

# **MAR SLEEVA COLLEGE OF ARTS AND SCIENCE, MURICKASSERY**

## **DEPARTMENT OF GEOLOGY**

### **LIFE SKILL PROGRAMME**

DATE : 06/12/2021

The department of Geology, Mar sleeve college of arts and science, Murickassery conducted a life skill programme on ' Importance of life skill education ' in association with IQAC on 6<sup>th</sup> of December 2021. The talk was given by Mr. Kiran Jose, Assistant Professor , Department of Social work, Mar Sleeve College of arts and science. All the students and teachers of Geology department gathered at the Conference hall. The event started at 12 pm. He addressed on the importance of self management , time arrangement, sympathy and empathy, communication skill, problem solving skill and thinking and creativity. He elucidated on stress management and explained in detail about the self awareness and self management.

The programme was really interesting and useful. Around 4 staffs and 40 students were benefited through the session. The programme came to an end with the vote of thanks proposed by Mr. Anandhu Anil, third year Geology student.