03.2021

To,

Mr. Dipti Ranajan Mohanty



# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

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Yoga Trainer

Bhubaneswar

## **Sub: Invitation to conduct Employability skill development program for undergraduate students of IHS.**

Sir,

Greetings from the Institute of Health Sciences (IHS). We invite you to share your expertise in Employability skill development programme with the UG students of IHS, pursuing BPT & BASLP degree under Utkal University.

We shall suggest your professional services as voluntary support for the IHS, a unit of Margdarsi, i.e. a non-profit organization. Your support will go a long way in shaping the career of the future Professionals in disability rehabilitation. You may please conduct a online Employability skill development program at your convenient time between 9 am. and 5 pm.

With warm regards

Principal, Institute of Health Science,

Bhubaneswar.

Director  
Institute of Health Sciences  
Bhubaneswar

To,

The Principal  
Institute of Health Science,  
Bhubaneswar



# INSTITUTE OF HEALTH SCIENCES

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---

Dear Sir,

With reference to your letter No. IHS/Tra/226(a)/20-21 on dated 04.03.2021, I accept your invitation to provide professional services to your organization and to conduct Employability skill development programme online for undergraduate students.

With Regards,

Yours Sincerely,

*Dipti Ranjan Mohanty*

Mr. Dipti Ranjan Mohanty  
Yoga Trainer  
Bhubaneswar

  
Director  
Institute of Health Sciences  
Bhubaneswar

**Module for Employability skill development program**

**DURATION: 6 HOURS**

**Days: One day**



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**TIME: 10 AM -5 PM**

CONTENT	TIME
Welcome to Participants	10 AM
Inaugural Session	10 AM TO 10.30 AM
Tea Break	10.30 AM TO 10.45 AM
Introduction of participants Ground rules Fear & Expectations	10.45 AM TO 11.30 AM
Introduction to Employability skill Development	11.30 AM TO 1 PM
LUNCH	1 PM TO 2 PM
Skill Development	2 PM TO 3.30 PM
Tea Break	3.30 PM TO 3.45 PM
Relationship between Employability and skill	3.45 PM TO 4.45 PM
Feedback by the Participants End of the programme	4.45 PM TO 5 PM

Director  
Institute of Health Sciences  
Bhubaneswar

**One day Training Report on Employability skill Development program**



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Date- 04/03/2021

Venue- Balmukund Conference Hall, IHS

Time- 10am-5pm

Duration- 1

Day

04/03/21 on Employability skill Development program for BASLP and BPT students of IHS was conducted at conference hall, Chandaka Campus, IHS. All the students of BASLP and BPT participated in the training programme. Mrs Pushpa Maharana was the trainer for the one day training on Analytical skill Development program.

Training Objectives:

By the end of this Employability skills training, the participants will have

- Recognized different styles of communication and how to improve understanding and build rapport with others. Reflected on different methods of communication and decided when each is most suitable.
- Appreciated the role of body language and voice tone in effective communication.
- Communicated their message in an effective and engaging way for the recipient.

Communication is both an art and a science. It often involves acts of speaking and listening, reading and writing, but it also goes beyond these and incorporates the transmission of non-verbal language and messages communicated by other means. The act of communicating verbally serves to convey how we feel and how.

We think to others. Increasing knowledge and awareness of some of the components involved in effective communication can serve to improve how we use those components personality.

The purpose of employability skills training programme is to improve the ability to inform and persuade. Communication is a core skill for professionals. Communication training courses enhance verbal and written communication skills, improving the quality and effectiveness of communication. Communication training courses teach practical techniques to enable



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participants to assemble thoughts and communicate them effectively, whether in a meeting, conference or at your desk. It's time to improve your communication skills and get your point across clearly and concisely.

In the training program, some exercises, energizers were conducted to do the training program more interesting. At the end, feedbacks from the students were also collected by the trainer. Finally, the training programme was closed at about 5 pm.

Director  
Institute of Health Sciences  
Bhubaneswar

Title: Employability Skill Development Programme

Date: 04/03/2021

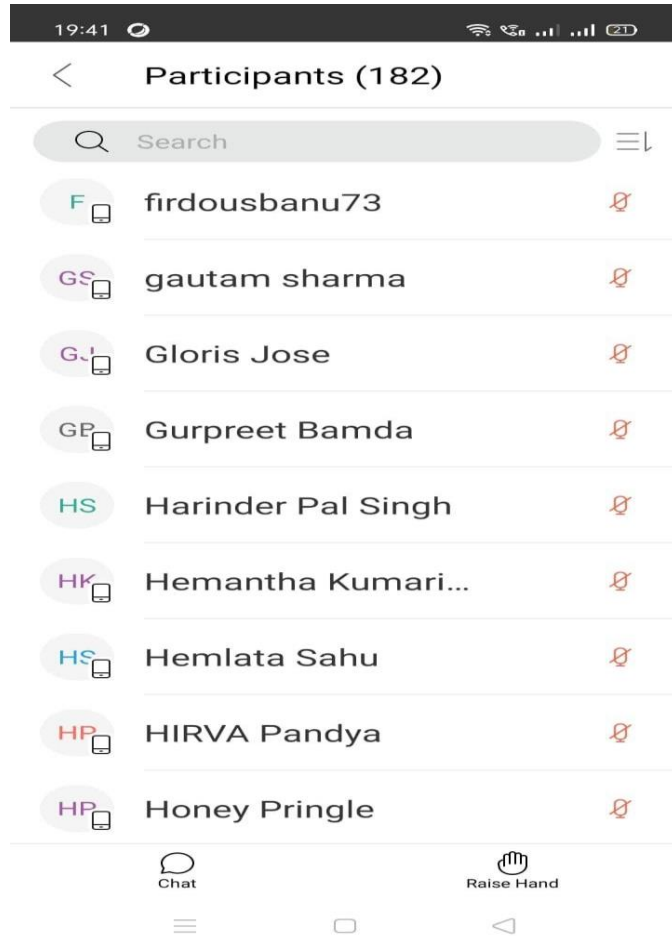
Resource Person name: Mr. Dipti Ranjan Mohanty



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Director  
Institute of Health Sciences  
Bhubaneswar



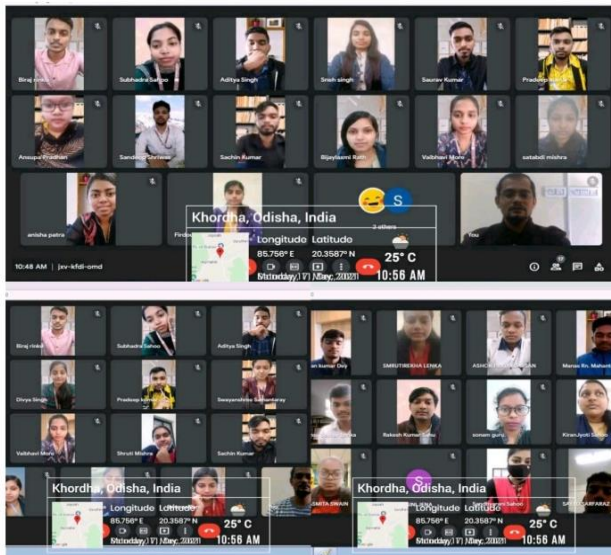
5.1.2 ACTIVITY PHOTOGRAPHS FOR STUDENT SUPPORT SYSTEMS



Training Program in Soft Skill, Employability Skill and Personality Development



Training Program on Soft Skill, Employability skill and Personality Development



Training on Yoga



Talk on Human Values



Training Program on Communication Skill Development



Training Program on analytical Skill Development