# NATIONAL INSTITUTE OF TECHNOLOGY WARANGAL

## Certification & Registration

*Certification*

*Participants who successfully complete the programme will receive a Certificate of Participation.*

*Registration Details*

*Fee: ₹590 (including GST)*

*Seats: Limited to 100 students*

DIRECTOR NIT WARANGAL

SCAN & PAY

UPI ID: 40376545007nitw@sbi

*Registration link:*

*https://docs.google.com/forms/d/e/1FAIpQLSfqUCZcMQwgXv1meXDmgOnM1HJq8jyumixYVxWjUZjuf0IhaA/viewform?usp=header*

**Inclusions: Registration fee covers, Registration Kit, Handouts, Study materials, Printed Certificate and per-day working Snacks.**



# *Six-Day Holistic Skill Development Programme for Girl Students*

*(UG, PG & PhD)*

Sponsored by

**Hitachi Energy**

## ABOUT THE PROGRAM

This six-day holistic skill development programme is designed to empower girl students through a balanced approach integrating

- Soft Skills Development
- Mentoring & Life Skills
- Self-Counseling & Emotional Well-being

The programme focuses on building confidence, emotional intelligence, and career readiness through interactive sessions and experiential learning

**FOR GIRL STUDENTS (ALL STREAMS)**

**09 JULY – 15 JULY 2026**

**MODE: OFFLINE**

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राष्ट्रीय प्रौद्योगिकी संस्थान वरंगल
National Institute of Technology Warangal
An Institute of National Importance

&

**HITACHI**



## CENTRE FOR TEACHING AND LEARNING (CTL)

NIT WARANGAL, TELANGANA – 506004

## PROGRAM COORDINATORS


**Dr Ramya Devi**
Assistant Professor
Dept. of HSS , NIT Warangal

**Dr Kamalini Devi**
Assistant Professor
Dept. of Civil Engg. , NIT Warangal

**Dr Anbumathi P**
Assistant Professor
Dept. of Biotechnology, NIT Warangal


## COORDINATOR, UGC-MMTTC


**Prof. M. Sailaja Kumari**
Coordinator, UGC-MMTTC &
Head, Centre for Teaching and Learning
NIT Warangal



## OBJECTIVES

- Develop strong communication and interpersonal skills
- Enhance self-awareness and confidence
- Build emotional intelligence
- Introduce mentoring for academic and personal growth
- Strengthen decision-making adaptability and resilience
- Prepare for academic and career challenges

## METHODOLOGY

Interactive lectures
Role plays and simulations
Group discussions
Mentoring circles
Guided self-reflection
Experiential activities

## PROGRAMME STRUCTURE

Each day includes three key components:

- Soft Skills Development
- Mentoring & Life Skills
- Self-Counseling & Emotional Well-being

## SCHEDULE

10:00 – 11:00 AM SOFT SKILLS SESSION
11:00 – 12:00 PM ACTIVITY / ROLE PLAY/ SKILL PRACTICE
12:00 – 1:00 PM MENTORING & LIFE SKILLS SESSION
1:00 – 2:00 PM LUNCH BREAK
2:00 – 3:00 PM SELF-COUNSELING & EMOTIONAL SKILLS
3:00 – 4:00 PM REFLECTION, GROUP DISCUSSION & EXERCISES

## SELF-COUNSELLING TECHNIQUES COVERED

Reflective journaling
Cognitive reframing of negative thoughts
Emotional awareness mapping
Stress-release practices
Self-motivation and resilience tools



## PROGRAMME HIGHLIGHTS

Day 1 – Self-Awareness & Communication Foundation
Day 2 – Interpersonal Skills & Emotional Intelligence
(Sunday: Holiday)
Day 3 – Confidence, Assertiveness & Stress Management
Day 4 – Leadership, Mentoring & Decision-Making
Day 5 – Social skills, Resilience & Life Balance
Day 6 – Career Readiness & Empowerment

## EXPECTED OUTCOMES

- Balanced development of communication and life skills
- Improved emotional awareness and self-management
- Increased confidence and leadership potential
- Enhanced career clarity and personal direction
- Stronger mental and emotional well-being

> IF YOU EDUCATE A MAN, YOU EDUCATE AN INDIVIDUAL. BUT IF YOU EDUCATE A WOMAN, YOU EDUCATE A NATION

- DR. JAMES EMMANUEL KWEGYIR-AGGREY