The National Institute of Technology, Tiruchirappalli (NIT-T), formerly known as Regional Engineering College, Tiruchirappalli (REC-T) is one of the technical institutes started by the Government of India. RECT was imparting quality education since its inception - 1964-65. In 2003, the institution has been granted 'Deemed to be University' status with the approval of UGC/AICTE. With a cream of engineering and management talent, encompassing exuberant students and inspiring faculty, integrated with State-of-the-art infrastructure facilities, NIT-T today has emerged as one of the premier institutions in the country.

**About Department of HSS, NIT Trichy**

The Department of Humanities and Social Sciences, a research department, comprises English and Economics division. The Department of English offers communication courses to B.Tech., B.Arch., M.B.A., M.Tech & M.C.A and the Department of Economics offers Personality Development courses and Entrepreneurship Development courses to B.Tech and M.B.A. The exposure to soft skills and life skills has made our students place a good stead in successful placement and assured career growth.

**About DOMS, NIT Trichy**

The Department of Management Studies (DOMS), since its inception in the year 1978 has served as a management hub for aspiring students and is being recognized as one of the best business schools in the country. DOMS not only teaches the art and science of management but also instills in its students, virtues and skills needed to make a difference in tomorrow’s world.

**Coordinators**

Dr. S. MEKALA  
PROGRAMME COORDINATOR  
DEPARTMENT OF HUMANITIES AND SOCIAL SCIENCES

Dr. N. THAMARAISELVAN  
PROGRAMME HEAD  
DEPARTMENT OF MANAGEMENT STUDIES

**Programme Theme**

“I never teach my pupils, I only provide the conditions in which they can learn”  
- Albert Einstein
Life Skills

Life Skills are a set of abilities that students need to develop in order to succeed in the information age. Life Skills encapsulates the social, personal, intellectual and emotional skills, which aims at preparing learners for meaningful and successful living in today's globalized context. This integrated skill set have become necessary pre-requisites in the holistic development of learners, as it exposes them to a range of knowledge, skills and values of life. Integrating Life Skills in educational training can potentially help students in learning to learn in participation for a lifetime of change. Life Skills education can be seen as a bridge between basic functionings and capabilities. The imparting of Life Skills will enable to learn and use knowledge to develop reasoning and analytical strengths and to manage emotions.

Course Content

The course aims at equipping teachers to be competent in facing the challenges of the dynamic learning environment. The participants can hone their abilities through interactive sessions and impart the skills to their students.

The main focus of the course includes:

- Effective Communication
- Interpersonal Relationship
- Personality Development
- Creative Thinking
- Critical Thinking
- Problem Solving
- Decision making
- Conflict Resolution
- Negotiation skills
- Coping with Stress
- Emotional Resilience
- Achievement Motivation

Eminent academicians and Resource persons will be contributing their valuable insights on the topics.

Target Audience

- Faculty members in Arts and Science & Engineering Colleges

There is NO REGISTRATION FEES.

Accommodation will be provided for outstation participants on twin sharing basis.

TA will be provided for participants (3rd AC Train fare for the shortest route/ Actual travel expense, whichever is minimum)

Admission to this training programme is restricted to fifty participants on a first-cum-first-served basis. Attendance is compulsory on all five days.

Important Date

Last date for receiving the duly filled in registration forms: 20th February 2017

ADDRESS FOR COMMUNICATION

Kindly send the hard copy of the registration form to the following address

Dr. S. Mekala
Assistant Professor
Department of Humanities and Social Sciences,
National Institute of Technology
Tiruchirapalli- 620015

OR

Kindly mail the Soft Copy of the Registration form to the following mail id

Email: nitt.hss.fdp@gmail.com

For any clarifications please contact

Ms. Geetha.R
Research Scholar, Dept. of HSS, NITT
Mob: +91-9487608394

To download the registration form and for latest updates, please refer www.nitt.edu

Confirmation of Participants will be intimated through email only.
Training of Trainers in Life Skills
February 27th – March 3rd 2017
Registration Form

Name (In Block Letters) : __________________________________________________________

Designation : _________________________________________________________________

Address : ________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

Department : _______________________________________________________________

Name of the Institution : _______________________________________________________

Email Id : _________________________________________________________________

Mobile No : ________________________________________________________________

Faculty member : Arts and Science College [ ]

: Engineering College [ ]

Accommodation Required : Yes [ ] No [ ]

Claim for TA: Local Participant [ ] Outstation Participant [ ]

From: ____________________________ to: ____________________________

Fare Paid (Rs): ____________________________

(Please enclose Proof – 3rd AC Train Fare for the shortest route/ Actual travel expense, whichever is minimum)

Signature of the Applicant