



# Uka Tarsadia University

**SRIMCA\_MBA**

## Report on Expert Session on Life Skills Management

**Date:** 04/10/2024

**Venue:** Gopal Bhavan Hall, UTU

**Time:** 1.30 to 3 Pm

**Event Coordinator:** ADC & IDSS

**No of Students:** 148 Students

**Program objective:** The session on Life Skills Management, led by Ms. Bhoomi Patel, Assistant Professor of SRIMCA-MBA, aimed to equip students with essential life skills to enhance their personal and professional lives. The objective was to foster resilience, adaptability, self-management, and interpersonal skills among science and IT students, preparing them for real-world challenges both inside and outside the classroom.

### **Program outline:**

The session commenced with an introduction to the concept of life skills and their relevance in today's fast-paced and competitive environment. Ms. Bhoomi Patel elaborated on the importance of soft skills such as effective communication, teamwork, time management, and emotional intelligence. She engaged students through interactive discussions, real-life scenarios, and relatable examples, ensuring that they understood the practical application of these skills in everyday situations.

The session on Life Skills Management was well-received, with students actively participating and showing a keen interest in learning more about enhancing their personal and interpersonal skills.

The coordinators, ADC & IDSS, along with Ms. Patel, expressed hope that the insights gained during the session would positively impact students' academic performance and personal growth.

Schedule of Events in a tabular format (if applicable)

Time	Activity
1.30 to 3 PM	Session on Life Skills Management

List of Participants in a tabular format ((if applicable)

Stream	Name of Program
Science	Biotech , Chemistry & BSC IT students



Report prepared By: Ms Bhoomi Patel

Date: 26/10/2024