

WORKSHOP ON LIFE SKILLS

Life Skills workshop was organised for the first year students on 21.02.2020 and 22.2.2020. Dr. Zarina Ahmed, Assistant Professor, Department of Psychology, Ms.Jelin Rebekah, Student counsellor and Ms.Jemmy, Assistant Professor, Department of Psychology from Women's Christian College, Chennai were the resource persons.

Sessions on Understanding Self, Interpersonal Relationship and Emotional Management, Student Challenges & Teacher Attitude and conflict Management were conducted during the Workshop. Every session had an activity in which the students participated enthusiastically.

