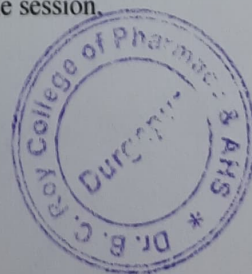


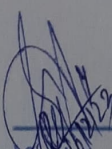


A REPORT ON LIFE SKILLS

Life skills are defined as “a group of psychosocial competencies and interpersonal skills that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and cope with and manage their lives in a healthy and productive manner. Life skills may be directed toward personal actions or actions toward others, as well as toward actions to change the surrounding environment to make it conducive to health.” according to World Health Organization (WHO). Bearing the WHO definition in mind, the Basic Life Skills curriculum offers youth the emotional, social and intellectual tools needed to achieve success in life – on a personal level, an interpersonal level, and within their community and work places. It was developed by UNICEF in close collaboration with the Ministry of Youth and Sport of Azerbaijan to provide youth with new knowledge and the opportunity to apply novel skills in a safe environment for the successful transitioning to the adulthood. The Basic Life skills provides readily available tools to deal with challenges/demands of daily lives the youth face, from managing their emotions to make an informed decision. It also helps develop children’s personality, talents, and mental and physical abilities, and realize their true potential through learning to know oneself and others, and make effective decisions to live harmonically together in the society.

The college also took initiatives regarding the mentoring of Life Skills where monthly Yoga sessions were organized for the students who enrolled for the same. The instructor Tarun Mukherjee, made the students practice various yoga asanas, pranayama along with other physical fitness activities. Regular meditation sessions were also conducted. The students enthusiastically took part in these sessions. 20 students enrolled for the session. The sessions were conducted regularly on every 3rd Tuesday of the month from 6pm to 7pm. Certificates were awarded to the enrolled candidates after the completion of the session.




Prof. (Dr.) Sandip Kumar Samanta
M. Pharm., Ph.D (J.U.)
Principal

Dr. B. C. Roy College of Pharmacy & AHS
Durgapur, West Bengal-713206

ACCREDITED BY NAAC (B++) & NBA (FOR UG PHARMACY)



Approved by PCI & Affiliated to MAKAUT, WB and WBSCT&VE&SD
Dr. Meghnad Saha Sarani, Bidhannagar, Durgapur-713206, West Bengal (India)



Prof. (Dr.) Samir Kumar Samanta
M. Pharm., Ph.D (J.U.)
Principal
Dr. B. C. Roy College of Pharmacy & AHS
Durgapur, West Bengal-713206



ACCREDITED BY NAAC (B++) & NBA (FOR UG PHARMACY)