

Workshop On Life Skills By

Sri P. Prasad, Trainer in Soft Skills, Vijayawada

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About the Programme:

Sri P. Prasad, the resource person defined Life skills as “the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life” ‘Adaptive’ means that a person is flexible in approach and is able to adjust in different circumstances. ‘Positive behaviour’ implies that a person is forward looking and even in difficult situations, can find a ray of hope and opportunities to find solutions. The resource person advised the students to know the importance of life skills for being successful in life. He told decision making, problem solving, self-awareness, creative and critical thinking, effective communication and interpersonal relationships play a key role in moulding a personality. He also said assertiveness, equanimity, resilience, coping with emotions and coping with stress make one’s life balanced.



“Life is 10% what happens to you and 90% how you respond to it..”