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Baba Ghulam Shah Badshah University
Rajouri (J&K)

Nov 10, 2021

Press Note

Three day workshop on life skills conclude at BGSBU

Three day workshop on life skills and mental abilities jointly organized by the Department of Management Studies and the Centre for Hospitality and Tourism, Baba Ghulam Shah Badshah University concluded today. Prof. Akbar Masood, Vice chancellor of the University lauded the efforts of the organizing team for conducting the workshop. Prof. Akbar said that in a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life. The Vice Chancellor mentioned that to cope with the increasing pace and change of modern life, students need to learn new life skills such as the ability to deal with stress and frustration and Find new ways of thinking and problem solving. Dean of the School prof. Iqbal Parwez congratulated the organizing team on the successful completion of the workshop. Prof. Iqbal said that Thus, the cardinal focus of this workshop was to pay an extraordinary emphasis on developing such life skills amongst Students & Budding Professionals as they are the important building blocks for a dynamic citizen. During the three day workshop various off the class activities focusing on various life skills including Problem solving & critical thinking, communication skills, Decision making, creative thinking, interpersonal relationships, self awareness, team building and empathy were conducted. Students from MBA, MBA Hospitality and Tourism, BBA and B.Voc participated in the workshop. Participants were divided in two six teams lead by Bisma shah, Daniya, Uzma, Manoj, Akanksha and Mustafa. The team led by Akanksha won the best team award, whereas Mr. Shamim won the best participant award. The workshop was conducted by Dr. Parvez Abdulla, Dr. Danish Iqbal, Dr. Kafeel Ahmed, Dr. Jatinder Kumanr & Dr. Vinay Kumar, Assistant Professors, School of Management Studies.



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