

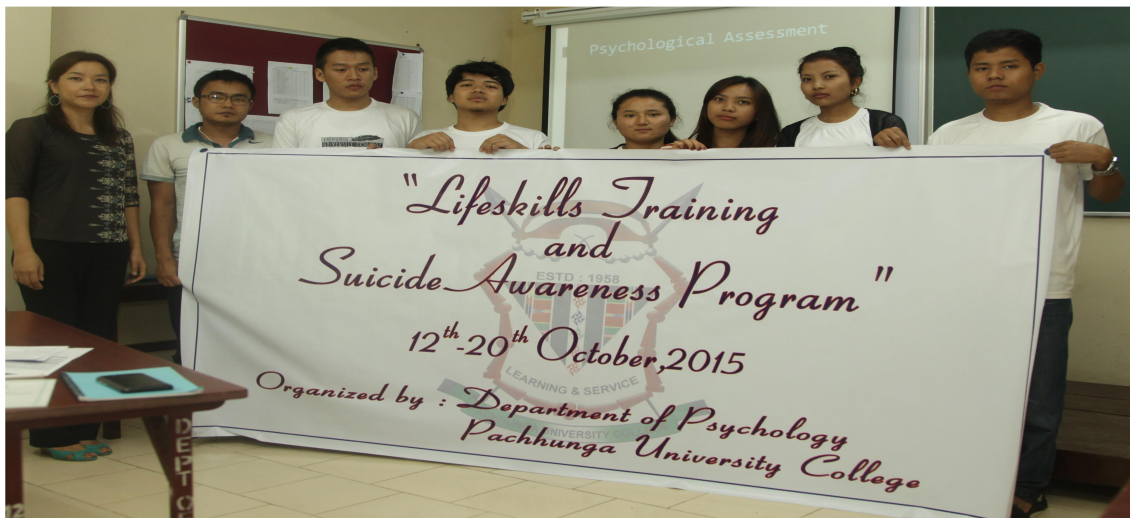
DEPARTMENT OF PSYCHOLOGY

Lifeskills Training and Suicide Awareness Programme:

A Lifeskills training and suicide awareness programme was organised among six departments in the college during 12th – 20th October, 2015. All the Faculty from the Department of Psychology took turns in rotation to go to all the six different departments which were selected for this programme. Around 180 participants participated in the training.

This Life skills training equips people with the social and interpersonal skills that enable them to cope with the demands of everyday life. The objectives of this training are to build self-confidence, encourage critical thinking, foster independence and help people to communicate more effectively. A primary objective of life skills training that focus on personal development is to promote confidence and well-being in young people and adults.

It helps participants become more assertive, communicate effectively with others by developing good listening skills and learn to handle stress and deal with disappointments and setbacks. Such classes help people to explore their beliefs and attitudes through group discussions and confidence building techniques such as positive visualization. They encourage people to play to their strengths by engaging in creative activities and following a healthy lifestyle. Life skills enable students to be more independent. Life skills training helps students to communicate with the outside world and to enjoy a better relationship with family and friends. People are less likely to be exploited by others if they are physically and emotionally self-reliant. It helps the student to be better equipped to make rational decisions that will benefit himself and others.





Sd/-
(Dr. Rinpari Ralte)
Head

Sd/-
(Dr. Lalropuii)
IQAC In-Charge