

# Report on One-Day Workshop on Life Skills

10/11/2023

Organised By Psychological Counselling Cell

Venue -Dept of Education GGV

A one-day workshop on life skills was conducted on November 10, 2023, at the Department of Education. The workshop aimed to equip participants with essential life skills that contribute to personal and professional development. Angelina V. Lal, the Psychological Cell Coordinator, served as the master trainer for the session.

## **Objectives**

The primary objectives of the workshop were to:

- Enhance participants' understanding of critical life skills.
- Provide practical tools and strategies for effective personal management.
- Foster self-awareness and interpersonal skills among participants.

## **Session by Angelina V. Lal**

Angelina V. Lal, the master trainer, led the main session with a focus on several key life skills:

- **Self-Management:** Techniques for setting goals, managing time effectively, and maintaining motivation.
- **Communication Skills:** Strategies for improving verbal and non-verbal communication, active listening, and assertiveness.
- **Emotional Intelligence:** Understanding and managing one's emotions, as well as recognizing and responding to others' emotions.
- **Problem-Solving and Decision-Making:** Approaches for analyzing situations, generating solutions, and making informed decisions.
- **Stress Management:** Methods for handling stress and maintaining mental well-being.

Angelina used interactive activities, group discussions, and real-life examples to engage participants and reinforce the practical application of the skills being taught.

## **3. Participant Engagement**

The workshop was highly interactive, encouraging participants to actively engage through role-plays, case studies, and group exercises. This hands-on approach helped participants practice the skills in real-time and gain immediate feedback.

## **4. Feedback and Reflection**

At the end of the workshop, participants shared their feedback and reflections. Many expressed appreciation for the practical insights and tools provided, noting that they felt more confident in applying the life skills to their daily lives.

## 5. Vote of Thanks

The vote of thanks was delivered by Dr. Rajeshwari Garg, Coordinator Psychological Counselling Cell GGV Bilaspur. Appreciation was extended to Angelina V. Lal for her insightful training, the Department of Education for hosting the event, and all participants for their enthusiastic involvement. The vote of thanks also highlighted the importance of continuous learning and encouraged participants to implement the skills learned in their personal and professional lives.





 **GPS Map Camera**



**Bilaspur, Chhattisgarh, India**

44JV+H7H, Department Of Pharmacy GGV Rd, Koni, Chhattisgarh 495009, India

Lat 22.131791°

Long 82.143935°

10/11/23 11:37 AM GMT +05:30