The programme “Life Oriented Values” was conducted to all the students on 31st January 2020. Dr. Jayalakshmi Retd. Principal, Lady Willingdon college of Education, Chennai was the resource person.

The speaker focussed on life oriented values essential for all individuals. The speaker classified the life values for people of four kinds namely, the individuals- male or female, the teacher trainees, the professional teachers and the citizens. She talked in detail about the values essential and apt for all four categories. As the group being addressed was of student teachers, the speaker went on to speak about the life values needed for teachers.

As per the speaker, a teacher trainee must develop the skill of communication as this skill stands supreme to all others. The speaker also advised the gathering to focus on continuing professional development with a dedicated mind to lead a happy life.