



ANNAMALAI UNIVERSITY



Department of Political Science & Public Administration

Offers Online Training Programme on **LIFE SKILLS FOR STUDENTS**

(Student Development Programme- SDP)

Date: 03.06.2020 to 06.06.2020

**Time: 10.30 AM to 11.30 AM and
2.30 PM to 3.30 PM**

Life Skills Training programme are inevitable for students to come up with successful in their academic career.

Department of Political Science & Public Administration, Annamalai University is offering Online Training programme for students across the country to empower themselves in their socio-economic life.

Objectives of the programme:

- ☒ To facilitate character building among the students and preserves the values of society.
- ☒ To inculcate virtues of Personality Development.
- ☒ To impart effective communication silks.
- ☒ To enhance decision making skills among the students.
- ☒ To equip the students in utilising the time productively and effectively.
- ☒ To train the students to face competitive examinations.
- ☒ To sensitise students about the competitive examinations, especially Civil Services and Tamil Nadu Public Services.

Registration Link: <https://forms.gle/M9g8qBS2UiPiNRRq5>

Training Contents:

- Personality Development: Self Analysis, Attitude and Motivation
- Communication Skills: Presentation / Writing and Non - Verbal Communication
- Decision Making: Principles and Process
- Time Management Skills for succeeding in their Career.
- Strategies for Preparing Competitive Examinations.
- Key to Success: Prerequisites and Strategies for Success.
- Training on Stress Management
- Training on Effective Listening

Course Convenor:

Dr.C.Subramanian
Professor and Head
Department of Political Science & Public Administration
Annamalai University



Course Co-Convenors:

Dr.P.Sakthivel
Professor and Deputy Controller of Examinations
Department of Political Science & Public Administration
Annamalai University.

Dr. S.Balamurugan
Associate Professor (On Deputation)
Department of Political Science
Periyar Govt. Arts College, Cuddalore.



- ☒ This Course is intended for Students and Research Scholars only.
- ☒ 100 Participants will be selected for attending the Online Course.

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