



Report

Name of Activity	“Life Skill Activity”
Date	15 th November 2021
Venue	Seminar Hall, Block-A, MIMT
Organized by	Head, Student Welfare
No. of Beneficiaries	122
Activity Incharge	Dr Anshu Goel, Faculty of MIMT
Resource Persons	<ul style="list-style-type: none">• LVM Kishore Vice- President, Supply chain in Times of India Group• Ms. Bharti Dudeja, National Head Training - Premier Banking
Objective	The objective of the Activity was to highlight the importance of ‘Life Skills’ and how to cope with changing lifestyle and stress, especially in present era.
Report	<p>The Inaugural session was started in the presence of Mr. Atul Mangal Chairman MGI, Mr. Aayush Mangal Vice Chairman & Mr. Arun Kumar Rana Director Planning & Corporate Affairs. Mr. Arun Rana welcomed all the guests and faculties for the Activity. Life skills Management Program was organized & Co-ordinated by Dr Anshu Goel, on 15th November, 2021 at Mangalmay Institute of Management and Technology Greater Noida.</p> <p>Life Skills encapsulates the social, personal, intellectual and emotional skills, which aims at preparing learners for meaningful and successful living in today's globalized context. These 'Seed Skills' have become necessary pre-requisites in the holistic development of learners, as it exposes them to a range of knowledge, skills and values of life.</p> <p>The distinguished speaker Mr. LVM Kishore in his inspirational, energetic and motivating session shared his views on the importance of critical thinking, imagination and proper work-life balance. Ms. Bharti Dudeja, a spiritual healer and life style counsellor motivated the attendees to know one’s own self and quoted that “one’s work must be aligned with one’s nature”. She emphasized</p>



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	<p>on the importance of meditation which is the perfect way to align the mind, body and soul. Also shared her knowledge on the importance of EQ and techniques to enhance it. Speaker talked about 'Self-awareness and environment consciousness' and also conducted a meditation session for rejuvenating the mind, body and soul. The programme witnessed an enthusiastic participation of 122 Students & many faculty members from institution.</p>
Outcome of the Activity	<p>Equipping teachers & Students to be competent in facing the challenges of the dynamic learning environment, by providing an insight to soft skills for success and life skills for survival at the workplace.</p>



LVM Kishore Vice- President, Supply chain in Times of India Group is sharing his thought with the audience