

ACTIVITY REPORT

Name of the activity	Integrating Life Skills into Academic & Career Counselling	Date	November 5, 2022
Name of the Moderator	Dr. Sandhir Sharma	Time	9.30 a.m. -12.00 Noon
Name of the Resource Person	Dr Natwar Kadel	Mode	Offline
Nature of the activity	Career Counselling Session	Program & Batch	MBA (Marketing), Batch 2022
Number of students participated	65	Academic Session	2022-23

About the Activity

The session provided insights about implementing various learning opportunities that enable learners to develop the skills needed to upgrade their potential in contributing effectively which will be applicable at their workplace. The goal of life skills education and training is to increase students' capacity to make decisions and take actions that will enable them manage their lives in a healthy and productive way, which will have beneficial impact both on their personal as well as professional lives. The session was conducted with the help of real-life examples.

Aligned Activity Outcomes with Objectives

Activity Objectives	Activity Outcomes
To provide opportunity for realising one's potential through practical experience.	They learnt more about themselves and the world of work and align their life and career decision with their life goals.
To enable students to strike a balance between their physical and mental wellbeing at their workplace.	Students learnt to act as a catalyst by handling their workplace counter behaviour with the positive approach and act as a productive resource for the organisation.

GLIMPSES OF THE ACTIVITY



Mr. Natwar Kadel interacting with students and discussing about Life Skills

Reported by – Team Activity Club, Chitkara Business School | 7th November, 2022