



**MAR BASELIOS CHRISTIAN COLLEGE OF
ENGINEERING AND TECHNOLOGY, PEERMADE**

DEPARTMENT OF ELECTRICAL AND ELECTRONICS ENGINEERING

REPORT

ON

LIFE SKILL DEVELOPMENT

05-01-2024

LIFE SKILL DEVELOPMENT REPORT

OBJECTIVE:

The objective of the Life Skill Development Program was to equip students with essential life skills such as communication, critical thinking, emotional intelligence, leadership, decision-making, time management, and teamwork. The program aimed to help participants become more confident, responsible, and capable of handling real-life challenges both personally and professionally.

DATE & VENUE:

The program was conducted on 05/01/2024 at MAR BASELIOS COLLEGE OF ENGINEERING AND TECHNOLOGY, from 9:30 AM to 12:30 PM.

ACTIVITIES CONDUCTED:

- Ice-breaking sessions to promote comfort and group interaction
- Interactive workshops on communication, self-confidence, and stress management
- Group discussions and role-plays to encourage problem-solving and team-building
- Time management and goal setting sessions with real-life examples
- Motivational talk by an invited guest speaker or life coach
- Feedback and reflection activity to evaluate personal learning outcomes

PARTICIPANTS:

A total of 50+ students and staff participated in the event, out of which 200 successfully donated blood. Volunteers helped coordinate the entire process, ensuring smooth operations and maintaining hygiene protocols.

IMAGES:





OUTCOME:

The participants gained practical insights into managing daily challenges, setting realistic goals, working in teams, and communicating effectively. The program was successful in improving their self-awareness and confidence. Positive feedback was received from most attendees who expressed a desire for more such sessions in the future.

- | | |
|--|---|
| PO8 – Ethics | Encourages personal responsibility, integrity, respect for others, and professionalism in work and life. |
| PO9 – Individual and Team Work | Promotes collaboration, team building, leadership, and emotional intelligence. Activities often involve group tasks or simulations. |
| PO10 – Communication | Enhances written, verbal, and non-verbal communication skills—essential for interviews, presentations, and workplace interactions. |
| PO11 – Project Management and Finance | If the program includes modules on time management, budgeting, or leadership, it supports project management aspects. |
| PO12 – Life-long Learning | Instills adaptability, resilience, self-awareness, and openness to continual learning and personal development. |

CONCLUSION:

The Life Skill Development Program was a well-received and enriching experience for all participants. It provided valuable tools to help students face personal and professional challenges with confidence and maturity. Such initiatives play a vital role in shaping the holistic development of students and should be organized regularly. The organizers express gratitude to all participants, trainers, and volunteers who contributed to the success of the event.