



Centre for Multi-disciplinary Development Research (CMDR)

Dr.B.R.Ambedkar Nagar, Dharwad – 580004.

Two-Day Workshop on Life Skills

26-27 May 2025

A workshop on **Life Skills** was organised for students spanning from PUC to PhD scholars on 26-27 May 2025 at CMDR, Dharwad. The workshop focused on skills like communication, decision-making, stress management, and adaptability—things that aren't always taught in the classroom but are crucial for success in professional life. Dr. Basavaprabhu Jirli, Director, CMDR, Dharwad, inaugurated the workshop with remarks on the importance of life skills in professional life. Dr. Prateek Mali, the coordinator of the workshop, briefed about the need and importance as well as the objectives of the workshop. Dr. Jai Prabhakar welcomed the participants and gave a brief outline of CMDR activities.

The workshop helped the participants to gain confidence, build resilience, and improve their ability to handle relationships and work environments effectively. The workshop was attended by 26 participants from six different institutions. Whether for students, professionals, or anyone looking to grow, life skills workshops provide practical tools to thrive in a fast-changing world.

The Workshop was organised to help participants understand their strengths, weaknesses, emotions, and motivations, to teach participants how to express themselves clearly and listen actively, to enable individuals to think critically, assess situations, and make sound choices, and promote innovative thinking and strategic problem-solving methods, and to develop skills in collaboration, adaptability, and conflict resolution and inspire lifelong learning, self-improvement, and a positive approach to challenges.

The workshop adopted the methods of Experiential Learning, Games & Activities, Self-Reflection Exercises, Peer Learning and Collaboration, and Practical Workshops.

The topics covered in the workshop included What are, and Why life skills for students, What is and Why Communication? Dr. Basavaprabhu Jirli dealt with oral Communication Skills, Glossophobia, and misconstructions about Communication and Listening.

Time Management Skills was by Dr. Dundappa Y B. The activities to learn how to understand team building, the importance of communication, and risk-bearing ability were taught by involving participants in “Tower Building.”. An effort was made to teach participants about understanding self and team building by involving them in “Johri’s Windows” activity.

Stress Management and Hindi – a powerful Communication tool were dealt with by Dr. Pratik Mali. Dr. Jai Prabhakar introduced the participants about Decision-making skills.

After attending the workshop, participants expressed that the learnings will help them in personal and professional success in ways that go far beyond the short-term lessons. Participants revealed that they developed the ability to express themselves clearly, listen actively, and navigate conversations with confidence. The workshop helped them to gain critical thinking skills that help them to make sound, thoughtful

choices in both personal and professional life. Participants expressed that they learnt how to handle setbacks, stay calm under pressure, and bounce back from challenges. The workshop helped the participants to become more open to change, be able to embrace new opportunities, and thrive in dynamic environments. The incumbents expressed that the workshop helped them to increase self-confidence, build a growth mindset, trust their abilities, and feel more empowered to take on life's challenges. The learnings from the workshop are going to sharpen the ability to assess situations, think creatively, and find solutions efficiently.

The valedictory session was held on 27th May 2025. The successful participants were awarded with certificate of participation. The Director of CMDR advised the participants to inculcate the learnings in their day-to-day life and improve their professional performance. The life skills are not limited only to students of social science, but professionals from all streams are the beneficiaries of such a workshop. Dr. Pratil Mali, Workshop Coordinator, presented the report of the two-day workshop. Dr. Dundappa Y B. conducted the programme, and Dr. Jai Prabhakar presented a vote of thanks. Prof. Bramhanandam, T, Dr. A.R. Kulkarni, Dr. SV Hanagodimath, Dr. N. Billava, and other faculty from CMDR were present on the occasion.

Workshop Visuals













