



## CIRCULAR



### SCHOOL OF HUMANITIES

#### Department of English

### CIRCULAR

Ref No: **AJU/BA Eng/41/2024**

Date: **06.08.2024**

#### Anti-Ragging Day Observance

Dear students,

This is hereby notified that the Department of English is going to observe 'Anti-Ragging Day' on 12<sup>th</sup> August, 2024 at 10.00 AM in the Room No. 128, Block A as per the UGC Regulations on 'Curbing the Menace of Ragging in Higher Educational Institutions, 2009'.

The events are as mentioned below:

- Talk on Anti-Ragging
- Slogan Writing on Anti-Ragging

All the students of B.A.-English (H) are supposed to attend the same and ensure active participation.

  
**Dr. Manoj Kumar Pathak**  
Event Coordinator

  
**Dr. Rajkumari Ghosh**  
Programme Coordinator  
Dept. of English  
Program Coordinator  
Department of English  
ARKA JAIN University, Jharkhand

## REDISCOVERING SELF: EXPLORING PERSONA: ONE-DAY OUTBOUND TRAINING

|                            |   |
|----------------------------|---|
| <b>Date of Event</b>       | <b>14 August, 2024</b>  |
| <b>Name of Event</b>       | <b>Rediscovering Self: Exploring Persona: One-Day Outbound Training</b> |
| <b>Type of Event</b>       | <b>Skill Development</b>  |
| <b>Conducted by</b>        | <b>Department of English</b>  |
| <b>Event Coordinator</b>   | <b>Dr. Manoj Kumar Pathak</b>   |
| <b>No. of Participants</b> | <b>04</b>   |

### Objective:

- To know better about oneself
- To get trained by a domain expert
- To mingle with fellow students and know each other
- To have an exposure of training in an external environment
- To put into practice such concepts as personality development, communication skills, team building, etc.

The Department of English under the aegis of the Centre for Capacity Building and Human Resource Development, ARKA JAIN University conducted a one-day outbound training program, 'Rediscovering Self: Exploring Persona' for the Batch 2024 on 14<sup>th</sup> August 2024 at Hotel Kannelite, Jamshedpur from 7.30 AM to 7.30 PM. It was with the objectives of helping new students know better about oneself, put into practice the concepts such as personality development, communication skills, team building and expose them to a sense of larger purpose and self-exploration.

**About the Speakers:** Ms. Amreen Luthra, Career and Confidence Coach, Founder-INDIGINXT

### Details:

The one-day outbound training program organized on the 14<sup>th</sup> August, 2024 for the students of B.A.-English (H) Batch-2024 offered numerous advantages for personal and professional development. The sessions taken by the career and confidence Coach Ms. Amreen Luthra were for team-building activities or leadership development. During the training, several sessions on teamwork, confidence building, personality exposure and leadership qualities were conducted by the trainer to bring advantages to the participants. The major advantages the trainees met with were enhanced teamwork, improved communication, leadership development, conflict resolution, stress management, problem solving, trust building, applicability of real-life situations etc. The participants were

required to work together to overcome challenges and achieve common goals fostering collaboration, trust, and improved teamwork among team members. The outbound activities required effective communication for success. The participants learnt to communicate clearly, listen actively, and provide feedback, which can translate into better communication within the workplace. The training involved leadership roles and responsibilities. It helped individuals develop leadership skills, such as decision-making, problem-solving, and motivating others. The trainees encountered conflicts during the outbound activities and they learnt to resolve these conflicts in a constructive manner leading to better conflict management skills in the workplace.

The outbound activities were physically and mentally challenging. The participants learnt to manage stress, stay focused, and remained calm under pressure, which can be valuable in high-pressure work environments for them in their professional life. The outbound activities presented participants with problem-solving challenges. This encouraged creative thinking, adaptability, and finding innovative solutions. Importantly, the participants gained insights into their own strengths, weaknesses, and personal limitations. This self-awareness would lead to personal growth and better self-management.

This was a good opportunity for the students to step out of their comfort zones and take calculated risks. This helped individuals develop courage and a willingness to take on challenges in their professional lives.

Trust is a critical component of any successful team or organization. The outbound training helped build trust among team members as they relied on each other to complete tasks and activities.

The skills learned during outbound training sessions were directly applied to real-life work situations, making them highly practical for professional development.

The outbound training sessions provided a valuable learning experience going beyond the confines of the traditional classroom or workplace, offering a dynamic and interactive environment for personal and team growth.

Dr. Charu Wadhwa, Asst. Director of Centre for Capacity Building and Human Resource Development, ARKA JAIN University and Dr. Manoj Kumar Pathak, Associate Professor of the Department of English and the event Coordinator accompanied the students throughout the session and boosted motivation among the students to do their best in the competitive events during the Outbound Training Program.

**Outcome:** increased confidence, enhanced teamwork and communication skills, improved problem-solving abilities, and a deeper understanding of personal strengths and weaknesses



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## POSTER



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Centre for Capacity Building and Human Resource Development

*Presents*

# REDISCOVERING SELF : EXPLORING PERSONA

**ONE-DAY OUTBOUND TRAINING PROGRAM**

Venue : The Hotel Kannelite, Sakchi, Jamshedpur

Time : 7:30 AM to 7:30 PM

### OUR SPEAKERS



**DR. RIMA DEY**  
Career & Confidence Coach



**MR. PRATIK DEO**  
Founder - IDIGINXT



**MS. AMREEN LUTHRA**  
Founder & CEO, A.L.T.S

### SCHEDULE

| Date & Day                         | Programme/s   | Venue<br>(The Kannelite) | Trainer           |
|------------------------------------|---|--------------------------|-------------------|
| <b>Aug 12, 2024</b><br>(Monday)    | BCA Batch I   | Hall 1                   | Ms. Amreen Luthra |
|                                    | BBA Batch I   | Hall 2                   | Dr. Rima Dey      |
| <b>Aug 13, 2024</b><br>(Tuesday)   | BCA Batch II  | Hall 1                   | Ms. Amreen Luthra |
|                                    | BBA Batch II + BBA LLB  | Hall 2                   | Dr. Rima Dey      |
| <b>Aug 14, 2024</b><br>(Wednesday) | B.Com + BA (Eng) + BA(FD) +<br>BA(JMC) B.Opto + B.Sc. Biotech | Hall 1                   | Mr. Pratik Deo    |
|                                    | MBA + MCA   | Hall 2                   | Ms. Amreen Luthra |





## PARTICIPANTS

**Centre for Capacity Building and Human Resource Development**  
**Attendance Sheet: One-day Culbound Training Programme**  
**Relinquishing Self: Exploring Powers**  
Venue: The Kannelite Hotel, Sakchi, Jamshedpur

Programme: B.A. ENGLISH (H)  
Batch Number (Mention if applicable): \_\_\_\_\_  
Name(s) of Faculty Coordinator(s): Dr. Manoj Kumar Pathak  
Date: 14/03/2024

| Sl. No. | Enrolment No. | Name of the Student     | Write Reporting at the Venue (around 07:00 AM) | Signature of the Student | Before Lunch (around 12:00 PM) | Signature of the Student | After Lunch (around 03:00 PM) | Signature of the Student | Write Departing from the Venue (around 05:00 PM) | Signature of the Student |
|---------|---------------|-------------------------|--|--------------------------|--------------------------------|--------------------------|-------------------------------|--------------------------|--|--------------------------|
| 1       | AJU240626     | Jenny Philomina Barnard | <i>[Signature]</i>                             | <i>[Signature]</i>       | <i>[Signature]</i>             | <i>[Signature]</i>       | <i>[Signature]</i>            | <i>[Signature]</i>       | <i>[Signature]</i>                               | <i>[Signature]</i>       |
| 2       | AJU240554     | Nishka Annu Tardar      | <i>[Signature]</i>                             | <i>[Signature]</i>       | <i>[Signature]</i>             | <i>[Signature]</i>       | <i>[Signature]</i>            | <i>[Signature]</i>       | <i>[Signature]</i>                               | <i>[Signature]</i>       |
| 3       | AJU241486     | Simran gounder          | <i>[Signature]</i>                             | <i>[Signature]</i>       | <i>[Signature]</i>             | <i>[Signature]</i>       | <i>[Signature]</i>            | <i>[Signature]</i>       | <i>[Signature]</i>                               | <i>[Signature]</i>       |
| 4       | AJU240892     | Riticka Prajapati       | <i>[Signature]</i>                             | <i>[Signature]</i>       | <i>[Signature]</i>             | <i>[Signature]</i>       | <i>[Signature]</i>            | <i>[Signature]</i>       | <i>[Signature]</i>                               | <i>[Signature]</i>       |

Coordinator(s) *[Signature]* Assistant Director (CCHRD) *[Signature]* Dean/HOD *[Signature]*

## PHOTOS OF THE EVENT



**Fig. 1.1 Ms. Amreen Luthra, Coach and Trainer conducting the session**



**Fig. 1.2 Students participating in Collaborative Activity**





**Fig. 1.3 Team work in progress during the Outbound training**



**Fig. 1.4 Students engaged in group tasks during the program**