



**AVINASHILINGAM INSTITUTE FOR HOME
SCIENCE AND HIGHER EDUCATION FOR WOMEN,
COIMBATORE- 641043**

COMMUNICATION SKILLS CENTRE

REPORT OF THE

LIFE SKILLS TRAINING

ACADEMIC YEAR 2023-24

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Annexure-1- Questionnaire of the Students' feedback

1. PREFACE

The Communication Skills Centre functioning with an aim to elevate and enrich the holistic personality of the students by upgrading their skill sets, conducted the Life Skills training for the I UG 2023 batch of students between January and April 2024, for both campuses.

2. COURSE OBJECTIVES:

1. To inculcate essential skills necessary to build self-efficacy and self-esteem.
2. To enhance the skills that contribute towards an all-round harmonious development of an individual
3. To facilitate a transformational learning that promotes better intellectual, emotional and social competencies
4. To foster special emphasis on Universal Human Values and their impact on integral humanity
5. To hone one's ability to handle personal and professional life with balance.
6. To instill one's creative thinking through practical experiences that would pave way for a better perception of life.

3. COURSE MODULES (UNITS):

Module 1: Self Awareness Skills

- 360 degree analysis of self
- SWOT Analysis
- Concept of Johari Window

Module 2: Self-Management Skills

- Personal, Social and Professional Etiquettes
- Health & Hygiene
- Emotional Intelligence & Coping with stress
- Goal setting and time management

Module 3: Value Enrichment Skills

- Ideals and principles of Spiritual Leaders like Swami Vivekananda
- Thirukkural as a gift to humanity, life lessons from our scriptures
- Values of Love, Compassion, caring & sharing, respect and gratitude

Module 4: Career Skills

- Teamwork, Leadership and Management Skills
- Innovative and Entrepreneurial Skills

Module 5: Ethics and Integrity

- Learning through Biographies
- Ethical and moral codes of conduct

4. TRAINING METHODOLOGY ADOPTED

Story Telling	Creative Visualization	Theme Based Learning Environment	Whole Brain Learning	Game & Activities
Introspection	Role Plays	Group Discussions	Simulation	Demonstration
Inquiry Based Learning	Case Study	Debate	Music & Dance	Brainstorming

Activities & Ice Breakers conducted:

- Rock,Paper,Scissors
- Word association activity
- Johari Window
- SWOT Analysis
- Blind Folded

- What is on your desk
- Gratitude jar
- Personality test quiz
- Chinese Whisper
- Role play(Thirukkural)
- Back-to-Back drawing
- Inspiring personality
- Human Knot

5. TRAINING SCHEDULE

Campus	Dates	Batches /School
Main Campus	01.02.24 to 03.02.24	Commerce & Management
	06.02.24 to 09.02.24	Arts & Social Sciences
	20.02.24 to 22.02.24	Bio Sciences
	13.03.24 to 15.03.24	Home Science
	18.03.24 to 20.03.24	Physical Sciences & Computational Sciences
Campus II	31.01.24, 07.02.24 & 15.02.24	S.F. Batches
	25.03.24, 26.03.24 & 27.03.24	Engineering Batches

6. Course Outcomes

- Balance Professional and personal circumstances with high self-esteem.
- Create solid plans that hold the power to transform their life for better.
- Create powerful goals with higher intelligence guidance
- Learn the secrets of altering attitude and beliefs from “I can’t” to “I can” solution model
- Introspect one’s life and create a new future and instill an effective formula involving happiness and outcomes
- Experience greater sense of control over life, greater clarity about their concerns and commitments, more fulfillment and satisfaction
- Produce results beyond what they currently see as possible, beyond what their current work habits provide

TRAINING HIGHLIGHTS

The following were observed through the course, worth highlighting

1. The students response to the Self awareness activities and the various topics associated with it were overwhelming.
 - The **360 degree Self analysis** which included health and hygiene tips and activities related to knowing one's self better was highly received by the students
 - **SWOT analysis** has been listed among the favorite activity of the students
 - Most of them came forward to share their own experience and feedback about *various recipes, beauty tips, cooking tips etc.*
2. The gratitude activity was received as the best of all among the modules.
 - The **Gratitude Jar** has helped the students understand that they live a blessed life in comparison to their friends/ classmates who have lost precious relations in life – “parents”
 - It served them an opportunity to vent out all their stress and understand that being grateful for all that they have in their life is a healing
3. The career skills module has given the students a better idea of what they can pursue and how they can equip themselves with the skills required for a better career.
 - **The TALENT EXPO** conducted for every batch as part of the training left all the students and their teachers with a strong idea of the students' abilities and talents. (Photos attached)
 - There were **few Entrepreneurs among the students** in *Mehandi designing, making Customized photoframes, woven bags, hairstyling etc.* There were also students who are involved in *Home tuitions, online tutoring etc.*























