



ACTIVITY COMPLETION REPORT

Name of the Activity: Life Skills Workshop

Date of Activity: 29/09/2026

Venue: University Polytechnic, Major S. D. Singh University, Farrukhabad

Organized By: University Polytechnic, Major S. D. Singh University, Farrukhabad.

Objectives

A Life Skills Workshop was organized by University Polytechnic on 29/09/2026 to develop essential personal, interpersonal, and professional skills among students. The workshop focused on practical skills required for effective communication, teamwork, problem-solving, decision-making, time management, and professional development

- To develop effective communication and interpersonal skills among students.
- To improve students' confidence and self-awareness.
- To develop teamwork and leadership abilities.
- To enhance problem-solving and decision-making skills.
- To promote effective time management and goal-setting habits.
- To prepare students for professional and workplace environments.

Activities Conducted

The workshop included interactive activities such as:

- Group discussions and communication exercises.
- Team-building activities.
- Problem-solving exercises.
- Time-management and goal-setting activities.
- Leadership and decision-making exercises.

Outcomes

- Improve their communication and interpersonal skills.
- Understand the importance of teamwork and cooperation.



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- Apply basic problem-solving and decision-making techniques.
- Manage time and academic responsibilities effectively.
- Develop confidence and positive interpersonal behavior.
- Understand the importance of life skills in academic and professional development.

Conclusion

The Life Skills Workshop provided students with practical knowledge and opportunities to enhance their personal and professional abilities. The interactive activities encouraged active participation and helped students understand the importance of life skills for academic success, career development, and responsible social behavior.

Coordinator:

Mr. Anurag Shukla

Life Skills Workshop

University Polytechnic

Major S. D. Singh University, Farrukhabad

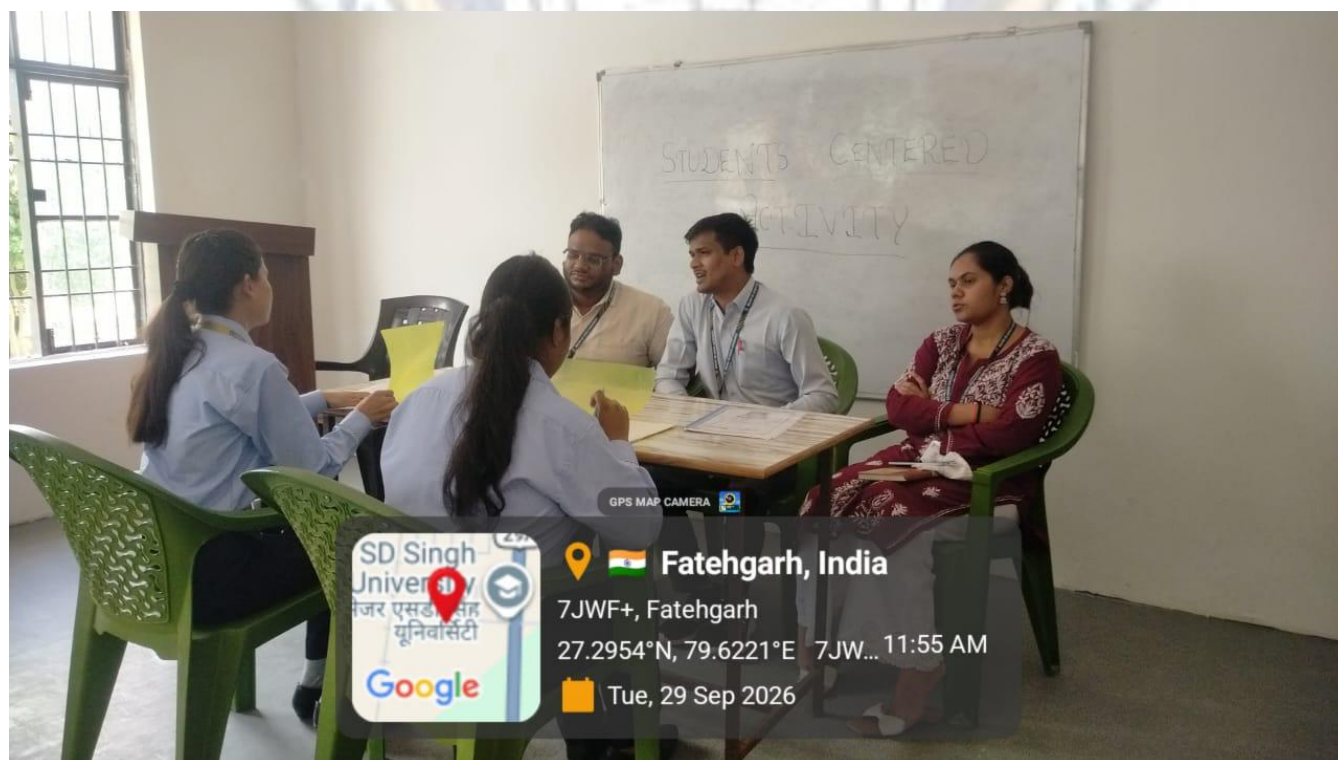
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Photos

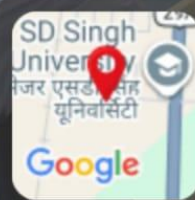


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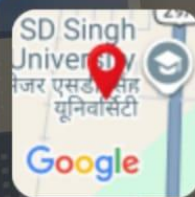


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