

2018-19 file: 10

S.No	<u>Date of the programme</u>	<u>Name of the programme</u>	<u>No. of participants</u>	<u>No. of Faculty involved</u>
10	27-7-2018	Life skills: Coping with peers	125	04

Life skills, coping with peers, Swami Ramananda Tirtha Research Institute: SAHAJA FOUNDATION



Swami Ramananda Tirtha Research Institute :SAHAJA FOUNDATION - Life skills, coping with peers Mr.CH. Sundarayya, the programme was organized by TSKC

The objectives of the course are:

1. To enhance one's ability to be fully self aware by helping oneself to overcome all fears and insecurities and to grow fully from inside out and outside in.
2. To increase one's knowledge and awareness of emotional competency and emotional intelligence at place of study/work.
3. To provide opportunity for realising one's potential through practical experience.
4. To develop interpersonal skills and adopt good leadership behaviour for empowerment of self and others.
5. To set appropriate goals, manage stress and time effectively.
6. To manage competency- mix at all levels for achieving excellence with ethics.