

# Report on Activities Conducted Under the MoU Between Life Skills Learning Cell, SN College Varkala, and Centre for Life Skill Learning (CLSL), Chennai (Academic Year 2023-24)

Prepared by:

Dr. Sajith SJ Sasi

Coordinator, Life Skills Learning Cell

SN College, Varkala

## Introduction

The Life Skills Learning Cell of SN College, Varkala, and the Centre for Life Skill Learning (CLSL), Chennai, signed a Memorandum of Understanding to enhance students' life skills through collaborative training programs. The MoU aimed at empowering students with essential life skills for personal and professional growth.

During the academic year 2023-24, several programs and activities were conducted under this partnership, focusing on skill development, student engagement, and resource sharing.

## Activities Conducted

### 1. Life Skills Training Programs

- Conducted multiple life skills training programs for students, focusing on areas such as communication, leadership, time management, stress management, and decision-making.
- The training sessions were interactive and activity-based, ensuring maximum participation and learning.
- Students reported improved confidence and self-awareness after these sessions.

### 2. Online Sessions

- Organized a series of online sessions in collaboration with CLSL, Chennai.
- Sessions were designed to cater to diverse topics such as emotional intelligence, conflict resolution, and career planning.



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Principal  
Sree Narayana College  
Varkala, Varkala

- The flexibility of online sessions allowed students to attend and benefit from expert guidance remotely.

### 3. Interactive Session with Mr. Asok Nemmara

- Mr. Asok Nemmara, Director of CLSL, Chennai, conducted an interactive session with students.
- The session covered real-life applications of life skills and the importance of adaptability in today's fast-paced world.
- Students actively participated in discussions and gained insights into the practical relevance of life skills.

### 4. Participation of Dr. Sajith SJ Sasi as Resource Person

- Dr. Sajith SJ Sasi, Coordinator of the Life Skills Learning Cell, participated as a resource person in programs organized by CLSL, Chennai.
- Delivered lectures and facilitated workshops on topics like "Mindful Living" and "Building Resilience."
- Strengthened the collaboration between the two institutions by contributing to CLSL's initiatives.

### Outcomes and Impact

- Enhanced students' understanding of essential life skills and their application in personal and academic contexts.
- Improved collaboration between SN College Varkala and CLSL, Chennai, creating opportunities for future programs.
- Fostered a culture of continuous learning and self-improvement among students and faculty.
- Enabled students to interact with industry experts, broadening their perspectives on life skill development.

### Conclusion

The partnership between the Life Skills Learning Cell, SN College Varkala, and CLSL, Chennai, has proven to be a valuable initiative for holistic student development. The programs conducted during the academic year 2023-24 have laid a strong foundation for future collaborations, ensuring sustained growth in the area of life skills education.



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Sivagiri, Varkala



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Sree Narayana College  
Sivagiri, Varkala