NATIONAL LEVEL WEBINAR SERIES ON 'LIFE SKILLS'

The Faculty of Education with immense pleasure would like to share the day one and day two report (10.8.2021 & 11.8.2021) of the National Level Webinar Series on **'Life Skills'** with more than 185 participants through zoom and you tube. Participants were from all over the globe like Asia, Philippines, Italy, UAE, South East Asia and from different States like Punjab, Maharashtra, Karnataka, Chhattisgarh, Telangana, West Bengal, Bihar, Puducherry, Gujarat, Andhra Pradesh, Madhya Pradesh, Goa, Delhi, Kerala, Meghalaya, Haryana, Uttar Pradesh.

Day 1: 10.08.2021

The session started with the invocation and the virtual gathering was welcomed by the Principal, Faculty of Education, followed by the felicitation address by Dr.Radhika, AR, Phase II campus. The first day was on the topic **'Interpersonal skills'** by Dr.Mangaiyarkarasi, Dean of Academic Affairs & Head PG and Research Dept. of English, Ethiraj College for Women, was interesting and energetic on different aspects of interpersonal skills like verbal, non-verbal, listening and writing. The importance of responsibility and planning on two three ideas before executing. Explanation on leadership with four basic Mathematical operations in adding confidence, subtracting fears, multiplying positivity and dividing the work load was captivating and requested for the team work for the effectiveness in reaching out the goal.

Day 2: 11.08.2021

The second day session with 154 participants was on **'Communicative Skills'** by Ms.U.Preethi, Asst. Prof.,& Head, Dept. of English, Bhakthavachalam Memorial College for Women, Korattur, Chennai was remarkable and informative stating clearly the difference between communication and communicative skills and also elaborated on how to develop all the four skills listening, speaking, reading and writing to enrich the communicative skills.

Day 3: 12.08.2021

The third day session on **'Decision Making'** was hosted by Dr.Archana M Sardana was highly appropriate and was appreciable for the choice making in all the situation. The session had reference from the literature and great thinkers of different centuries. It also focussed on how analytical thinking slows down the process of decision making and clearly explained how the adolescents and adults differ in choice making. For effective Decision Making one has to obtain

- * Acquire component skills
- * Practice integration
- * Know when and how to apply skills.
- Finally, the guest concluded with the components of 4C's
- * Cognition
- * Communication
- * Coordination
- * Control

plays a vital role in decision making.

Day 4: 13.08.2021

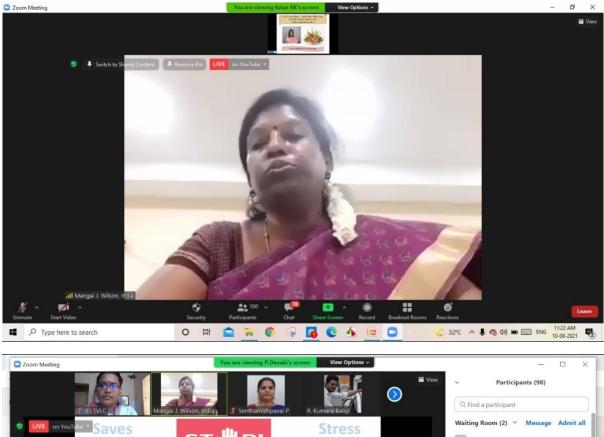
The fourth day session was on **'Critical Thinking'** by Ms. Lavanya, Asst. Prof., Chevalier T. Thomas Elizabeth College for Women. The session with 157 participants was an exploration towards critical thinking to navigate the novel ideas by following the best practices

- * Practice balanced thinking
- * Exercise mental and emotional moderation
- * Practice situational awareness
- * Exercise and promote disciplined, effective and efficient thinking
- * Express richer emotional intelligence
- * Focus on destinations and not on dramas

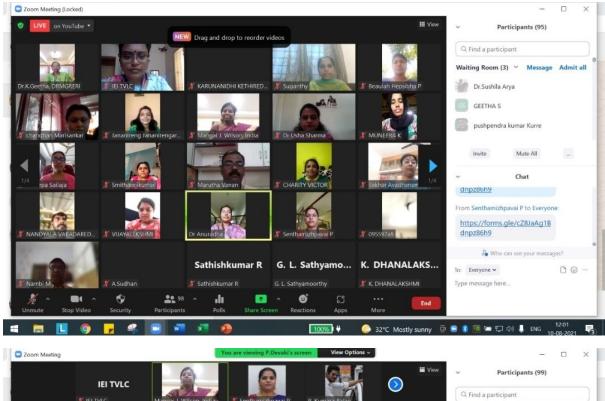
Valedictory Session:

The valedictory session of the four-day webinar series followed after the fourth session. The virtual audience was welcomed by the Principal, Faculty of Education and the Valedictory address by Dr.S.Geethalakshmi, Vice Chancellor, Dr.MGR ERI was loaded with appreciation and motivation. Next feedback from the participants overwhelmed with positive comments. The session came to an end by a gratitudinal note followed by the National Anthem.

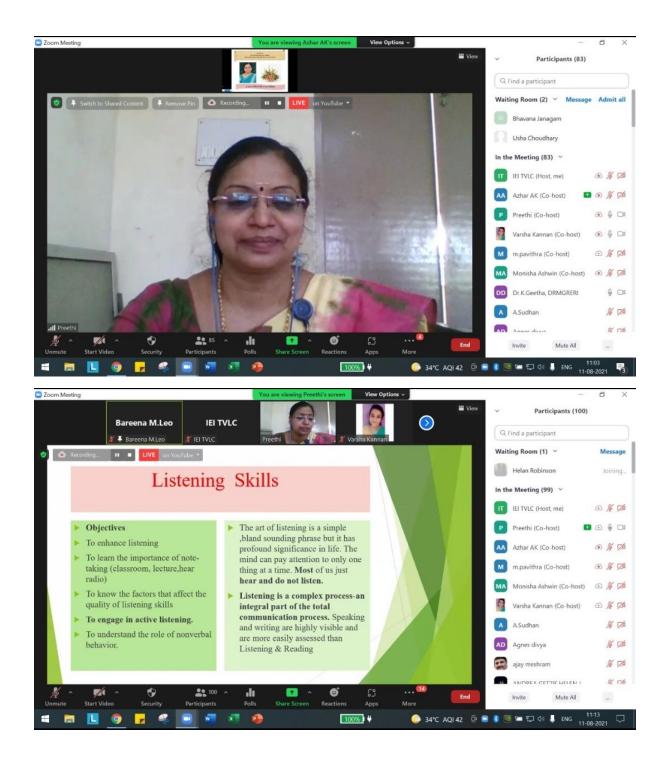


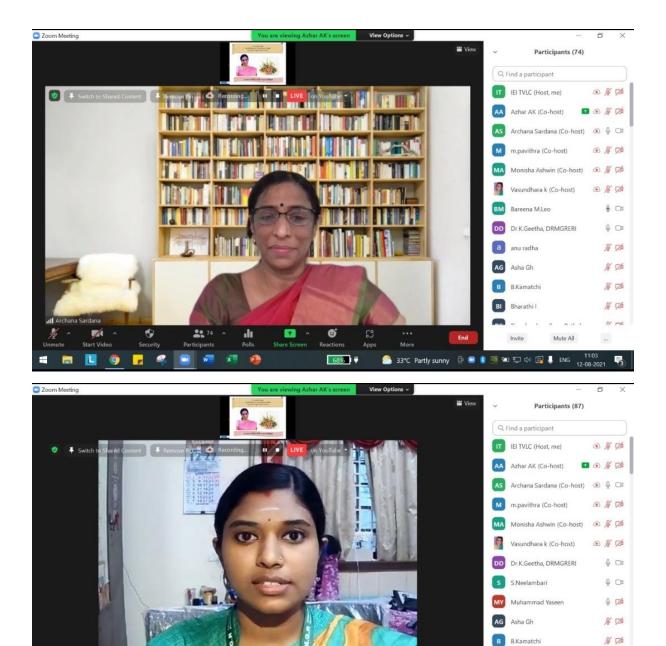












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