

SNDT Women's University, Mumbai
Department of Lifelong Learning & Extension,
And
Department of Social Work Jointly organized

Criterion III 3.3.2.1

Capability Enhancement Scheme 3: Workshop on Life skills

Brief Report

Introduction

Every year Department organizes workshop on Life Skills for the first year students of MA & MSW. Department of Lifelong Learning & Extension in collaboration with Department of Social Work had organized 4 days' workshop on Life skills from 1st to 4th August 2019. The students who are newly admitted to the Programmes of MA Non-formal Education and Development (12) and Master of Social Work (40) were the participants of this workshop (total 52). Prof. Asha Patil, Director, Department of Lifelong Learning & Extension, and also Honorary Head, Department of Social Work and Dr Rohini Sudhakar, Associate Professor of the Department of Lifelong Learning & Extension were the resource persons of this workshop.

In the workshop following sessions were conducted:

- Importance of Lifelong Learning (Dr. Asha Patil)
- Know yourself (Dr. Asha Patil&Dr. Rohini Sudhakar)
- Responsible Sexual Behaviour(Dr. Asha Patil)
- Values (Dr. Rohini Sudhakar)
- Thinking skills(Dr. Rohini Sudhakar)
- Goal Setting(Dr. Asha Patil)
- How to express Emotions in a positive manner (Dr. Asha Patil)
- Problem-Solving(Dr. Rohini Sudhakar)
- Negotiation skills(Dr. Rohini Sudhakar)
- Feed-back (Dr. Asha Patil & Dr. Rohini Sudhakar)

The workshop included various activities like role play, energizing games, brain storming, group discussion, and case presentation.