



Government Girls' General Degree College, Ekbalpur

Education for Empowerment

➤ Add-on Course ➤

Life Skills Training: Principles and Approaches

Organised by

Department of Education

Government Girls' General Degree College, Ekbalpur

in collaboration with

IQAC, GGGDC


Effective Communication


Problem Solving


Positive Relationships


Self Awareness


Emotional Well-being

*Build Skills | Gain Confidence
Create a Better You*



About the Course

This add-on course aims to equip students with essential life skills for personal growth, academic success and future readiness. The course will focus on key principles and practical approaches to develop self-awareness, communication, problem-solving, emotional intelligence and interpersonal skills.



Course Highlights

- ✓ Interactive sessions
- ✓ Practical activities & discussions
- ✓ Skill-building exercises
- ✓ Real-life application



Course Commencement Date

18th September, 2026



Mode of the Course

Online



➤ Target Audience: Students of the Department of Education ➤

➤ Learn • Develop • Grow ➤