



# ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved | Electronic City, Bengaluru - 100

Reaccredited by NAAC with 'B++' Grade || Recognised under section 2(f) & 12(b) of the UGC Act || An ISO 9001: 2015 Certified Institution

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

## GANDHIAN STUDY CENTRE

### PRESENTS

# LIFE SKILL TRAINING PROGRAM

**DATE:24/05/2022**

**VENUE:ROOM NO.307**

**TIME:10AM TO 2:30PM**





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### Report on Life Skill Training Program

<b>Title</b>	Life Skill Training Program
<b>Date of Event(s)</b>	24/05/2022
<b>Department/Association/ Cell/Committee</b>	Gandhian Study Centre in association with Dept. of Epidemiology, Centre for Public Health, NIMIHANS, Bengaluru
<b>Venue</b> <i>(Mention the platform if it is online)</i>	Room no B07
<b>Number of Participants</b>	50
<b>Target Audience</b>	-

<b>Resource Person(s) with qualification (if applicable):</b>	-
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<b>Place of visit/ details of Industrial Visit place (if applicable):</b>	
<b>Event Coordinator</b>	Karibasavanagowda

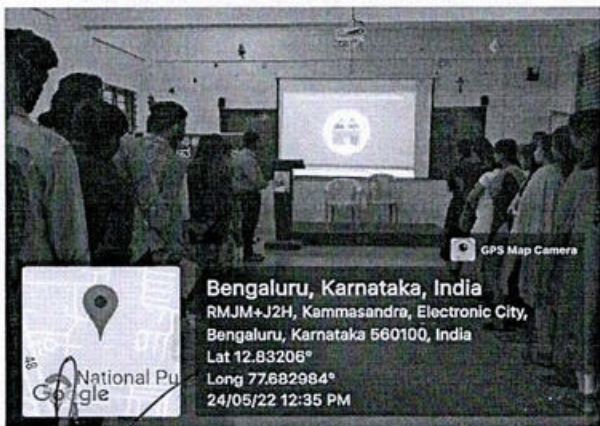
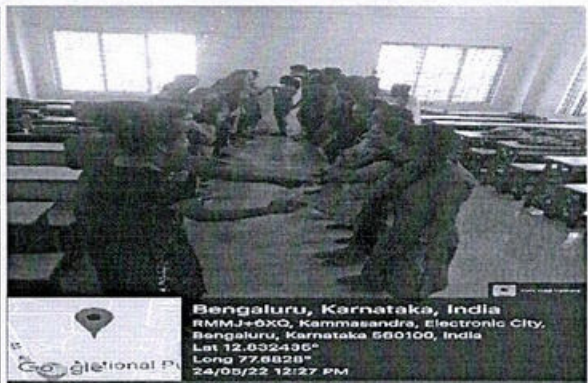
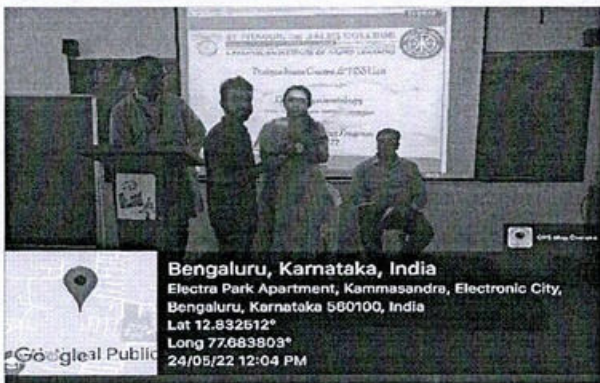
Postgraduate Centre & NSS Unit in association with Dept. of Epidemiology, Centre for Public Health, NIMHANS, Bengaluru organised "Life Skills training Program" on 24.05.2022. The training program began at 10.00 am and concluded at 2.30 pm. Prof. Karibasavana Gowda, NSS Officer, St. Francis de Sales College Introduced resource people and spoke about several program taken up by NSS wing from NIMHANS Mr. Shiva Kumar and Ms. Swathi from NSS Wing, NIMHANS, Bengaluru handled the session They began defining life skills and its effect. Through several activities, importance of life skills was explained to students. Entire session was filled with activities. Videos speaking about topics were shown to students. Reflecting the videos brought in different perspective of looking at things. Students expressed their fun learning throughout the sessions.



was taken and helpline numbers were shared with students. Several doubts raised by students were clarified. As a whole the training program was effective.

Positive Outcome: The objective of the life skills training program was to build life skills among students. Life skills are important for them to build their careers and also personal life. The session was very useful. Students could relate to several day-to-day situations and ways to deal with it. Life skills training was successful by catering to all its objectives.

*Photo Gallery*

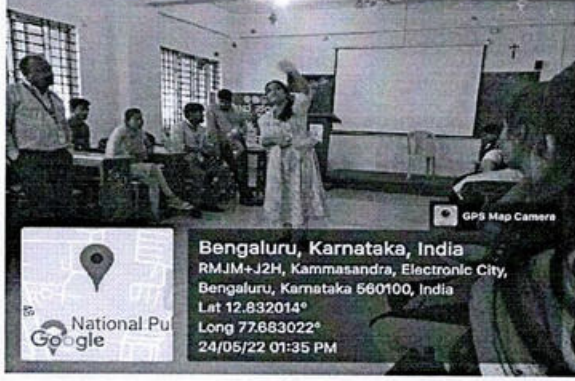


**COORDINATOR**  
Gandhian Study Centre  
St. Francis de Sales College  
Bengaluru - 560100



*Royale*

**PRINCIPAL**  
St. Francis de Sales College  
Electronics City Post, Bangalore - 560100



**Supporting Document:**



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**A FRANCISIAN INSTITUTE OF HIGHER LEARNING**

Date: 23.05.2022

To,  
**Dr. Pradeep B S**  
 Professor  
 Dept. of Epidemiology, NIMHANS  
 Bangalore

Respected Sir,  
**Sub: Request to depute Resource Person for conducting "Life Skills Training Programme" for Postgraduate Students at St Francis de Sales College, Bengaluru on 24.05.2022**

With reference to the above cited subject, I Prof. Karibasavana Gowda G, NSS Trained Officer would like to inform you that we are planning to conduct Life Skills Training Program for our Postgraduate Students. We have students from Psychology, Commerce, Mathematics and Economics streams. I request you to *Depute Resource Persons to conduct Life Skills Training Program* in our college on **24.05.2022**. Our students would be highly benefitted by the training program. Kindly Oblige.

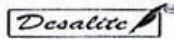
Thank You

With Regards,

  
 Prof. Karibasavana Gowda G  
 NSS Officer  
 St Francis de Sales College  
 Bengaluru  
 THE PROG. OFFICER - NSS  
 ST. FRANCIS DE SALES COLLEGE  
 ELECTRONIC CITY P.O.,  
 BANGALORE - 560 100



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 www.stfscollgo.in



**Report prepared by:**

Prof. Karibasavana Gowda g  
 Asst. Professor  
 Dept of Kannada & NSS Program officer  
 St Francis de Sales College

  
**PRINCIPAL**  
 St. Francis de Sales College  
 Electronics City Post, Bangalore - 560 100



ಸಂಯೋಜನಾಧಿಕಾರಿ  
 ಗಾಂಧಿ ಅಧ್ಯಯನ ಕೇಂದ್ರ  
 ಸಂತ ಫ್ರಾನ್ಸಿಸ್ ಡಿ ಸೇಲ್ಸ್ ಕಾಲೇಜು,  
 ಎಲೆಕ್ಟ್ರಾನಿಕ್ ಸಿಟಿ, ಹೆಬ್ಬಾಳೆ,  
 ಬೆಂಗಳೂರು - 560100.

# Volunteer list

ಗಾಂಧಿ ಸ್ತರಣ - ಗಾಂಧಿ ನವರು

1. Dhanush Kumar	II <sup>nd</sup> Bcom 'A'
2. Bharath. B	II <sup>nd</sup> Bcom. 'A'
3. <sup>Johnson. S</sup> <del>Pragata</del> <del>Prabhath</del>	<del>II<sup>nd</sup> B.com 'B'</del> <del>II<sup>nd</sup> BBA</del>
4. Sindhu	II <sup>nd</sup> BCA
5. Rakshitha	II <sup>nd</sup> BCA
6. Harushitha. G	III <sup>rd</sup> BCA
7. Janani	II <sup>nd</sup> Bcom. 'D'
8. Vivitha .m	I <sup>st</sup> Bcom. 'C'
9. Bhoomika. G.P	I <sup>st</sup> Bcom. 'B'
10. Swathi. m	III <sup>rd</sup> Bcom 'A'
11. Shalini. R	II <sup>nd</sup> Bcom 'A'
12. Angel	II <sup>nd</sup> Bcom 'C'
13. Pragati	I <sup>st</sup> BBA 'A'
14. Shreya	I <sup>st</sup> BBA 'A'
15. Nandini	II <sup>nd</sup> Bcom 'D'
16. Ahalya	II <sup>nd</sup> Bcom 'A'



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 ಬೆಂಗಳೂರು - 560100