



# AICTE ACTIVITY POINT PROGRAMME ON "3-DAY LIFE SKILL TRAINING

11TH TO 13TH AUGUST 2025 | 9:00AM to 5:00 PM  
Auditorium, Acharya Campus



## About the Program

The Life Skills Program is designed to provide participants with essential abilities that enable them to handle everyday challenges effectively and lead a balanced, meaningful life. Life skills are a set of psychosocial and interpersonal skills that help individuals make informed decisions, communicate effectively, build healthy relationships, manage stress, and adapt positively to different situations.

### Objectives of the Program

- Enhance self-awareness by helping participants recognize their strengths, weaknesses, emotions, and values for personal growth.
- Develop effective communication and interpersonal skills through clear expression, active listening, and building healthy relationships.
- To foster teamwork and leadership qualities, encouraging collaboration, empathy, and group effectiveness.

### Expected Outcomes of the Program





- Participants will gain better self-awareness, enabling them to identify their strengths, weaknesses, and values for personal growth.
- Participants will have enhanced communication skills, with better clarity in expression, listening, and relationship-building.
- Participants will exhibit collaborative skills and leadership potential in group activities and real-life scenarios.
- Resource Persons Details: Name and Photograph (350 x 350 pixel) along with the topic of expertise/talk is provided/given.

Target Audience: 5<sup>th</sup> and 7<sup>th</sup> Semester Students

## Committee Members

ADVISORY COMMITTEE	+
<ul style="list-style-type: none"> <li>• Dr. C.K Marigowda, Principal, AIT.</li> </ul>	
CONVENERS	+
<ul style="list-style-type: none"> <li>• Dr. Mahesh S S, Professor, First Year Co ordinator, AICTE Activity Coordinator, AIT</li> <li>• Dr. Sanman Shivakumar, Associate Professor, Department of Mechanical Engineering, NSS Progrmme Officer, AIT</li> <li>• Dr. Shilpa Sivashankar, Associate Professor and HOD Department of Biotechnology, Dean-Outreach, AIT</li> </ul>	
EVENT COORDINATORS	+
<ul style="list-style-type: none"> <li>• Dr. Nagapushpa K P, Assistant Professor, Department of EC, AIT. Mobile: +91 98808 50112 Email: nagapushpa@acharya.ac.in</li> <li>• Prof. Liny.P, Assistant Professor, Department of Biotechnology, AIT. Mobile: +91 99018 90513 Email: liny@acharya.ac.in</li> <li>• Prof. Geethalakshmi N M, Assistant Professor, Department of ISE, AIT. Mobile: +91 94814 24041 Email: geethalakshmi@ait.ac.in</li> </ul>	

## Resource Persons Details

 <p><b>Basavaling H</b> Designation : Yuvaka sangha</p>	 <p><b>Pallavi HN</b> Designation : Yuvaka sangha</p>
 <p><b>Amrutha N</b> Designation : Yuvaka sangha</p>	 <p><b>Varun</b> Designation : Yuvaka sangha</p>



### Acharya Institute of Technology

Acharya Dr. S. Radhakrishnan Road, Acharya P.O  
Soladevanahalli, Bangalore - 560107, Karnataka, India.

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### Event Coordinator

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