



— महर्षि महेश योगी —
रामायण विश्वविद्यालय



MAHARISHI RAMAYAN CORPORATE RESOURCE CENTER

A Report On

“7-Day Employability Skills Training Program for Female Students”

Training Dates:

30 th March 2026	01 st & 02 nd April, 2026
08 th & 09 th April, 2026	13 th & 14 th April, 2026

Timing: 01:00 to 04:00 PM

Venue: Meditation Hall 1st Floor, MMYRV

Organized by: MMYRV Placement Cell (MRCRC),

In association with Mahindra Pride Classroom Supported by Mahindra Rise Implemented by Naandi Foundation.

Schools-Maharishi Schools of Engineering & Technology & Maharishi Schools of Business Management.

Objectives of the Program

- To enhance employability skills among female students.
- To develop effective communication and interpersonal skills.
- To promote self-awareness, confidence, and professional readiness.
- To provide knowledge of workplace ethics, digital identity, and financial literacy.
- To prepare students for interviews, placements, and real-world career challenges.

Orientation Program (March 30, 2026)-The orientation session for the Employability Skills Training Program was successfully conducted on March 30, 2026. A total of 66 female students from MSOBM and MSOET actively participated. The trainer introduced the structure of the program and highlighted its key outcomes, setting clear expectations for the participants.

Day 1 – April 01, 2026-The program commenced in a structured and engaging manner. Sessions on “I Am Unique,” Body Language, and Communication Skills helped students understand their individuality, strengths, and self-identity. Emphasis was placed on non-verbal communication such as eye contact, posture, and gestures. Students were also introduced to the **7 Cs of Communication**, forming a strong foundation for personal and professional growth.

Day 2 – April 02, 2026-The second day focused on Goal Setting and Time Management, Good Health for a Good Life, and Job Opportunities. Interactive activities such as My Shield for Myself, Stickman Exercise, Time Wheel, and Priority Matrix enhanced self-awareness and

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productivity. Students learned the importance of balancing personal well-being with career goals.

Day 3 – April 08, 2026-Sessions were conducted on Group Discussion Skills, Professional Communication, E-mail Writing Skills, and Money Management. Students learned to communicate effectively in professional settings and write clear, concise emails. Financial literacy was introduced through concepts like budgeting and the **50-30-20 rule**. An Interview Preparation Booklet was also distributed to all participants.

Day 4 – April 09, 2026-The focus was on Professional Ethics, Critical Thinking, and Project Presentation. Students gained insights into ethical workplace behaviour and logical decision-making. The project presentation session improved their confidence and ability to articulate ideas effectively, preparing them for internships and corporate environments.

Day 5 – April 13, 2026-Sessions included Digital Identity, Group Presentation, and Conflict Management. Students learned the importance of maintaining a professional online presence and building a strong personal brand. Group activities enhanced teamwork, while conflict management strategies equipped them to handle workplace challenges effectively.

Day 6 – April 14, 2026-The final day focused on Interview Preparation, Problem Solving, and Placement Readiness. Students were trained to face interviews confidently and improve their analytical thinking skills. Guidance was also provided on placement processes and career opportunities.

Conclusion-The program concluded with a certificate and trophy distribution ceremony. The Dean Academics, Dr. Reeta Jaiswal Ma'am, appreciated the enthusiasm and dedication of the participants. She encouraged students to apply the skills learned in their future careers.

The training program ended on a positive note, leaving a lasting impact on all participants by equipping them with essential skills for personal and professional success.