


Virtual Talk on Life Skills: A Report

The department of English hosted a virtual interaction between students of MA 1st, 3rd semesters and B.A.III on the theme of “Life Skills” on Dec 4th 2021. Prof. Praveen Kumar, (Retd. Principal, G.C. Sarahan) spoke about the various skills required to sail through the sea of life. He deliberated on need to inculcate the following life skills to navigate through the ups and downs of life with resilience:

1. Communication Skills
2. Emotional Intelligence
3. Critical Thinking
4. Time Management
5. Adaptability and Resilience
6. Decision Making
7. Financial Literacy
8. Conflict Resolution
9. Stress Management
10. Networking and Social Skills

Thirty eight students participated in lively discussion with the invited speaker. The session was steered by Prof. Kamayani and the other members of the English Department were also present during the session.


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