



S.A. COLLEGE
OF
ARTS & SCIENCE
Affiliated to the University of Madras

Department of Training and Placement

First year training pattern

No. of training hours: 30 Hrs

S.No	Topics
Soft skills	
1	Stress Management
2	Anger management
3	Leadership
4	Personality Development
5	Time Management
6	Presentation skills
7	Inter personal Relationship
8	Emotional Intelligence
9	Communication

Domain based training: 30 Hrs