

Report on Seminar on Life Skills

Date: 18/02/2026

Time: 2 PM to 3 PM

Department: Information Technology (IT Dept)

Participants: 68

Introduction

The Information Technology Department organized a Seminar on Life Skills on 18/02/2026. The seminar was conducted with the objective of empowering students with essential life skills required to face academic challenges, workplace demands, and social responsibilities effectively. Life skills play a crucial role in shaping an individual's personality, decision-making ability, and overall growth.

Objectives of the Seminar

- To develop effective communication and interpersonal skills.
- To enhance critical thinking and problem-solving abilities.
- To build self-confidence and leadership qualities.
- To promote emotional intelligence and stress management.
- To prepare students for professional and personal challenges.
- To encourage positive attitude and ethical behavior.

The resource person covered various important life skills, including:

1. **Communication Skills** – Importance of verbal and non-verbal communication, active listening, and public speaking.
2. **Time Management** – Techniques for prioritizing tasks and maintaining productivity.
3. **Leadership & Teamwork** – Building collaboration skills and taking initiative.
4. **Decision-Making & Problem-Solving** – Analytical thinking and practical approaches to real-life problems.
5. **Emotional Intelligence** – Managing emotions, empathy, and maintaining healthy relationships.
6. **Stress Management** – Coping strategies and maintaining mental well-being.
7. **Goal Setting & Self-Motivation** – Planning career and personal growth.
8. **Ethics and Values** – Professional conduct and responsible citizenship.

Conclusion

The seminar on Life Skills was highly informative and beneficial for students. It helped them realize that academic knowledge alone is not sufficient for success; life skills are equally important for achieving personal satisfaction and professional excellence. The session concluded with a vote of thanks and positive feedback from participants.

Photos:



Mapping with Programme Outcomes:

Addressed	PO-1 Engineering knowledge
Not Addressed	PO-2 Problem Analysis
Not Addressed	PO-3 Design / development of solution
Not Addressed	PO-4 Engineering Tools, Experimentation & Testing
Not Addressed	PO-5 Engineering Practices for society, Sustainability and Environment
Not Addressed	PO-6 Project Management
Addressed	PO-7 Life-long learning solution