# PRACTICAL 1 A: REPORT WRITING

# LIFESKILL WORKSHOP 2019-20

## DAY 1:

### SESSION 1:

The workshop was started at 10am on 25th November, 2019. Our Principal, Dr. Ancy Jose, motivated the students by a motivational speech followed by the College Anthem and also shared her past experience regarding this life skill workshop. She also requested us and explained the importance of this type of such workshop. The Vice Principal, Mr. Suchak gave a speech about the meaning and importance of our college anthem. Then we had a speech by our Co-ordinator, MS. Sindhu Ma’am in which she introduced us to the workshop leader Dr. Sujata Singhi about what work she had done it earlier and how much she contributed through the medium of this workshop. After that Dr.Sujata Singhi then divided students into groups.

### SESSION 2:

This session included the explanation of values and gratitude of our life. Dr. Sujata Singhi explained her life-story by sharing some of her personal life example. She made us realize the importance of everything in our life. There was a dance video which was followed by everyone. In this session there was also a group activity in which students have to pick any product of their own imagination and to sell them by using marketing tactics. Then students took a declaration oath.

## DAY 2:

### SESSION 1:

The session started with a brief explanation about the previous day which was followed by an energetic dance. Then some students shared their experience about the task which was assigned on previous day which motivated each and every person in the auditorium. The students were given a group activity of making a spaceship for the princess by her requirements, terms and conditions. This activity helped the students to understand the concept of team-work and leadership and an opportunity to make our self-growth and exchange in our ideology

### SESSION 2:

This session had a rockstar event were every student had to dress like a rockstar and become a rockstar and perform on the stage. The students were made to give the name of the rockstar and their song. This activity helped the students to eliminate their stage fear and perform freely on the stage. The session ended with the dance.

## DAY 3:

### SESSION 1:

The session started with a brief explanation about the previous day which was followed by an energetic dance. After dance we were given a individual task of making our own vision board in which were allowed to include our own vision that what we see for ourselves. Ma’am gave the importance of music, sound and rhythm in our life through various musical instruments where she explained the importance of the effect of different types of sound in our mind, she also made us understand the comparison between the music an our life

### SESSION 2:

The session started with Meditation Act followed by the declaration oath. Then we had the felicitation of the workshop leader Dr .Sujata Singhi. Then we had the Certificate Distribution of the students and the crew members. At the end, we had the Vote of Thanks by the students, crew members and the respected faculty. We also sang a song and made us feel powerful. Then we all had group photo with her and we all were given a feedback which was to be given on the spot