



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



Postgraduate Centre & NSS Unit

in association with

Dept. of Epidemiology

Centre for Public Health, NIMHANS, Bengaluru

Organizes


Life Skills Training Program

Time: 10.00 a.m to 1.00 p.m

24.05.2022

Venue: B07




ಕಾರ್ಯಕ್ರಮಾಧಿಕಾರಿಗಳು
ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ
ಸಂಠೆ ಪ್ರಾನ್ಸಿಸ್ ಡಿ ಸಾಲೆಸ್ ಕಾಲೇಜು
ಹೆಚ್ಚಿನೊಡೆ, ಬೆಂಗಳೂರು.



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NATIONAL SERVICE SCHEME UNIT

Postgraduate Centre

Report of "Life Skills Training Program"

Title	Life Skills Training Program
Date of Event(s)	24.05.2022
Department / Association	Postgraduate Centre & NSS Unit in association with Dept. of Epidemiology, Centre for Public Health, NIMHANS, Bengaluru
Venue	Room No. B07
Number of Participants	50

Report:

In a constantly changing environment life skills are important to face the everyday challenges. People undergo stress and frustration to cope with the increasing pace and changes in the lifestyles. Gen Z and Gen Alpha kids will have many new jobs over the course of their lives, with associated pressure and the need for flexibility. Life skills would help them to find new ways of thinking and problem solving. It makes them competent to know how to make their lives easy and simple. It builds skills to make life creative and meaningful. Finding new ways of thinking and problem solving build confidence both in spoken skills and to make our life ways and simple, how to create a positive life, how life can be spent in the right way for group collaboration and cooperation. Life skills make people competent to know how to make our life easy and simple, how to create a positive life, how life can be spent in the right way.

Postgraduate Centre & NSS Unit in association with Dept. of Epidemiology, Centre for Public Health, NIMHANS, Bengaluru organized "Life Skills training Program" on 24.05.2022. The training program began at 10.00 a.m and concluded at 2.30 p.m.. Prof. Karibasavana Gowda, NSS Officer, St Francis de Sales College introduced resource people and spoke about several programs 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 through out the sessions. Feedback 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.

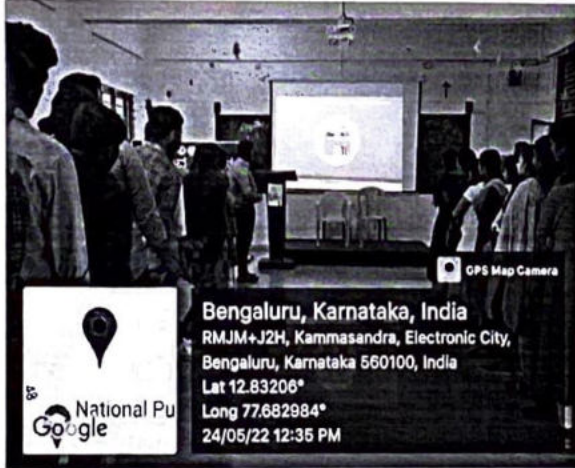
Photo Gallery



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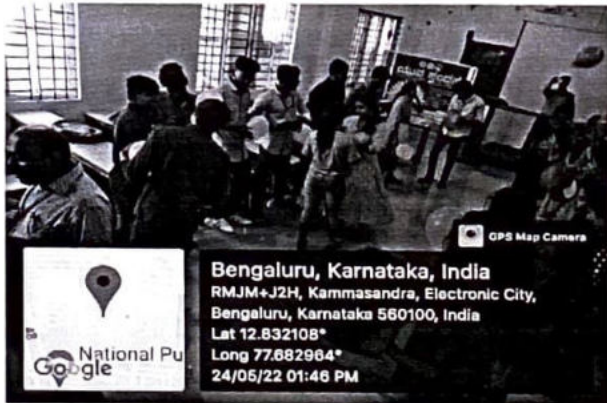
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Supporting Document:

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



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 THE PROG. OFFICER - NSS
 ST. FRANCIS DE SALES COLLEGE
 ELECTRONIC CITY P.O.,
 BANGALORE - 560 100



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Date: 23.05.2022

To,

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

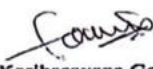
Respected Sir,

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. Karibasavanna 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 benefited by the training program. Kindly Oblige.

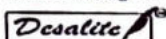
Thank You

With Regards,


Prof. Karibasavanna 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.stfsccollege.in



Report prepared by:

Prof Karibasavanagowda G

NSS Program Officer

St Francis de Sales College


THE PROG. OFFICER - NSS
ST. FRANCIS DE SALES COLLEGE
ELECTRONIC CITY P.O.,
BANGALORE - 560 100



NSS

Attendance Sheet- Life Skills Training Program

Date: 25/5/2022


S.NO	NAME	
1	KANISH KUMAR	Kanish
2	KANMANI.K	Kanmani
3	KRUTHIKA.MR	Kruthika
4	KUSHBOO KUWAR R	Kushboo
5	LAKSHMI C	Lakshmi
6	LALNUNZUALI	LalNunzuali
7	LIYA LAZAR	Liya Lazar
8	MANOJ NELSON	Manoj Nelson
9	M.AKASH	M.Akash
10	MRUDHULLA SHREE R	Mrudhulla
11	NAVEEN KUMAR DA	Naveen
12	NAVIN KUMAR K	Navin
13	NANDHINI V	Nandhini
14	NAVYASHREE S	Navyashree
15	POOVIZHI D	Poovizhi
16	PAVITHRA.R	Pavithra
17	POOJA MALLIK	Pooja Mallik
18	PAVITHRA.R	Pavithra
19	PRIYA SHREE S	Priya
20	PRIYA M	Priya
21	PRIYANKA RATHANSIGH RAJPUT	Priyanka
22	PUNITH M	Punith
23	RAMYA.M	Ramyam
24	RAKSHIDHA DEVI B	Rakshidha
25	RAKSHITHA.S	Rakshitha
26	RAKESH R	Rakesh
27	ROSHINI J	Roshini
28	RITU J	Ritu
29	SAHANA MOHAN NAMBIAR	Sahana
30	SAMYUKTHAA R	Samyuktha
31	SANDHYA.S	Sandhya
32	SANKALPA R	Sankalpa
33	SHAISTHA	Shaistha
34	SHALINI R	Shalini
35	SHRADDHA D	Shraddha
36	SHUBHA SHREE H	Shubha
37	SINDHU L	Sindhu
38	SUCHITHRA H	Suchithra
39	SUMA MARY ANAND	Suma
40	SUMATHI.S	Sumathi



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ಸಂಕಲ್ಪ ಸ್ಪರ್ಧೆ ಮತ್ತು ಸಾರ್ವಜನಿಕ ಕಾರ್ಯ
ಸಂಸ್ಥೆ, ಬೆಂಗಳೂರು.

41	VIDYA N	Vidya
42	VIKRAM K R	Vikram
43	SADHUM AKSHITHA	Sadhuma
44	SOWANDARYA R	Sowandarya
45	LAVANYA B	Lavanya
46	SONALI KHATUM	Sonali
47	SUJI S	Suji
48	M KAVYA	M. Kavya
49	CHARMIE D	Charmie
50	ANU PRIYA.M	Anu Priya




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 ಸಂತ ಫ್ರಾನ್ಸಿಸ್ ಡಿ ಸಾಲಿಸ್ ಕಾಲೇಜು
 ಹೆಚ್ಚಿನೂಡಿ, ಬೆಂಗಳೂರು.