



**S.N.M COLLEGE MALIANKARA**  
(Affiliated to Mahatma Gandhi University, Kottayam)

- 1. Title of the program : Life skill Development**
- 2. Name of the Coordinator/s : Sreejamol P.R.**
- 3. Organizing Department/Cell : SCHOLAR SUPPORT PROGRAMME**  
(Kerala Govt.)
- 4. Date : 24/11/2018**
- 5. Number of participants: 22**
- 6. Venue: Seminar Hall, SNM College, Maliankara**
- 7. Resource Person/s : Mr.Sivasree M.S.**
- 8. Objective of the Program :**

The objective of the programme on Life Skills was to empower students with essential life skills through dialogic and interactive sessions. The program aimed to actively engage students, enabling them to comfortably interact with the Resource Person and participate in discussions without hesitation. Through sessions focused on topics like Defining Strength, Language Practice, Public Speaking, and Appropriate Contextual Language Use, the program sought to equip students with practical skills that promote effective communication, self-confidence, and appropriate language use in various contexts, contributing to their personal and professional growth.

**Detailed description of the event:**

Mr. Sivasree M.S. conducted a memorable session life skill development, on November 24, 2018, from 9:30 AM to 4:30 PM. The sessions were characterized by their dialogic nature, fostering open discussions and active participation from the students. Mr. Sivasree's engaging approach enabled students to interact with him confidently and without hesitation, creating a dynamic learning environment.

The sessions covered a range of valuable topics, with each day focusing on specific aspects of personal and professional development. The overarching aim was to equip the students with essential life skills that would contribute to their holistic growth.

The day delved into the realm of language and communication skills. "Language Practice" was explored, providing students with insights into effective communication techniques. They engaged in practical exercises that honed their verbal and nonverbal communication skills, promoting clarity and precision in conveying their ideas.

The subsequent topic of "Public Speaking" aimed to enhance students' public speaking abilities. Through hands-on activities, students learned strategies to overcome stage fright and present their thoughts articulately. Mr. Sivasree's guidance and practical tips allowed them to develop confidence and poise when addressing an audience.

Lastly, the focus turned to "Appropriate and Contextual Use of Language." This segment aimed to instill a nuanced understanding of language usage in different situations. Students learned to tailor their language to various contexts, ensuring effective communication and fostering better connections in both personal and professional interactions.

Throughout the mentoring sessions, Mr. Sivasree's facilitation skills played a pivotal role in creating an engaging and enriching experience. By encouraging open discussions and active participation, he created a platform for students to share their thoughts, ideas, and concerns, fostering a collaborative learning environment.

As a result of these sessions, students not only acquired practical life skills but also developed a sense of empowerment and confidence in their abilities. The dialogic approach allowed them to voice their opinions and engage in meaningful conversations, thereby enhancing their critical thinking and communication capabilities.

In conclusion, the external mentoring program led by Mr. Sivasree M.S. on November 24, 2018, marked a significant step toward equipping students with essential life skills. The dialogic sessions, focused on topics such as defining strengths, language practice, public speaking, and appropriate contextual language use, enabled students to actively participate, interact confidently, and gain practical insights that would contribute to their personal and professional growth.

#### 9. **Outcome of the event/Evaluation by Program Coordinator:**

The sessions conducted by Mr. Sivasree M.S. on November 24, 2018, from 9:30 AM to 4:30 PM, yielded impactful outcomes for the participating students. The dialogic nature of the sessions created an environment where students felt empowered to engage actively and interact with the Resource Person, Mr. Sivasree, without any hesitations.

As a result of the mentoring, students gained valuable insights and skills that contributed to their personal and professional growth. The sessions focused on key areas such as "Defining Strength," enabling students to identify and appreciate their unique abilities. This introspection led to increased self-awareness and self-confidence among the students, helping them harness their strengths more effectively.

