



Fatima College

(Autonomous)

Re-Accredited with 'A++'(CGPA 3.61) by NAAC (Cycle- IV)
College with Potential for Excellence (2004 - 2019)
101 - 150 Rank Band in India Ranking 2021 (NIRF)
Mary Land, Madurai - 625018, Tamil Nadu.



Webinar on Life Skills for Students

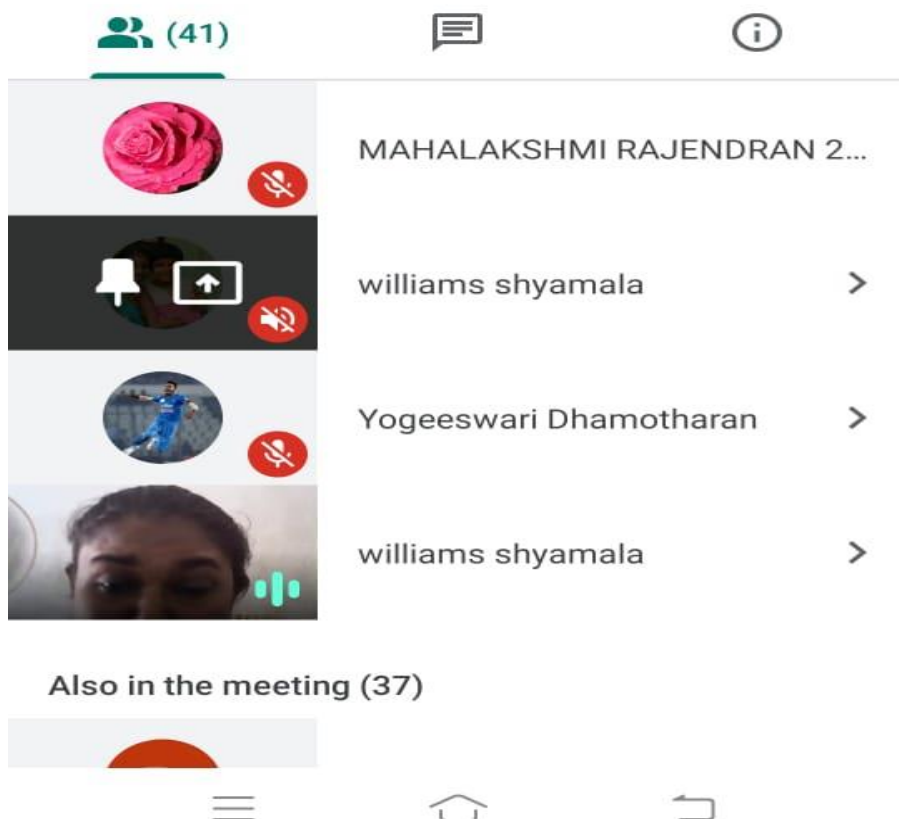
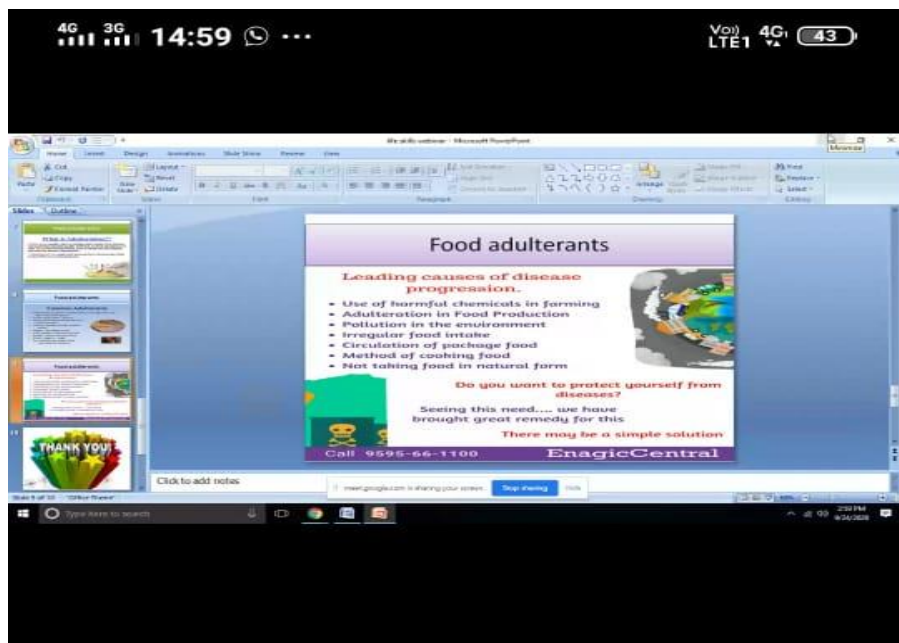
Date	: 24.09.2020
Platform	: Webinar Jam
Speakers	: Dr. B. Suganthana & Dr. W. Shyamala, NSS Program Officers, Fatima College, Madurai
Aim of the Programme	: To inculcate life skills among young minds and enhance their lives
Beneficiaries	: I & II NSS Students of unit 43 & 44
No of Beneficiaries of the Programme	: 45
Highlights of the Awareness Programme:	
	➤ Life skills and its purpose
	➤ Importance of Personal development
	➤ Seven significant survival skills for better career, college and citizenship in the community



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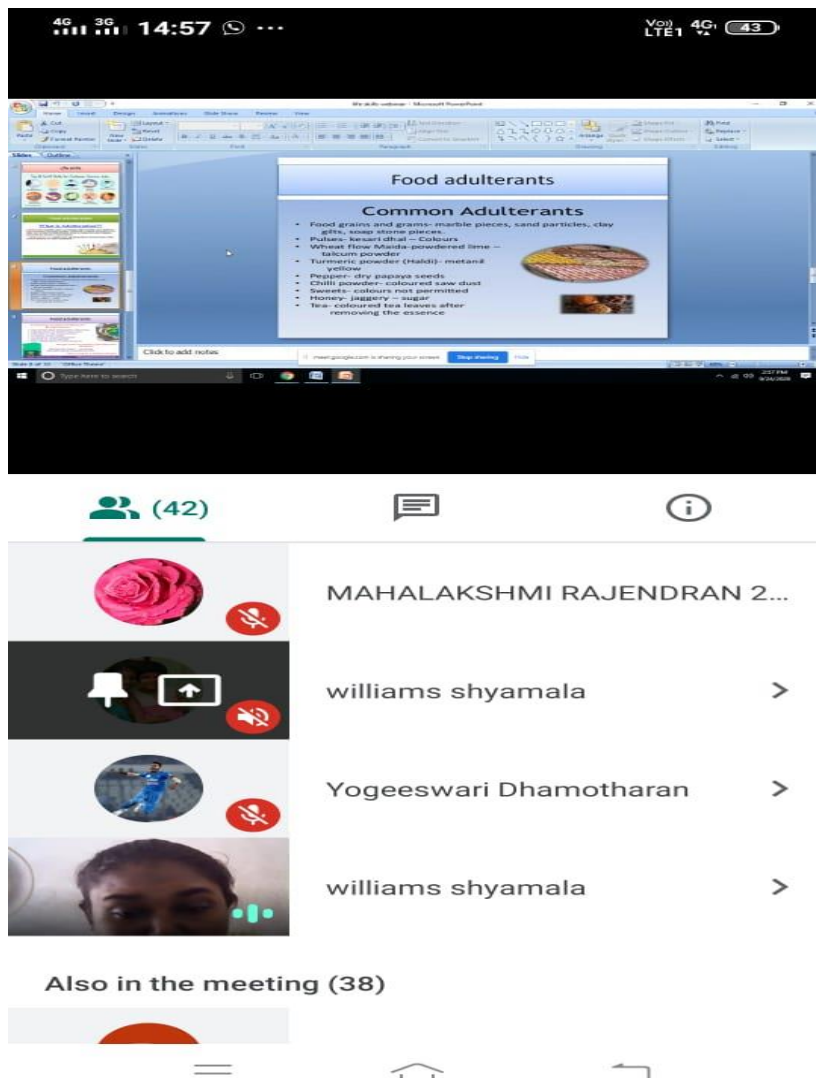
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Snapshots of Online Workshop on “Life skills” held on 24.09.2021.

Dr. W. Shyamala and NSS volunteers participating in the online meet



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Report:

On September 24th, NSS day was celebrated by conducting a Webinar on Life Skills in online mode for NSS volunteers. Life skills are based on functions; they bring together our social, emotional and cognitive capacities to solve problems and to achieve goals. Following life skills are imparted to the young minds of NSS volunteers to enhance their personal and professional well-being.

- (i) Focus and self-control
- (ii) Perspective taking
- (iii) Communicating
- (iv) Making connections
- (v) Critical thinking
- (vi) Taking challenges
- (vii) Self-Directed and Engaged Learning

Above life skills were explained with illustrative instances to consider alternative perspectives and respond to changing circumstances (cognitive flexibility), to keep information in one's mind so it can be used (working memory), and to resist automatic and impulsive behaviour (inhibitory control) so one can engage in goal-directed reasoning and problem solving.

List of Participants

SL.NO.	REG.NO.	NAME
1	2019H01	A. Aayesha Sulthana
2	2019H02	S. Abinayashri
3	2019H03	S. Abirami (19.10.2001)
4	2019H04	S. Abirami (06.02.2002)
5	2019H06	T. Amirtha Pooja
6	2019H07	A.J. Anlinrijo



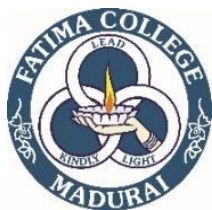
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7	2019H08	M. Bavadharini
8	2019H09	M. Charumathi
9	2019H11	R. Chithra Devi
10	2019H12	M. Desika
11	2019H13	N. Durga
12	2019H14	A. Esabellasmily
13	2019H16	V. HemaKalaiarasi
14	2019H17	R. Janani
15	2019H18	M. Jancy
16	2019H19	T. Jayanthi
17	2019H23	S. Joyce
18	2019H61	K. Lakshmi Priya
19	2019H26	R. Mahima
20	2019H28	S. Manicka Priya
21	2019H29	M. Manimegalai
22	2019H33	A. Muthu Lakshmi
23	2019H36	T. Praveena
24	2019H39	V. Rahini
25	2019H42	S. Sabitha
26	2019H44	S. Sangareswari
27	2019H45	K. Sangavi
28	2019H46	D. Santhiya
29	2019H48	S. Sivaranjani
30	2019H49	C. Sneha
31	2019H52	S. Suruthi
32	2019H54	S. Susan
33	2019H57	S. Vijayalakshmi



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34	2019H59	A. Yoha Lakshmi
35	2019H60	K. Priya
36	2019'E01	K.Aiswarya
37	2019'E05	P. Akshaya Devi
38	2019'E07	M. Anushya
39	2019'E06	L. Alagammal
40	2019'E09	P. Aswini
41	2019'E10	S. Bagyalakshmi
42	2019'E11	V.G. Deepa
43	2019'E15	M. Gayathri
44	2019'E18	M. Induleka
45	2019'E21	P. Jayasankari

(Dr. M. Ragam)
NSS Coordinator,
Fatima College