



ISMAIL NATIONAL MAHILA (P.G.) COLLEGE, MEERUT

ONLINE EDUCATION & L.M.S. CELL (COMPUTER LAB) & IQAC

in collaboration with

NCRTC & JFPR

organize

STUDENT DEVELOPMENT PROGRAMME (SDP)

on



TOPICS

- Self Awareness & Confidence Building
- Effective Communication
- Decision Making & Problem Solving
- Managing Emotions
- Building Healthy Relationship
- Goal Getting & Time Management
- Stress Management Techniques
- Empathy & Social Skills
- Conflict Resolution
- Review & Reflections

GENDER RESPONSIVE LIFE SKILLS: CHALLENGES & OPPORTUNITIES

(18-03-25 to 22-03-25)

Prof. Anita Rathi
(Patron/Principal)

Ms Saima Saud & Ms. Tara Sharma
(Resource Persons)

Dr. Swarna
(Convener/In-charge)