

WEBINAR ABOUT ESSENTIAL LIFESKILLS FOR SUCCESSFUL YOUTH

In connection with National Youth day, a webinar was organized by the Department of Psychology in collaboration with women development cell of Vimala College on January 18, 2021 from 10:30 to 11:30am. The main purpose of the webinar was to create an awareness about essential life skills for successful youth. It was a well organized webinar with the participation of many students.

The webinar was organized by the faculty coordinator, Dr Sinto P Anto, Assistant Professor and Head of the Department of Psychology, Vimala College. The resource person, Dr Firdousiya PC, Assistant professor, Department of Psychology, Amal College of advanced studies, Nilambur gave a very informative talk about the essential life skills for successful youth. The webinar started with a prayer by Neenu TS, student coordinator from the department of psychology. The gathering was then welcomed by Midhuna P (student coordinator). The resource person started the webinar by explaining what is Life skills and made everyone clear that they are the abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of every day life. Then she explained about the main 10 core life skills which are Self-awareness, Empathy, critical thinking, creative thinking, Decision making, Problem solving, Effective communication, Interpersonal relationship, Coping with emotions, and Coping with stress. Each of these Skill were explained well and also their relevances. The session was made much more interesting by giving task to the students for analyzing their creative thinking. She concluded her talk by explaining some of the very relevant key messages and then there was an interactive session between the resource person and the students.

The webinar was concluded by a vote of thanks by Harsha Raveendran and e certificates were also issued to the students for their participation. The session was so helpful that all the students had a self satisfaction at the end, as they could gain knowledge about the life skills for a successful youth.

P You are presenting

Jacqueline Ken... and 53 more

65 10:36 AM Presentation (You)

Just Happy!

Albina Arun Farzana Lishad firdousiya akbar

Nansy M.P Midhuna P Adheena Joby

Sona John shabna Aboobaker Neenu S

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10:36 AM 1/18/2021

P You are presenting

Sruthi Elizabeth ... and 55 more

67 10:38 AM Presentation (You)

Just Happy!

Albina Arun Farzana Lishad firdousiya akbar

Nansy M.P Midhuna P Adheena Joby

DIVVa Das shabna Aboobaker Neenu S

Rhethunanda VP has left the meeting

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10:38 AM 1/18/2021