



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

Sector-01, Kamothe, Navi Mumbai - 410 209

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E-mail : registrar@mgmuhs.com | Website : www.mgmuhs.com

Value Added Course

SOFT SKILLS TRAINING

Dr. Rajesh B. Goel
Registrar

MGM Institute of Health Sciences
(Deemed University u/s 3 of UGC Act, 1956)
Navi Mumbai- 410 209

Dr. Shashank D. Dalvi
Vice Chancellor
MGM Institute of Health Sciences
Navi Mumbai - 410209



Mahatma Gandhi Mission's
Medical College

Value Added Course
[Conducted by Dept of Psychiatry]

Soft Skills Training

PRETEST

<p style="text-align: center;">Day – I</p> <ul style="list-style-type: none">✓ Introduction to soft skills + overview =30 Min✓ Communication skill in brief✓ Home work on listening skill	<p style="text-align: center;">Day – II</p> <ul style="list-style-type: none">✓ Review/ sharing from homework✓ Leadership skills training✓ Forming group✓ Leader's quality✓ Chairing meeting's / groups✓ Sharing before beginning✓ Assignment
<p style="text-align: center;">Day – III</p> <ul style="list-style-type: none">✓ Team work✓ Sharing from prior assignment✓ Team concept✓ Types of group dynamics✓ Games / Role play	<p style="text-align: center;">Day – IV</p> <ul style="list-style-type: none">✓ Problem sharing skills/ work ethics✓ Creative thinking✓ Analytical skills✓ Game / tasks✓ Assignment
<p style="text-align: center;">Day – V</p> <ul style="list-style-type: none">✓ Interpersonal relationship management✓ Importance✓ Why relation make & break (Element)✓ How to preserve existing relation✓ Assignment – Getting Connected	<p style="text-align: center;">Day – VI</p> <ul style="list-style-type: none">✓ Stress management✓ Sharing for arrangement✓ Stress Management Skill✓ Relaxation✓ Post Test & Feedback

Maximum intake: 50 Students/ Participant/ Batch

Total duration: 18 hours (Saturday, 6 Working day x 3 hour=18)

Time: 02:00pm to 05:00pm

Trainers: 1) Dr. Manik Bhise, Prof Psychiatry. 2) Dr. Deepanjali Deshmukh, Asst. Prof Psychiatry

Material Needed

- ✓ Projector + Screen
- ✓ Two cordless mikes
- ✓ Place for round tables arrangement
- ✓ 50 seating capacity/ arrangement