

**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 2: 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 1<sup>st</sup> 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.