

## **Report on Two Days National Workshop on Life Skills Management 25-26 September 2019, organized by Dept. of Psychology, RGU.**



A two-day national workshop on life skill management was organized by the department of psychology on 25<sup>th</sup> and 26<sup>th</sup> September 2019. The workshop started with an inaugural function on the 25<sup>th</sup> September at 9.30 am at the seminar hall of Department of Physics, RGU. The inaugural function was graced by the honourable Vice Chancellor, RGU Prof.SaketKhushwaha, Registrar, RGU Prof.TomoRiba, Dean Faculty of Education, Professor RachobTaba, invited Resource persons, Faculties of various departments of RGU and the students.

After the inaugural function, technical sessions were conducted by four invited resource persons:

Dr. Rita Rani Talukdar, Associate Professor, Gauhati University, Dr.Nesmita Das, Student Counsellor, IIT Gauhati, Ms. PampakKhumukcham, Clinical Psychologist and Guest Assistant Professor, RGU, Ms. LeeyirEte, Guest Assistant Professor, RGU.

### **Technical sessions**

#### **Day-1**

The first day of the technical sessions comprised of 3 sessions, started with the Ice Breaking session with the activity “Human Bingo”, followed by a presentation on the topic Life skills where its meaning and significance were explained. A self-report questionnaire was also distributed to the participants to rate their level of life skills understanding. The last session of

the day was on the topic “coping with Stress”: Techniques, where a powerpoint presentation on Mindfulness Breathing Exercise was conducted by the resource person.

### **Session 1- Ice- Breaking Session (1 hour)**

#### 1. Activity- Human Bingo

It is an activity to help the participants of the workshop to get to know each other and to learn interesting facts about each other. The participants were given a bingo style sheet listed with a number of facts, participants were asked to walk around the room and mingle until they find people that match the facts listed on a bingo-style sheet and once a participant successfully obtains a full row whether horizontally, vertically, or diagonally on the bingo sheet given, he or she shouts “BINGO!” and wins.

### **Session-2 - Life Skills: Meaning and Significance (1hour)**

1. Powerpoint presentation on the topic “Life Skills: Meaning and Significance” by the resource person
2. After the power point presentation, participants were made to rate themselves on the life skills, awareness questionnaire, after the completion of the questionnaire resource person thoroughly discussed with the participants regarding their understanding and awareness of Life skills and its importance.

### **Session-3 Coping with Stress: Techniques (1:30 hour)**

1. Powerpoint presentation on the topic “Coping with Stress” by the resource person
2. Activity- Mindfulness Breathing Exercise

The objective of this activity is to build resilience and reduce stress. Participants were asked to find a relaxed comfortable position and relax their body, after which they were instructed to inhale deeply through their nostrils, hold their breath for a Sec or two and to exhale through the mouth, while they exhale participants were also asked to stretch their hands assuming of letting go of their stress and tension.

## **Day 2**

### **Session 1- Decision-making skills**

1. Power point presentation on the topic “Decision-making skills” by the resource person
2. Activity – Group Discussion

Materials – Chart paper and colour sketch pen

Participants were divided into 4 groups, one problem statement for each group, where the groups discuss what decision to make and how to solve the problems. After the discussion, each group presents their chart for discussion.

### **Session 2- Self Awareness & Understanding of emotions**

1. Power point presentation on the topic “Self Awareness & Understanding of emotions” by the resource person

2. Activity 1 – Balloon Game

Materials – Balloons and pins

Each participant was provided with a balloon and pin, where everyone was asked to save their balloon till the end.

3. Activity 2- Johari window

Materials – paper and pen

This activity is to increase team feedback, trust and self-awareness. In this activity each team member assesses themselves and then each other using Johari window, the goal is to facilitate a discussion on each team member’s strengths and blind spots( things what others perceive but they don’t or not aware of ) and how the team can better work together.

### **Session-3 – Emotional Enhancement**

1. Power point presentation on Emotion, Emotional Regulation and Skills for Managing Emotion was given by the resource Persons.
2. Activity 1- Pick and Enact

The aim of the activity was to help the participants understand different emotions. Participants pick one card from the bowl and enact the emotion on the card without using any words, each participant continues until the other participants guess rightly what emotions he/she was showing.

### 3. Activity 2- My body anxiety indicator

Materials – Chart paper and colour sketch pen

The objective of the activity was to help the participants know different physical & psychological indicators while expressing emotions, and also to help them understand the importance and relationship between behaviors, thoughts and emotions. Participants were divided into 4 groups, each group discusses one emotion, identifying the physical indicators, thoughts that cross their mind when they experience these emotions and writing down the effects of these emotions. After the group discussion, each group presents their chart for discussion.