



Workshop on life skills
Organized by psychological counseling cell GGV
Bilaspur

DATE OF EVENT- 14/04/24

VENUE- Department of education guru ghasidas vishwavidyalaya bilaspur

Details of event proceeding

DATE	DETAILS OF THE SESSION	DETAILS OF THE RESOURCE PERSON	NUMBER OF PARTICIPENT
14/04/24	Workshop on life skills Organized by psychological counseling cell GGV Bilaspur	Mrs Angelina V Lal and Mrs Vibha Bansriar (Psychiatric Nurse and Master Trainers)and Psychological Cell members GGV Dr. Rajeshwari Garg and Dr. Prasenjit Panda they included interactive discussions, videos, and activities.	50-60 students

Qazalwan



A workshop on life skills focuses on equipping participants with essential skills that help them navigate daily challenges, make informed decisions, and improve their overall quality of life. These workshops can be tailored to various age groups, including students, young adults, or professionals, and can cover a wide range of topics depending on the needs of the participants.

Workshop Objectives:

- To help participants develop key life skills that will enable them to manage personal and professional challenges effectively.
- To enhance self-awareness, decision-making, and interpersonal communication.
- To equip participants with tools to build resilience, manage stress, and improve overall well-being.

Target Audience:

GGV students

Duration:

1-2 days (can be adjusted according to the depth of the topics covered)

Workshop Outline:

1. Introduction to Life Skills

- Overview: Definition and importance of life skills in personal and professional life.
- Activity: Ice-breaking activities to introduce participants and create a comfortable learning environment.

2. Self-Awareness and Personal Development

Topics:

- Understanding strengths, weaknesses, values, and interests.
- Goal setting and personal development plans.

Activities

- Self-assessment exercises.
- Vision board creation for goal setting.

3. Communication Skills

Topics

- Verbal and non-verbal communication.
- Active listening and empathy.
- Effective public speaking and presentation skills.

Activities

- Role-playing exercises to practice communication scenarios.
- Group discussions to enhance listening and speaking skills.



Emotional Intelligence and Stress Management

Topics-

- Understanding and managing emotions.
- Building empathy and interpersonal relationships.
- Techniques for stress management and relaxation.

Activities-

- Guided meditation or mindfulness exercises.
- Group discussions on managing stress in everyday life.

5. Time Management and Organization

Topics-

- Prioritizing tasks and setting realistic goals.
- Tools and techniques for effective time management.

Activities-

- Time management games.
- Creating personal schedules or to-do lists.

This workshop can help participants develop practical skills that they can apply in various aspects of their lives, leading to greater personal and professional success.

Head
Department of Education
Guru Ghasidas Vishwavidyalaya
Bilaspur (C.G.)