

# REPORT ON CAPACITY BUILDING PROGRAMME: WORKSHOP ON LIFE SKILL DEVELOPMENT

**Organized by:** BNV College of Teacher Education, Thiruvallam

**Title:** Workshop on Life Skill Development

**Date:** 27th February 2026

**Time:** 9:30 AM – 11:30 AM

**Venue:** ET Lab, BNVCTE



BNV College of Teacher Education, Thiruvallam, organized a *Capacity Building Programme* titled “*Workshop on Life Skill Development*” on 27th February 2026 in the ET Lab. The programme aimed at enhancing essential life skills among student teachers to prepare them for effective personal and professional life.

## **Objectives of the Programme**

- To develop essential life skills such as communication, decision-making, and problem-solving.
- To enhance interpersonal relationships and teamwork among students.
- To promote emotional intelligence and self-awareness.
- To equip future teachers with skills necessary for classroom and real-life situations.

## **Resource Person**

The workshop was handled by Mrs. Sreekutty S S, Assistant Professor, BNV College of Teacher Education, who served as the resource person.

## **Programme Highlights**

The session began with an engaging introduction emphasizing the importance of life skills in the teaching profession. The resource person adopted an interactive and activity-based approach throughout the session.

Key areas covered included:

- Communication and interpersonal skills
- Decision-making and problem-solving strategies
- Emotional regulation and self-awareness
- Teamwork and leadership skills

Students participated in group discussions, role-plays, and situational activities that helped them understand real-life applications of life skills. The activities encouraged reflection, collaboration, and active involvement.

The workshop also highlighted the integration of life skills into classroom teaching, aligning with modern educational needs and NEP 2020 perspectives.

## **Participation**

First-year B.Ed. students actively participated in the workshop. Their enthusiastic involvement and engagement in activities contributed to the success of the programme.

## **Outcome of the Programme**

- Enhanced awareness of essential life skills among students.
- Improved communication, collaboration, and decision-making abilities.
- Increased confidence and self-awareness.
- Encouraged application of life skills in teaching-learning processes.

### **Conclusion**

The *Workshop on Life Skill Development* was highly effective in achieving its objectives. The interactive methodology and practical activities made the session meaningful and impactful. The programme contributed significantly to the overall personality development of student teachers.

#### **Programme Convenor**

**Mrs. Sreekutty S S**

Assistant Professor

BNV College of Teacher Education

Thiruvallam

#### **General Convenor**

**Dr Lakshmi S**

Principal

BNV College of Teacher Education

Thiruvallam



