

CAPACITY BUILDING PROGRAMME

- October 11, 2021

Capacity Building Programme

A workshop on Life Skill Education and Stress Management was conducted in college on 11 October 2021. Dr. Johnson Karoor was the resource person and chief guest of the programme.



The workshop was an interesting and informative one. Dr. Johnson Sir discussed some important life skills such as skill in decision making, skills of problem-solving, reflective thinking or creative thinking skills, skill of communication, skill of self-awareness, sympathy and empathy, interpersonal skills, skill of adaptability and flexibility and many more with us. He also engaged us in some interesting activities. The class ended at 1:15 pm.



