

**PRO-Media Coordinator's Office**  
Jamia Millia Islamia

November 5, 2019

Press Release

**Workshop on 'Life Skills' organised at JMI**

A workshop on "Life Skills" was today organized by the University Counseling & Guidance Centre at Tagore Hall of Jamia Millia Islamia (JMI).

The speaker was well known Clinical Psychologist Dr. Gauri Shankar Kaloiya of AIIMS.

He discussed the importance of different life skills required in dealing with various problems of life.

Quoting relevant examples Dr Kaloiya demonstrated how to develop skills such as empathy, critical thinking, decision making etc. in our day to day life to resolve issues.

About 120 students belonging to different departments of the university attended the workshop.

Dr Kaloiya also addressed to various questions raised by students with regard to handling different situations in life.

**Ahmad Azeem**  
PRO-Media Coordinator



University Counseling & Guidance Centre, JMI  
Organizes a workshop on  
**“Life Skills”**  
Speaker: (Dr. Gauri Shankar Kaloiya)  
AIIMS, Delhi  
on  
5<sup>th</sup> November 2019 at 10:00 am  
Venue: Tagore Hall, JMI



A group of women, some wearing hijabs, are seated on the left side of the room, listening to the presentation. They are dressed in a variety of colorful traditional Indian attire.

In the foreground, a woman with glasses and a red patterned top is seated at the table, looking towards the front. On the table in front of her are a red water bottle, a notebook with a floral cover, and a pen.



On the right side of the room, more participants are seated at the table. A row of potted green plants runs along the length of the table, separating the two sides of the room. The room is well-lit with recessed ceiling lights.



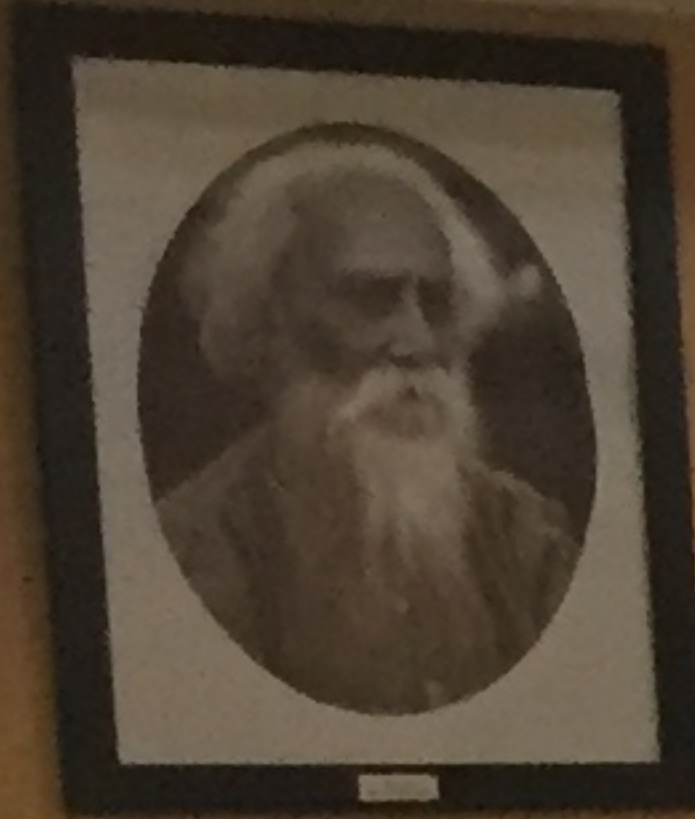


University Counseling & Guidance Centre, JMI  
Organizes a workshop on  
**"Life Skills"**  
Speaker: (Dr. Ganesan, Malaysia)  
5th November

What are wants in life?  
Need for power  
Need for affiliation  
Need for appreciation  
Need for love & affection







PLEASE SWITCH OFF YOUR MOBILE PHONE

JACK & JONES  
CONSIDER THE NEW ZERO









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**“Life Skills”**  
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on  
5<sup>th</sup> November 2019 at 10:00 am  
Annual Lecture Hall, JMI





University Centre for Career & Guidance Centre MI  
Workshop on Skills

Man 1: A man with a beard wearing a white long-sleeved shirt and dark trousers.

Man 2: A man wearing glasses, a white long-sleeved shirt, and dark trousers.

Man 3: A man wearing a blue patterned short-sleeved shirt and light-colored trousers.

Woman 1: A woman wearing a pink floral patterned top and matching floral patterned pants.

Woman 2: A woman wearing glasses, a teal kurti, and a blue shawl.

Woman 3: A woman wearing a pink kurti with a black shawl.