

NAM COLLEGE KALLIAKKNDY
DEPARTMENT OF MANAGEMENT STUDIES
LIFESKILL DEVELOPMENT PROGRAMME

DATE:29/03/2023

Department of management studies in association with IQAC and Department of Physical Education conducted a life skill development programme for the for the first year students. The life skills are essentially those abilities that helps to promote mental well being and competence in young people as they face the realities of life.life skills can include the ability to manage the emotions, health, relationships etc...

Life skills education helps students to build confidence in both communication and cooperative and collaborative skills, Provide them with tools important for development, find new ways of thinking and problem solving and provide methods on how to socialize, make new friends etc.

Mr. Abdul Ahad , Head of Physical education department handled the session and had an interactive session with students to clarify their doubts related to the topic.

Mr. Abdul Ahraf M, Head of the department, Mr. Muhammad Anzeer k k, (Asst.professor), Mrs.Shabana(Asst. Professor), Miss.Aswathi K(Asst.professor)are joined in the programme.

