

**SRI GURU TEG BAHADUR KHALSA COLLEGE, SRI ANANDPUR SAHIB**  
**DEPARTMENT OF NSS**  
**REPORT**  
**13<sup>th</sup> MARCH 2025**  
**Workshop on Life Skills**

Department of NSS of Sri Guru Teg Bahadur Khalsa College Sri Anandpur Sahib conducted a two days workshop on life skills for NSS Volunteers. Total 50 Volunteers from different units of NSS were part of this workshop. Dr Amandeep Kaur, NSS Program officer conducted the workshop. Basic 10 life skills given by WHO under three main categories viz; thinking skills, social skills and emotional skills (Self awareness, Empathy, Effective communication, IPR, Decision making, Problem solving, Critical thinking, creative thinking, coping with emotions and coping with stress) were demonstrated to the volunteers by conducting various activities. Principal Dr Jasvir Singh congratulated the PO and Volunteers. He elaborated the importance of life skill training due to increased stress and struggle in life of youth.

