



Uka Tarsadia University
The Department of Humanities
One Day Training Program

On

“Capacity Building and Personality Development”

The Department of Humanities has organized **One Day Training Program** on **“Capacity Building and Personality Development”** for the Female Graduate and Post graduate (UTU students as well as outside UTU) of any age group.

Date: - 7th April 2023

Expert: - Mrs. Vanita Rawat, Dr. Mehul G. Thakkar, Dr. Sapan Naik & Dr. Rekha Mukherjee.

Organizing Committee: Ms. Sejal Vaghela, Ms. Anju Thomas, Ms. Shubhangi Moghe, Mr. Shwet Kamal.

Venue: - J.D. Auditorium

Time: - 9:30 am to 4:30 pm

All the participants arrived at the Venue hall by 8:30 am. High- tea and breakfast was arranged for all the participants as well as for the Guests and Experts. The total 300 participants were present in the hall.

The first session of the workshop began with the introduction of the Expert, **Mrs. Vanita Rawat**, NLP Practitioner, Motivator and Women Technopreneur. The introduction was given by Mrs. Arpita Vyas. The timing of the session was 9:30 am to 11:00 am. The Expert conducted the session on the importance of Software Applications.

The second session of the workshop began with the introduction of the Expert, **Dr. Mehul G. Thakkar**, Renowned Academician, Trainer and Motivator. The introduction was given by Dr. Anuradha Pathak. The timing of the session was 11:00 am to 12:30 pm. The Expert conducted the session on Professional Career Skills, i.e. **Interview Skills**. Some of the dos and don'ts while giving an interview.

The third session of the workshop began with the introduction of the Expert, **Dr. Sapan Naik**, Digital and IT Expert. The introduction was given by Dr. Yagna Vyas. The timing of the session was 12:30 pm to 1:30 pm. The Expert conducted the session on Digital Literacy and Effective use of Social Media.

After the third session, the break was given. Lunch was arranged for all the participants at the Boys Mess. Lunch was also arranged for all the Guests.

The fourth session of the workshop began with the introduction of the Expert, **Dr. Rekha Mukherjee**, Associate Professor & Head, Department of English, RG Science College. The introduction was given by Mrs. Palak Desai. The timing of the session was 2:30 pm to 3:30 pm. The Expert conducted the session on Listening and Brainstorming, Time Management and Stress Management.

After the workshop, certificates were distributed to all the participants and photographs were clicked with the Experts. In the end, Hi-tea was arranged for all the participants.

Photo Gallery:-

