

# LIFE SKILL DEVELOPMENT PROGRAM

ON

## DUTIES AND RESPONSIBILITIES OF TEEN AGERS



RESOURCE PERSON:-

1. Dr SHOBHA. L
2. Dr PADMAJA. MR



13 TH : TO : 23RD  
JUNE : JUNE

**TIMING - 3:00 PM - 4:00 PM**

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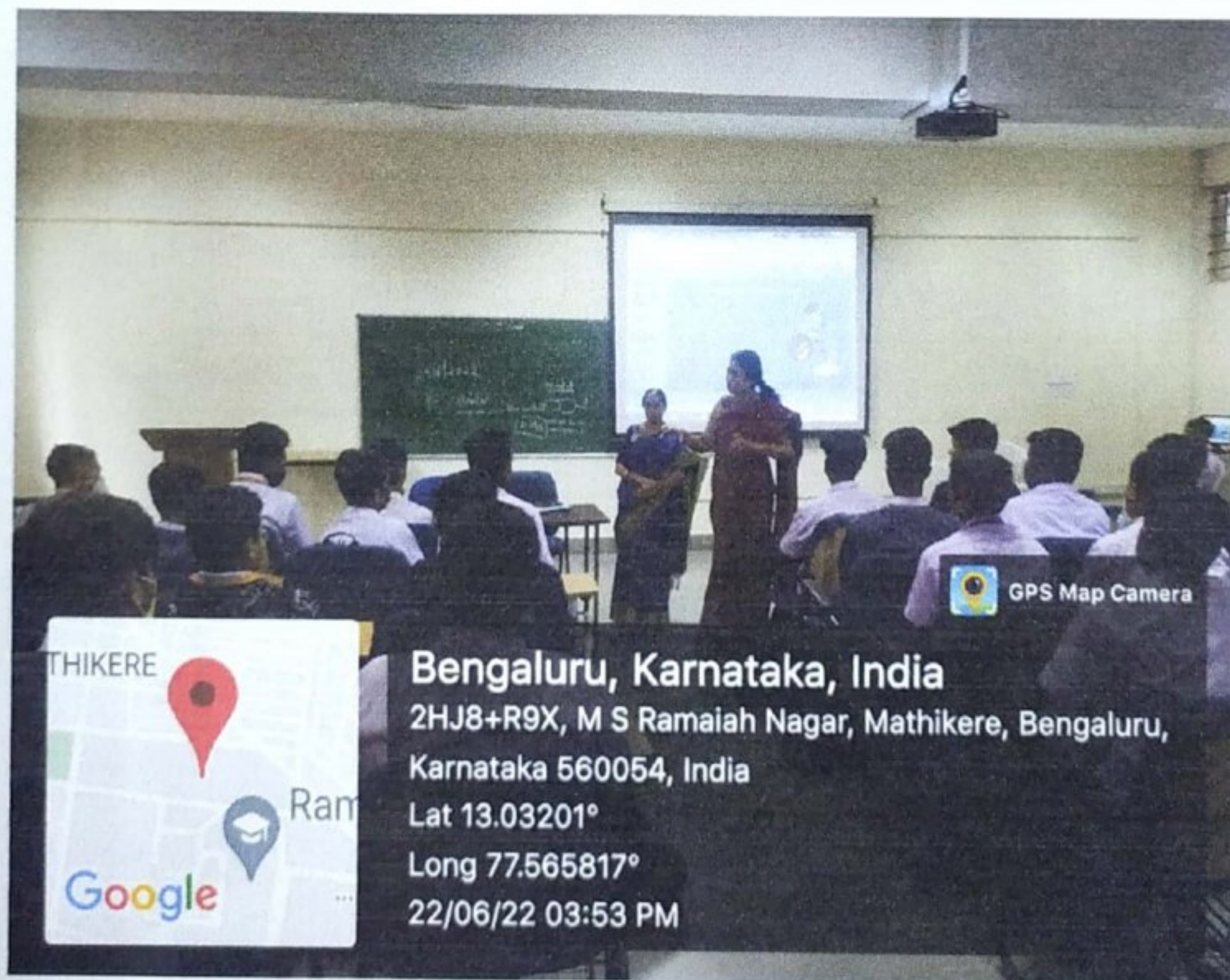
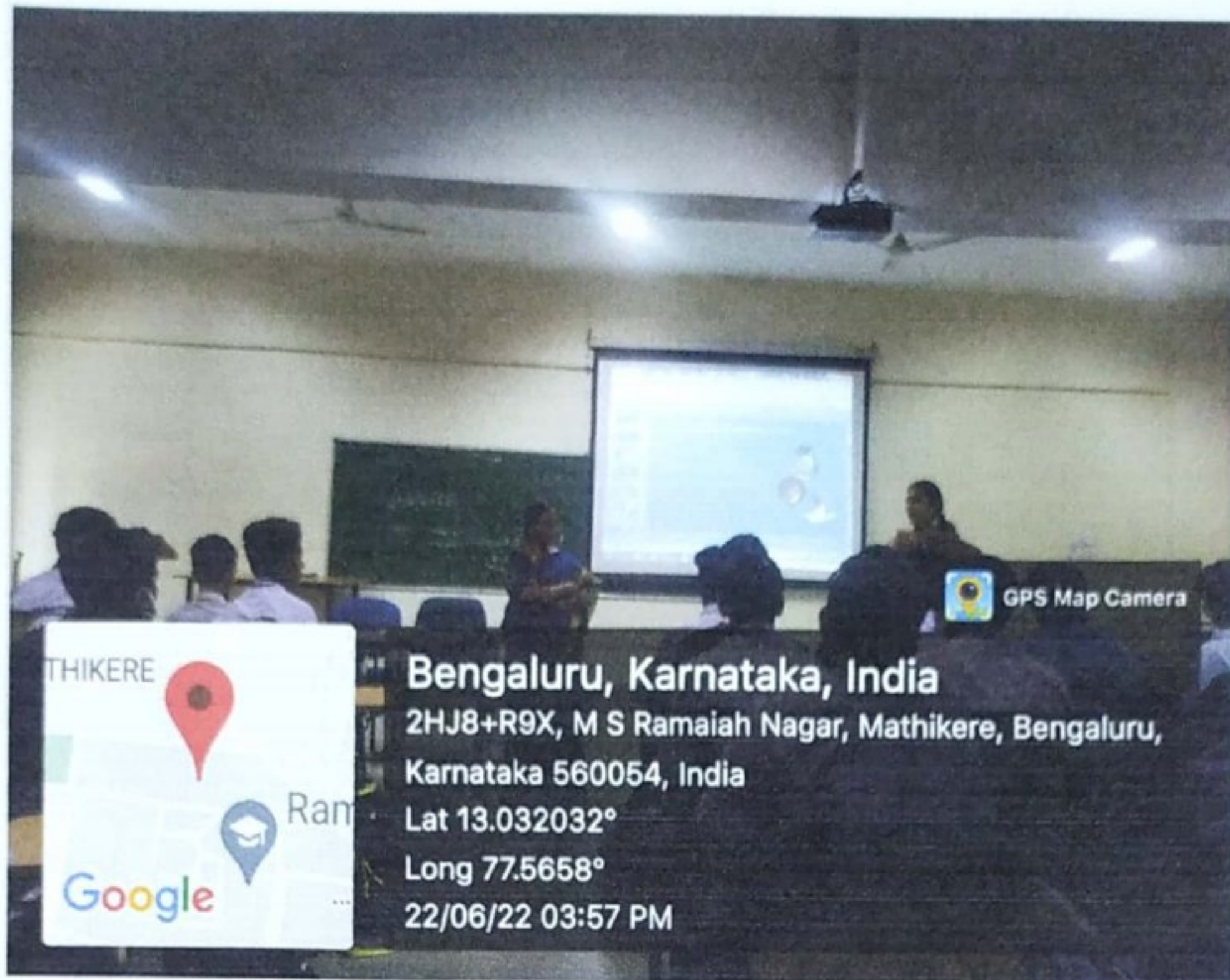
VENUE POLYTECHNIC SEMINAR HALL
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Principal,  
M S Ramaiah College of Arts, Science & Commerce  
CPIT Post, MSR Nagar





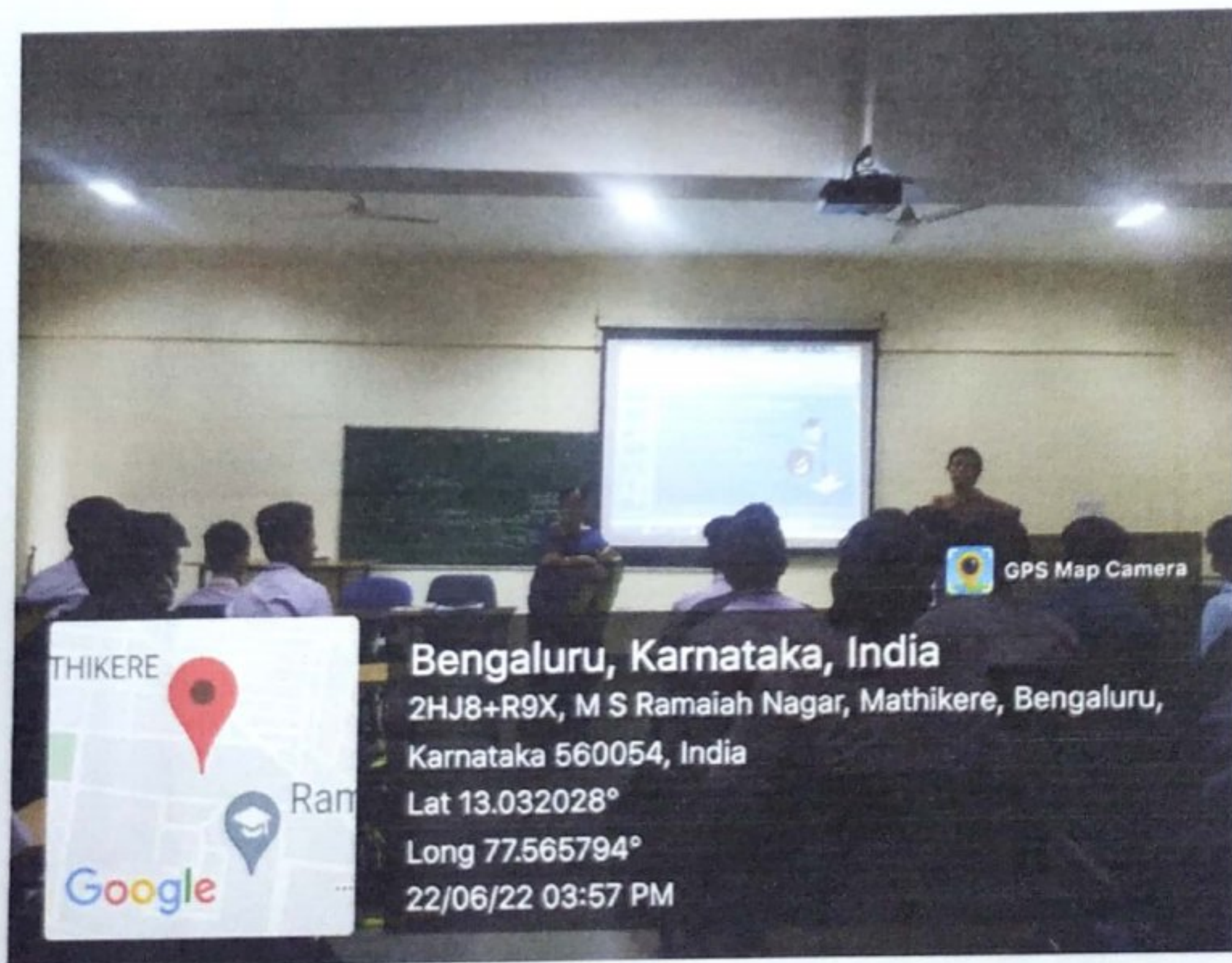
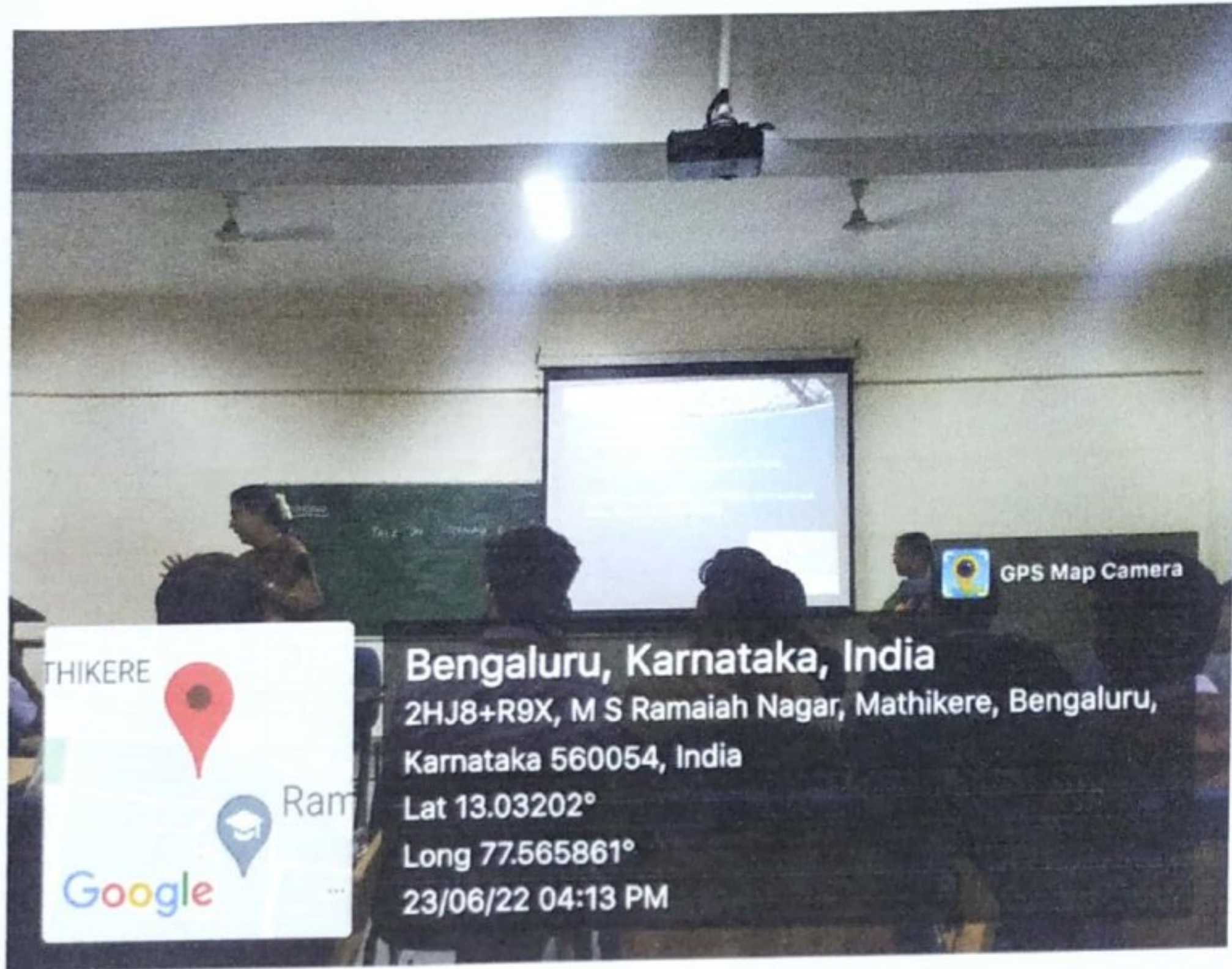
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**RAMAIAH**

College of Arts, Science &amp; Commerce

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**M S Ramaiah College of Arts, Science and Commerce**

Re-accredited 'A' by NAAC, Permanently Affiliated to Bengaluru City University.

Approved by Government of Karnataka, Approved by AICTE, New Delhi,

Recognized by UGC under 2f &amp; 12B of UGC act 1956



(National Institutional Ranking Framework, Ministry of Education, Govt of India)

Ranked 62<sup>nd</sup> in NIRF India Ranking by MHRD, New Delhi

DBT Star College Scheme

## Report on Life skill development programme

on

### Duties and responsibilities

**Resource persons: Dr.Shobha.L****Dr.Padmaja.M.R**

The department of Indian Languages conducted a skill development programme for Ramaiah polytechnic students from 13<sup>th</sup> June to 23<sup>rd</sup> June 2022. The scheduled programme was held in Polytechnic Seminar Hall at 3 P.M to 5 P.M. The main aim of the programme is to build the confidence level among teenagers through technique of Grapho Therapy. The sessions began with chanting the universal prayer through meditation. A PPT was presented based on the above topics.

The faculties started with co-relating the present life style and how one person can utilize the time for their daily life using the life skills. Life skills are defined as "A group of psychological competencies and interpersonal skills that help people to make informed decisions". Solve problems, think creatively and critically.

It teaches communicating skills, build healthy relationship and manage their lives in a healthy and productive manner. Life skills may be directed towards personal actions or actions towards others. Life skill change the environment to make it conducive to health. It helps the teenagers to learn new knowledge and the opportunity to apply in a safe environment for successful transitioning to the adults. Research has shown that in human being, there is a relationship between information processing and functioning of the system that enables a child learning.

Through the Handwriting life skills were taught. Handwriting is known as brain writing 90% of words comes through the brain only. (from subconscious mind). One man can change his personality through writing. Scientific process of changing one's handwriting to affect positive behavioral changes is called Grapho therapy.

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This process of transformation, positive personality of one's self with practical method of writing. It takes 21 days of repetition to change a habit. Each letter is imbued with particular quality, a soul based energy that radiates outward from within it.

Grapho therapy enhances physical and mental energy, improves health in good condition (ex: headache, digestion, blood circulation etc.) immunity, memory and intelligence.

As per the grapho therapy each finger indicates different rules like holding the pen, gripping etc. also this therapy says finger flexibility, colour of Ink and its significance, method of writing, Slant, Zones in writing, spacing, pressure of writing, size of writing connectivity of writing, different style or types of writing. These are all the benefits can be utilized from hand writing and also adopting the healthy life skills in their life.

Students belonging to different disciplines (First year to final year) are benefitted by this programme.

  
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