

## **Seminar for First Year Engineering students**

Organised by Basic Science and Humanities Department

as part of FE Student Induction Programme

on Friday, 09 August 2019

Seminar Title: 'Make it Count'

Resource person: Ms Deepa Panakkal

(Sub topics: life skills like mechanisms to cope with stress and goal setting)



Some key issues and concerns observed among adolescents include those relating to forming a self-image, managing emotions, building relationships, strengthening social skills, and dealing with or resisting peer pressure. Students at this stage are more prone and vulnerable to high risk situations and may easily succumb to it.

How well an adolescent deals with these issues is decided by a host of factors that include their personality, psychosocial support from the environment (that includes parents, teachers and peers), and the life skills that they possess. As educators this has to be one of our prime focus. The seminar that was organised for our First year Students was one important step towards the same.

The seminar was organised for all the 8 classes of first year engineering. Given the large no. of students, the sessions were conducted in two slots for 4 classes each. The resource Person, Ms Deepa Panakkal, focussed majorly on helping students identify and enhance upon some of the important life skills using real time examples that were easily relatable to students. She emphasized on how students need to focus on their ability for adaptive and positive behaviour that would enable them to deal effectively with the demands and challenges of life and also better equip them to handle failure as a learning experience. '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. This was one of the main messages extended to students.

The session also focussed on interpersonal skills that help people to communicate effectively, empathize with others, and cope with managing their lives in a healthy and productive manner. While all these capabilities were discussed, the importance of being respectful and humble was also emphasized.

Thus the session focussed on helping students to value their own self and the skills that make them not just competent professionals but also individuals with strong sense of values and character.