



EVENT COMPLETION REPORT

Life Skills Seminar

Date: 03/06/2025

Time: 10:00 AM – 11:00 AM

Venue: VIPS Campus

Organised by: Venkateshwar Institute of Paramedical Sciences

1. Introduction

Venkateshwar Institute of Paramedical Sciences organized a Life Skills Seminar on 3rd June, 2025 with the aim of enhancing the personal, social, and professional competencies of students. The seminar focused on developing essential life skills such as self-awareness, decision-making, stress management, communication, and adaptability, which are vital for success in both personal life and healthcare professions.

2. Objectives

- To develop self-awareness and positive attitude among students.
- To enhance decision-making and problem-solving skills.
- To improve communication and interpersonal skills.
- To build emotional intelligence and stress management abilities.
- To prepare students to face academic, professional, and life challenges confidently.

3. Event Highlights

- The seminar commenced at 10:00 AM with an introductory note on the importance of life skills in personal and professional development.
- Mrs. Anjali Sen conducted the session and delivered an engaging and informative talk on essential life skills.
- Topics covered included self-management, goal setting, time management, emotional control, and effective communication.
- Practical examples and real-life situations were discussed to help students relate theory to practice.
- The session was interactive, encouraging students to participate and express their views.
- A question-and-answer session helped clarify student doubts.
- The seminar concluded at 10:45 AM with a vote of thanks.

Sumit Mathur
COORDINATOR
IQAC
SAI TIRUPATI UNIVERSITY
UDAIPUR

[Signature]
PRINCIPAL
VENKATESHWAR INSTITUTE OF
PARAMEDICAL SCIENCES
UDAIPUR

4. Outcomes

- Students gained awareness about the importance of life skills in daily life and professional growth.
- Improved understanding of stress management and emotional balance.
- Enhanced confidence, motivation, and positive thinking among participants.
- Students developed skills necessary for effective interpersonal relationships and career success.

5. Conclusion

The Life Skills Seminar organized at Venkateshwar Institute of Paramedical Sciences was informative and impactful. The session successfully equipped students with essential life skills required for personal well-being and professional excellence, especially in the demanding healthcare environment.

6. Acknowledgements

We express our sincere gratitude to:

- Mrs. Anjali Sen for delivering an insightful and motivating session.
- The management of Venkateshwar Institute of Paramedical Sciences for their support.
- Faculty members for their coordination and guidance.
- Students for their active participation and enthusiasm.
- Support staff for ensuring the smooth conduct of the seminar.



VENKATESHWAR INSTITUTE OF PARAMEDICAL SCIENCES

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STU/VIPS/2025/30

DATE-31/5/2025

CIRCULAR

This is to inform to all the students and the staff that a short session on Life skills will be held at college on 3/6/2025. All the students are requested to participate in the session. The seminar will be held from 10:00 am till 11:00 am. Students are requested to report at venue by 9:30 am sharply to ensure smooth functioning of the event.

Suresh
PRINCIPAL
VENKATESHWAR INSTITUTE OF
PARAMEDICAL SCIENCES

Copy to:

- College notice board
- College office
- President, STU
- Registrar, STU

• EVENT ATTENDANCE LIST



VENKATESHWAR INSTITUTE OF PARAMEDICAL
SCIENCES

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ATTENADNCE SHEET

Name of Event- Life Skills.

Date and Day- 31/6/2025 Tuesday.

Time- 10:00 AM to 11:00 AM

S.no.	Name of student	Signature
1	Priya Rajapati	Priya
2	Gajal Kharmwal	Gajal
3	Radha Dama	Radha
4	Praveen Kumar	Praveen
5	Mukul Raj	Mukul
6	Hansa ahari	Hansa
7	Poojale Sharma	Poojale
8	Aksh Patel	Aksh
9	Ishika Meena	Ishika
10	Raghavver	Raghav
11	Manoj Kumar	Manoj
12	BhumiKa	Bhumi
13	Dinny a	Dinny
14	Parina Kumawat	Parina
15	Rudhali Laskar	Rudhali
16	Yogendra	Yogendra
17	Niket Kumar	Niket

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PARAMEDICAL SCIENCES
TIRUPATI

EVENT PHOTOGRAPHS



Name of event- Seminar on Life Skills
Date & Time- 3 June2025 , 10:00am to 11:00 am
Place of event- Venkteshwar Institute of
Paramedical Sciences, Umarda, Udaipur



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