



**DKM COLLEGE FOR WOMEN (AUTONOMOUS)
VELLORE**

DEPARTMENT OF MANAGEMENT STUDIES

STATE LEVEL SEMINAR

ELITE UTSAV 2018

DR.J.SRINIVASAN,

ASSOCIATE PROFESSOR AND RESEARCH SUPERVISOR,

PG AND RESEARCH DEPARTMENT OF COMMERCE,

**RAJESWARIVEDACHALAM GOVERNMENT ARTS COLLEGE,
CHENGALPAT**

LIFE SKILLS AND PERSONALITY ENRICHMENT

1ST FEBRUARY 2018

Venue: D Conference Hall

WRITE UP

A state level seminar was conducted by our Department On 1st February 2018 in D Conference Hall. The programme was headed by Dr.J.Srinivasan, Associate Professor and Research Supervisor, PG and Research Department of Commerce, RajeswariVedachalam Government Arts College, Chengalpat. The students of our college and other colleges were participated and presented many events.

Dr.Srinivasan started the topic with the concept of Life Skills and understand the need and importance of Life Skills in day today life. Skills are the learned capacity which helps us to do a task effectively. Skills are abilities to use know-how to complete tasks, Skills are acquired through practice and patience, A skilled person uses less time, energy and resources to do a job and produces quality results , Skills are gained through school/college, work experiences, hobbies, books, elders, peers etc Skills can be improved if we could identify, analyze and practice them.

Types of Skills: Literary skills - Reading, writing & Numeric Skills , Language Skills - Using languages in writing/speech, Functional skills - Filling of Bank forms, Able to read Maps, using ATM, mobile, computer etc. , Livelihood Skills: Vocational Skills – Carpentry, Tailoring, Handicrafts etc. and Technical Skills - The knowledge and abilities needed to accomplish mathematical, engineering, scientific or computer- related duties, as well as other specific tasks.

Life Skills are abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life (WHO) Adaptive means that a person should have the flexibility to adjust according to the situation.

For positive behavior, a person needs to have positive thinking and look at opportunities even in difficult situations, in order to cope with the situation.

10 Core Life Skills are Self Awareness, Effective Communication, Critical thinking, Decision Making, Coping with emotion, Empathy Interpersonal, Relationship Creative thinking, Problem Solving, Coping with stress.

Dr.Srinivasan spoke on various topics like personality skills, Communication development, critical thinking for the benefit of students.

He shared many slides related to critical thinking. He interacted with the students and gave some task to students. All students participated many task and they also learned many things related to communication development, critical thinking. Students enjoyed the session. The first session was ended with the vote of thanks.

During the second session we have conducted events like Adzap, MIME and Corporate walk for students.

The ADZAP was conducted on the topic Promoting Traditional Health drinks with the certain terms and conditions. Apart from our college, students from around seven colleges participated with lot of zeal and enthusiasm.

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