

Guest lecture by Dr MK Jhala on “Life Skills” at SMC

SMC College of Dairy Science and Vidya Dairy organized a blessing lecture of **Dr. M.K. Jhala**, Associate Director of Research (Animal Science), AAU, Anand, on “**Life Skills**” on **Tuesday, 19th September, 2017** at Radhakrishnan Auditorium. All the PG students, as 3rd & 4th year students as well as faculty members and Vidya dairy officers attended program. Dr. JB Prajapati, Principal & Dean of the college introduced Dr Jhala and welcomed all the guests. In his very interesting and lucid



lecture, Dr. Jhala discussed about key issues & concerns of college students like developing an identity, managing emotions, building relationship, resisting peer pressure etc. He explained that livelihood skills and life skills are different. We learn a lot about earning our bread and butter, but not much on real life skills. Defining the “**Life Skills**, **Dr Jhala explained that these** are the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. Life skills abilities that facilitate the physical, mental and emotional well-being of an individual” as per WHO. Essential life skills are divided into three categories as per WHO:

1. Thinking skills - which involve Self-Awareness, Problem-solving, Decision making, Critical thinking and Creative thinking
2. Social Skill -involve Interpersonal Relationships, Effective Communication and Empathy
3. Emotional Skill - involve Coping with Emotions and Coping with Stress

Dr Jhala discussed about all these skills with relevant examples, so that all could understand well. He also shared his views on decision making and problem solving as well as on effective communication. Overall, the lecture was very educative and useful for students as well as faculty.

