

## Kristu Jayanti School of Management - Life Skills for Millennial Executives

Kristu Jayanti School of Management organized a week long programme on "LIFE SKILLS FOR MILLENNIAL EXECUTIVES" for its first year MBA/PGDM students. The training was organized by the Centre for Life Skills Education (CLSE) of Kristu Jayanti College in collaboration with Rajiv Gandhi National Institute of Youth Development (RGNIYD), Chennai. The faculty members of School of Management, who are the certified trainers on Life Skill Education, conducted sessions on ten core life skills. The objective of the workshop was to orient and train students with life skills that will enrich and enable them to face the challenges in Personal and Professional Life and be prepared as a Millennial Executive for the corporate world. The students were trained through fun and activity based learning methodologies on Self Awareness, Coping with Emotions, Empathy, Decision Making, Problem Solving, Critical Thinking, Creative Thinking, Effective Communications, Interpersonal Relationships and



Coping with Stress. The Workshop was inaugurated by the Vice Principal, Rev Fr Augustine George in the presence of Dr Aloysius Edward, Dean, Faculty of Commerce and Management, Dr Jonas Richard, Director for the Centre for Life Skills Education (CLSE), Head of the Department, Dr Vijaya Baskaran and the co-ordinator of the Workshop Prof. Stephen Deepak. Certificates were given to all the students who participated in the Workshop, jointly by RGNIYD & CLSE of the college.