

Life Skills and Employability Skills

Our Programme is intended for implementation of Life Skills and Employability Skills training for students of four year under graduation courses.

The main objective of the LIFE SKILLS is to transform the in particular Students and the Institution in general by adapting a structured implementation strategy using experiential learning methodology, NLP techniques, Training and principles of Coaching for imparting life skills behavioral competencies.

Life skills education is an effective psychosocial intervention strategy for promoting positive social and mental health of adolescents which plays an important role in all aspects such as strengthening coping strategies and developing self-confidence and emotional intelligence.

We dealt the following Skills:

1. Self-awareness
2. Critical thinking
3. Creative thinking
4. Decision making
5. Problem Solving
6. Effective communication
7. Interpersonal relationship
8. Empathy
9. Coping with stress
10. Coping with emotion in the class room.

The activities are tailored to the requirement of our students. Different activities that we are using are Classroom Discussions, Brainstorming, Role Plays, Groups, Educational Games and Simulations, Analysis of Situation and Case Studies, Story-Telling and Debates.

These programs helped our students in motivating, providing practical, cognitive, emotional and social and self-management skills for life adjustments. These skills provided the confidence in facing the interviews and improved the chances of placement.

Thus, there is significance and importance of life skills education to be integrated into the regular curriculum to enhance the mental health of students, equip them with better adapted skills to face the challenges of changing life situations and empower them to become fully functioning contributors to the society.

Employability skills:

The skills that need to be acquired and practiced for better career placement opportunities are the skills that can be coined as ‘Employability skills’. These skills are imparted additionally to make the stake holders face interviews and be successful in getting employment in industries of their choice. Here are the glimpses of the activities performed by the students.



Yoga for mental peace



Blind fold for leadership qualities



Balloon arrangement for creativity



Group discussion for communication skills



Blind fold for management skills