



FATIMA COLLEGE

(Autonomous)

Affiliated to Madurai Kamaraj University
Re-Accredited with 'A++' by NAAC (Cycle - IV)
Mary Land, Madurai - 625018, Tamil Nadu

DEPARTMENT OF MCA

Title : Guest Lecture on “ Life Skills”

Date : 19.11.2022

Resource Person/s : Fr. P. Devadass, arish Priest, Sacred Heart Church,
Madurai

No. of Participants : 44

Focus on : Skill Development

Outcome : The students were rejuvenated and also got trained on

- ✓ Improvisation in vocabulary and Accent correction
- ✓ Cultivating competence in communication
- ✓ Emerging trends in the IT industry.

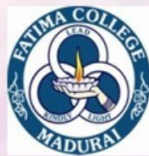


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Fatima College (Autonomous)
Re-Accredited with 'A++' Grade by NAAC
College with Potential for Excellence
Maryland, Madurai – 18



MASTERS IN COMPUTER APPLICATIONS

Organized

GUEST LECTURE ON LIFE SKILLS

By
Fr. P. Devadass,
Parish Priest,
Sacred Heart Church,
Madurai.

Date : 19.11.2022
Venue : SJ Seminar Hall
Time : 11.00 A.M. to 12.30 P.M.



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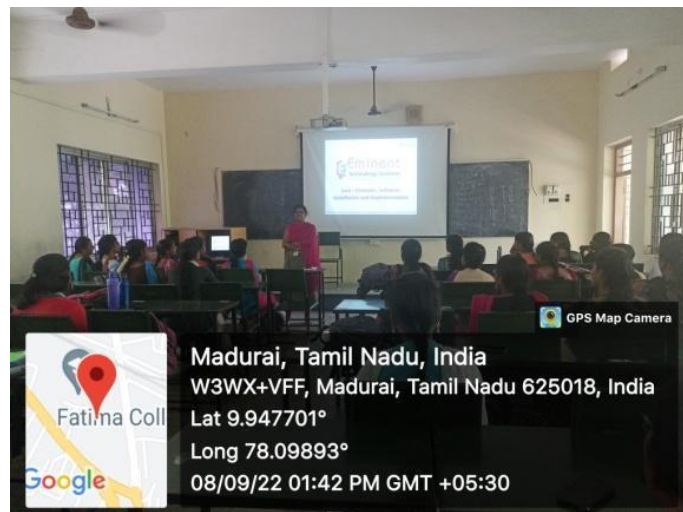
Report

Key Points Highlighted:

- ✓ Developing a positive self-image.
- ✓ How to effectively cope with anxiety
- ✓ How to enhance cognitive and behavioural competency in order to reduce and prevent a variety of health-risk behaviours.

The session focused on 'Life Skills' in which the resource person started the session with various essential skills necessary for students. He explained how to manage time and Stress. He also explained in detail about study skills, Assertiveness skills, Self-care skills, seeking assistance when needed, respecting rules and policies, displaying honesty, integrity and perseverance.

Photo





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DEPARTMENT OF MCA

LIFE SKILLS

PARTICIPANTS LIST

S.NO	REG. NO	NAME
1.	2021MCA01	ABINAYA R
2.	2021MCA02	AISHWARYA M
3.	2021MCA03	ALAGHU SUNMATHAI K
4.	2021MCA04	AYISHA M
5.	2021MCA05	BAKKIASRI P
6.	2021MCA06	BHAVANI G
7.	2021MCA07	DEEPIKA S
8.	2021MCA08	DHANA LAKSHMI A
9.	2021MCA09	DHARANI DEVI V
10.	2021MCA12	GAYATHRI S
11.	2021MCA14	ISHWARYA S
12.	2021MCA16	JENIFER D
13.	2021MCA17	JONE SHAYINI EVANGELIN R
14.	2021MCA18	JOSHI CHRISTINA S
15.	2021MCA20	KARUNAI ANANDHI S
16.	2021MCA21	KEERTHANA S



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17.	2021MCA23	KOKILAPUSHPAM V
18.	2021MCA24	KRITI SHRIKHA A
19.	2021MCA25	LAKSHMI V
20.	2021MCA26	MATHUMITHA R S
21.	2021MCA27	MAHESWARI E
22.	2021MCA28	MALATHI M
23.	2021MCA29	MARIA GRAYCITAVB
24.	2021MCA30	MARIAMMAL M
25.	2021MCA31	MOHANAPRIYA A
26.	2021MCA32	POOJA T
27.	2021MCA33	POORNIMA B
28.	2021MCA34	SARANYA K
29.	2021MCA35	SHAKTHI M
30.	2021MCA36	SHALINI G
31.	2021MCA37	SHALINI M
32.	2021MCA38	SHANMUGA PRIYA V
33.	2021MCA39	SHIPRA P
34.	2021MCA40	SOUNDARYA MAI R B
35.	2021MCA41	SREENI MALAR V
36.	2021MCA45	SWETHA S
37.	2021MCA46	THANGAPONNU G



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38.	2021MCA47	UMA MAHRSWARIS
39.	2021MCA48	VAISHNAVI C
40.	2021MCA49	VIDIYA V
41.	2021MCA50	VINODHINI R
42.	2021MCA51	YAMINI N K
43.	2021MCA52	YOKESHWARI M
44.	2020MCA07	JERLIN M

Signature of HOD

Head of the Department
Department of MCA
Fatima College (Autonomous)
Madurai-625 018