

## NIT-TRICHY OVERVIEW



The National Institute of Technology, Tiruchirappalli (NIT-T), formerly known as Regional Engineering College, Tiruchirappalli (REC-T) is one of the technical institutes started by the Government of India. RECT was imparting quality education since its inception - 1964-65. In 2003, the institution has been granted 'Deemed to be University' status with the approval of UGC/AICTE. With a cream of engineering and management talent, encompassing exuberant students and inspiring faculty, integrated with State-of-the-art infrastructure facilities, NIT-T today has emerged as one of the premier institutions in the country.

## About Department of HSS, NIT Trichy

The Department of Humanities and Social Sciences, a research department, comprises English and Economics division. The Department of English offers communication courses to B.Tech., B.Arch., M.B.A., M.Tech & M.C.A and the Department of Economics offers Personality Development courses and Entrepreneurship Development courses to B.Tech and M.B.A. The exposure to soft skills and life skills has made our students place a good stead in successful placement and assured career growth.

## About DOMS, NIT Trichy

The Department of Management Studies (DOMS), since its inception in the year 1978 has served as a management hub for aspiring students and is being recognized as one of the best business schools in the country. DOMS not only teaches the art and science of management but also instills in its students, virtues and skills needed to make a difference in tomorrow's world.

## Coordinators

**Dr. S. MEKALA**  
PROGRAMME COORDINATOR  
DEPARTMENT OF HUMANITIES AND SOCIAL SCIENCES

**Dr. N. THAMARASELVAN**  
PROGRAMME HEAD  
DEPARTMENT OF MANAGEMENT STUDIES

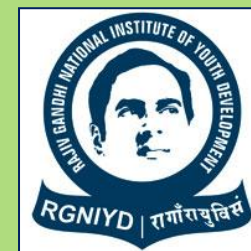
## NATIONAL INSTITUTE OF TECHNOLOGY TIRUCHIRAPALLI- 620015



## Organizing

**TRAINING OF TRAINERS  
IN  
LIFE SKILLS  
February 27<sup>th</sup> - March 3<sup>rd</sup> 2017**

## Sponsored By



## Programme Theme

*"I never teach my pupils, I only provide the conditions in which they can learn"*

*- Albert Einstein*

## Life Skills

Life Skills are a set of abilities that students need to develop in order to succeed in the information age. Life Skills encapsulates the social, personal, intellectual and emotional skills, which aims at preparing learners for meaningful and successful living in today's globalized context. This integrated skill set have become necessary pre-requisites in the holistic development of learners, as it exposes them to a range of knowledge, skills and values of life. Integrating Life Skills in educational training can potentially help students in learning to learn in participation for a lifetime of change. Life Skills education can be seen as a bridge between basic functionings and capabilities. The imparting of Life Skills will enable to learn and use knowledge to develop reasoning and analytical strengths and to manage emotions.

## Course Content

The course aims at equipping teachers to be competent in facing the challenges of the dynamic learning environment. The participants can hone their abilities through interactive sessions and impart the skills to their students.

The main focus of the course includes:

- ❖ Effective Communication
- ❖ Interpersonal Relationship
- ❖ Personality Development

- ❖ Creative Thinking
- ❖ Critical Thinking
- ❖ Problem Solving
- ❖ Decision making
- ❖ Conflict Resolution
- ❖ Negotiation skills
- ❖ Coping with Stress
- ❖ Emotional Resilience
- ❖ Achievement Motivation

Eminent academicians and Resource persons will be contributing their valuable insights on the topics.

## Target Audience

- Faculty members in Arts and Science & Engineering Colleges

There is **NO REGISTRATION FEES**.

Accommodation will be provided for outstation participants on twin sharing basis.

TA will be provided for participants (3rd AC Train fare for the shortest route/ Actual travel expense, whichever is minimum)

Admission to this training programme is restricted to fifty participants on a first-cum-first-served basis. Attendance is compulsory on all five days.

## Important Date

Last date for receiving the duly filled in registration forms: **20<sup>th</sup> February 2017**

### ADDRESS FOR COMMUNICATION

Kindly send the hard copy of the registration form to the following address

Dr. S. Mekala  
Assistant Professor  
Department of Humanities and Social Sciences,  
National Institute of Technology  
Tiruchirapalli- 620015

**OR**

Kindly mail the Soft Copy of the Registration form to the following mail id

**Email: [nitt.hss.fdp@gmail.com](mailto:nitt.hss.fdp@gmail.com)**

For any clarifications please contact

Ms. Geetha.R  
Research Scholar, Dept. of HSS, NITT  
Mob: +91-9487608394

To download the registration form and for latest updates, please refer [www.nitt.edu](http://www.nitt.edu)

Confirmation of Participants will be intimated through email only.

# Training of Trainers in Life Skills

February 27<sup>th</sup> – March 3<sup>rd</sup> 2017

## Registration Form

Name (In Block Letters) : \_\_\_\_\_

Designation : \_\_\_\_\_

Address : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Department : \_\_\_\_\_

Name of the Institution : \_\_\_\_\_

Email Id : \_\_\_\_\_

Mobile No : \_\_\_\_\_

Faculty member : Arts and Science College

: Engineering College

Accommodation Required : Yes  No

Claim for TA: Local Participant  Outstation Participant

From: \_\_\_\_\_ to: \_\_\_\_\_

Fare Paid (Rs): \_\_\_\_\_

(Please enclose Proof – 3<sup>rd</sup> AC Train Fare for the shortest route/ Actual travel expense, whichever is minimum)

Signature of the Applicant