



KARNATAK STATE RURAL DEVELOPMENT AND PANCHAYAT RAJ UNIVERSITY, GADAG

Webinar on Relevance of Life Skills

**Organized by
Naipunya Kendra – The Placement Cell
KSRDPR University, Gadag**

RESOURCE PERSON



**Dr. Shrinivas S Balli
Professor & Head
Basaveshwar Engineering College, Bagalkot**

Time: 11.00am to 01.00pm

Date: 29th July 2020

Schedule of the Program

11:00 am to 11:10 am	Welcome and Introduction
11:10 am to 11:15 am	Opening Remarks by Prof.Vishnukant S Chatpalli, Vice-Chancellor, KSRDPR University, Gadag
11:15 am to 12:00 pm	Resource Person Talk on Relevance of Life Skills.
12:00 pm to 12:10 pm	Interaction with students
12.10 pm to 12.15 pm	Closing Remarks
12.15 pm to 12.20 pm	Vote of Thanks

About the Program and Its Theme

The Macmillan Education says that, “In a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life”. Human beings are a complex mixture of knowledge, skills, attitudes and behavior. People constantly interact with other people, with their inner selves and with the environment as a whole. Wherein the traditional education attempted to address the holistic view of human personality through the informal education system. The formal education system, on the other hand, has tended to priorities knowledge at the expense of other aspects of our personalities, believing that an increase in knowledge will automatically lead to positive changes in attitudes and behaviors. Most individuals do not think of the need for being aware of ‘SELF’. And most often, we do not pay attention on understanding our own strengths and weakness and the opportunities available and ahead of us. This sometimes results in low self esteem, inability to handle pressures at work and in personal lives, eventually ending up in Depression. It is to understand that to cope with the increasing pace and change of modern life, students need new life skills such as the ability to deal with stress and frustration. Today’s students will have many new jobs over the course of their lives, with associated pressures and the need for flexibility.

About the Resource Person

Dr. Shrinivas S Balli is basically from Hubli, pursued his PhD from NIT Allahabad, he is having vast work experience who started his career from Tumkur as a lecturer in 1986 and he is been working as Professor in Mechanical Dept basaveshwar Engineering college from 2004.

Dr. Balli served in several positions such as Member for Board of Management, KAHER Deemed University (Central Govt. Nominee) Belgaum, Member, Task Force Group on Draft Policy on Higher Education, Karnataka Knowledge Commission, Government of Karnataka, Bengaluru 2011-13, Member, AICTE, SWRO, Syndicate Member, Akkamahadevi Mahila University, Bijapur 2014-17, Member, Board of Examiners, VTU-2008, Member, Academic Council, Rani Chennamma University, Belgaum-2011-2014, Member Finance Committee, Rani Chennamma University, Belgaum-2013-2014, and many others.

He has also delivered special lectures in several districts of Karnataka. He has published series of articles on Personality Development and self-composed poem on Prapancha in Kannada.

He has also received several awards such as Academic Partner and Placement officer, Tata Consultancy Services, Teacher in Par Excellence Award by Lion's Club, Devar Dasimarya Award, Gayatri Pratishthan, State Level Poetry Composition Award "Aralu Pratibhe"

Month: July 2020

Name of the Academic Activity	Webinar
Theme of the Program	Relevance of Life Skills
Resource Person	Dr. Shrinivas S Balli
Total Participants	70 Participants including 05 Panelists
Date of the Program	29 th July 2020
Time and Duration of the Program	11.00am to 01.00pm (02hrs)

Output / Concluding Remarks

The webinar on Employability Quotient was conducted to benefit the Outgoing Students of all the Programs of KSRDPR University. It is to conclude that Life skills have been defined by the World Health Organization (WHO) as “abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life”. These are the skills that one needs, to make the most out of life. Skills that bring confidence in one’s life, motivates one self and bring positivity and happiness in an individual’s life. The WHO has identified six major skill sets which are most essential that one must have such as Communication and Interpersonal Skill, Decision Making and problem skills, Creative thinking and Critical thinking, Self awareness, Assertiveness and resilience are to be consider as the necessary skill sets. “The famous basketball player Larry Bird about what constitutes a winner, he says, A Winner is someone who recognizes his God-given talents, works his tail off to develop them into skills and uses these skills to accomplish his goals”.

There exists a clear relationship between life skills acquisition and life quality. When a person’s repertoire of various life skills increases, his or her independent functioning, social competence and quality of life is also thought to increase.

Way Forward

By learning new skills, it increase individual understanding of the world around us and equip ourselves with the tools we need to live a more productive and fulfilling life, finding ways to cope with the challenges that life, inevitably, throws at us. While one works hard to get good grades, many still struggle to gain employment. Employers do look for the individual ability of participation in activity. There are many life skills in and around but most of them are developing from our birth. Hence it is to understand Life Skills are within us, which one must bring them out to sustain in the competitive word.

A HAPPY AND STRESS FREE MIND TRANSLATES TO A HEALTHY LIFE.