



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 : LIFE SKILLS FOR SUCCESS AND BEYOND

Date : 03.04.2023

Resource person : Mr. J. Indrajit, Managing Director, GJ Surgical & Pharma, Madurai.

No. of. Participants : 108

Focus on : Skill Development

Outcome : Students are familiar with the various steps and courses involved in getting a bright career.



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College with Potential for Excellence
Maryland, Madurai – 18

MASTERS IN COMPUTER APPLICATIONS

Organized

GUEST LECTURE
ON
LIFE SKILLS FOR SUCCESS AND BEYOND

By
Mr. J. Indrajith
Managing Director,
GJ Surgical & Pharma, Madurai.

Date : 03.04.2023
Venue : San Jose 19
Time : 10.30 to 12.00 Noon





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Report

Department of MCA organized a guest lecture on “**Life Skills for Success and Beyond**” On 3rd April 2023 from 10.30 am – 12.00 noon in SJ19. The resource person was **Mr J. Indrajit, Managing Director, GJ Surgical & Pharma, Madurai.**

The resource person discussed about key issues & concerns of college students like developing an identity, managing emotions, building relationship, resisting peer pressure etc. He explained that livelihood skills and life skills are different. Students learn a lot about earning their bread and butter, but not much on real life skills. Defining the “Life Skills, Mr.J.Indrajit explained that these are the abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life. Life skills abilities facilitate the physical, mental and emotional well-being of an individual” as per WHO. Essential life skills are divided into three categories as per WHO as Thinking skills which involve Self-Awareness, Problem-solving, Decision making, Critical thinking and Creative thinking. Social Skill that involve Interpersonal Relationships, Effective Communication and Empathy and the Emotional Skill that involve Coping with Emotions and Coping with Stress. He discussed about all these skills with relevant examples, so that all could understand well. He also shared his views on decision making and problem solving as well as on effective communication. Overall, the lecture was very educative and useful for students.

PHOTOS:





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INTERNATIONAL WORKSHOP - 03.04.2023

Participants List

S. NO.	REG. NO.	STUDENT NAME
1.	2021MCA01	ABINAYA R
2.	2021MCA02	AISHWARYA M
3.	2021MCA03	ALAGU SUNMATHI K
4.	2021MCA04	AYISHA M
5.	2021MCA05	BAKKIASRI.P
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13.	2021MCA14	ISHWARYA S
14.	2021MCA15	JEBA JELCIYA SUDHANCY A J S
15.	2021MCA16	JENIFER.D
16.	2021MCA17	JONE SHAYINI EVANGELIN R
17.	2021MCA18	JOSHI CHRISTINA.S
18.	2021MCA19	KANNAMA.I.K
19.	2021MCA20	KARUNAI ANANDHI.S
20.	2021MCA21	KEERTHANA.S
21.	2021MCA22	KEERTHIGA M



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22.	2021MCA23	KOKILAPUSHPAM.V
23.	2021MCA24	KRITI SHRIKHA A
24.	2021MCA25	LAKSHMI.V
25.	2021MCA26	MADUMITHA R S
26.	2021MCA27	MAHESWARIE
27.	2021MCA28	MALATHI.M
28.	2021MCA29	MARIA GRAYCITA.B
29.	2021MCA30	MARIAMMAL.M
30.	2021MCA31	MOHANAPRIYA.A
31.	2021MCA32	POOJA T
32.	2021MCA33	POORNIMA.B
33.	2021MCA34	SARANYA.K
34.	2021MCA35	SHAKTHI.M
35.	2021MCA36	SHALINI.G
36.	2021MCA37	SHALINI M
37.	2021MCA38	SHANMUGA PRIYA.V
38.	2021MCA39	SHIPRA P
39.	2021MCA40	SOUNDARYA MAI R B
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41.	2021MCA42	SRI NARMATHA J
42.	2021MCA43	SUBHAA S
43.	2021MCA44	SUJITHA J
44.	2021MCA46	THANGA PONNU G
45.	2021MCA47	UMA MAHESWARIS
46.	2021MCA49	VIDHYA.V
47.	2021MCA50	VINOTHINI R
48.	2021MCA51	YAMINI N K



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49.	2021MCA52	YOKESHWARI M
50.	2020MCA07	JERLIN M
51.	2022MCA01	AASIFA A
52.	2022MCA02	AFRUN NISHA B
53.	2022MCA04	ANGELIN CHRISTHI S
54.	2022MCA05	AROCKIA SWETHA R
55.	2022MCA06	BAVIA M
56.	2022MCA07	BENITA SERIN E
57.	2022MCA08	DEVI ISHWARYA.B
58.	2022MCA09	ENITHA C
59.	2022MCA10	HARINI T
60.	2022MCA11	HEMALATHA V.R
61.	2022MCA12	JAISAI M
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71.	2022MCA22	MARIA ABITHAA VICTORIA C
72.	2022MCA23	MEGHASREE M



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73.	2022MCA24	NAGA BRINDHA.S
74.	2022MCA25	NAGALAKSHMI M
75.	2022MCA26	PANDI ABIRAMI M
76.	2022MCA27	POOJA V
77.	2022MCA28	PRASHANTHI T P
78.	2022MCA29	PREETHI LINIZA S
79.	2022MCA30	PRIYADHARSHINI N
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90.	2022MCA42	SANKARA GOMATHI M
91.	2022MCA43	SARUBALA.S
92.	2022MCA44	SEETAI CHITRADEVI S
93.	2022MCA45	SELVA MEENA R
94.	2022MCA46	SELVANAYAGI E
95.	2022MCA47	SHAKILA SOWMIYA M
96.	2022MCA48	SHOBIKA H. S
97.	2022MCA49	SINDHUJA P



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98.	2022MCA50	SIVAGAMI R
99.	2022MCA51	SIVANANDHINI A
100.	2022MCA52	SOWMIYA H
101.	2022MCA53	STELINSIYA A
102.	2022MCA54	SUBASRI S
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Head of the Department
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