

**Report On**

**CERTIFICATE COURSE IN LIFE SKILLS AND THEIR  
PRACTICAL APPLICATION**

**Committee:** Extra-Curricular Activities Committee

**Programme:** Certificate course on '*Life Skills and Their Practical Application*'

**Resource Persons:**

Dr Amar Singh, Dr Nitin Vighne, Dr Mahendra Shette, Dr Balganpati Devarakonda, Dr Amitabh Dwivedi, Dr KeshavNath, Dr Pramod Mehra, Dr Aparajita Hazara, Dr Amarendra Sharma, Dr Sumit Gupta, Dr Vitthal Jaybhaye, Dr Sachin Patki, Dr Jyotsana Sinha, Dr Rekha Subramanyam.

**Date and Time:** 03<sup>rd</sup> October 2022 to 19<sup>th</sup> October 2022 from 4:00 pm to 7:00 pm.

**Objectives: -**

- 1) To explain the primary objective of life skills training that focus on personal development to promote confidence.
- 2) To help students become more assertive, and communicate effectively with others by developing good listening skills and learning to handle.
- 3) To explore participants' beliefs and attitudes through group discussions and confidence-building techniques such as positive visualization.
- 4) To encourage students to play to their strengths by engaging in creative activities and a healthy lifestyle.
- 5) To explain the importance of life skills that enable students to be more independent.

**Highlights: -**

The Certificate course in 'Life Skills And Their Practical Application' was organized for the students of BCCA I, B.Com I and MCM I of Prerna College. The duration of the course was a total of 42 hours. On the very first day, Dr Amar Singh taught the concept of



Significance and the need for Life skills and values. He explained the importance and benefit of Life skills and values. Also discussed problem-solving creative thinking, decision making and self-awareness. The second-day session was held by Dr Nitin Vighne, he explained how to manage emotions in life. He gave tips and advice to manage emotions such as being kind to others and being open and accepting what is going around you. The day 3 resource person was Dr Mahendra Shette. He expressed his view on the topic of Communication Skills. He explained about top communication skills in life and career. On day 4 Dr Balganpati Devarakonda held the session and describe how to use Interpersonal Skills, Dr Amitabh Dwivedi was the resource person on day 5 and he communicated on the topic of Critical Thinking, on day 6 Dr Keshav Nath expressed his views on the topic of Decision-Making Skills. On days 7, 8 and 9 Dr Pramod Mehra, Dr Aparajita Hazara and Dr Amarendra Sharma were the resource persons respectively. They create an impactful image on the topics respectively 'How to Developing Patience And Controlling Anger', 'Creative Thinking' and 'Problem-Solving Skills', they taught anger is natural but it can damage relationships. If a person learns how to control anger can limit the emotional damage. Dr Vitthal Jaybhaye communicated on Stress Management. On Day 12 Dr Sachin Patki discussed the topic 'Cooperation'. Dr Jyotsana Sinha explained how to Manage Time. Finally, day 14 was the ending session of the certificate course and the resource person was Dr Rekha Subramanyam. She shared her extraordinary knowledge on the topic 'Leadership'. The certificate course was successfully completed on 19<sup>th</sup> October 2022.

#### Program Outcome: -

- Students learnt the concept of significance and the need for life skills and their values. Also, they learnt the various importance of it.
- They learnt how to control emotions and understood the benefits of communication skills.
- Students learnt how to develop interpersonal skills.
- Students learnt how to develop patience and control their anger.
- Students learnt how to develop problem-solving skills.
- They learnt about self-awareness, stress management and cooperation.
- Students learnt how to develop critical thinking ability to think clearly and understand the logical connection between ideas.



  
Programme Co-ordinator  
Prerna College of Commerce

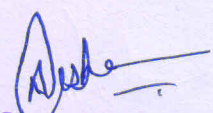


**No. of Beneficiaries:215 Students**

**Anchoring and Vote of Thanks by:**Ms Afsha Khan, Ms Rupali Surve, Ms Mrunali Nikure, Ms Kalyani Bawangah, Ms Shivani Mesawat, Ms Pooja Deokar, Ms Priyanka Chandawar.

**Programme Coordinator and In-charge:**Ms Neha Samundre, Assistant Professor, Department of Computer Science, Ms Afsha Khan Assistant Professor, Department of Computer Application.



  
**Programme Co-ordinator**  
Prerna College of Commerce