



IIT-Gn holds sessions to hone up life skills in students

Adam Halliday Posted online: Wed Apr 06 2011, 01:54 hrs

Ahmedabad : The Indian Institute of Technology, Gandhinagar (IIT-Gn), has come up with the idea of a Life Skills Series in which students and even faculty and staff would be taught to manage their time and prioritize, besides developing other skills.

Last week, the first workshop of the series was held and authorities said one workshop would be conducted each month. Future topics may include “managing you money” and “stress management”.

Earlier, the institute had organised interactive sessions called “viva voce” where students sat individually with two faculty and a counsellor to talk about their problems and their aspirations. These sessions had revealed that some students were hooked to social networking sites and online gaming., which were eating into the time they had for other, more constructive activities.

Nidhi Kush Shah, the institute’s senior executive for training and placements who conducted the maiden workshop last Monday, said it focussed on managing time and prioritizing things. “Many students who said they had those habits attended the workshop and we got substantial feedback from them,” said Shah.

Sharmitra Lahiri, an English professor at the institute who is also the coordinator of the series, said, “A lot of the topics (in the life skills series) are inspired by issues the students expressed during viva voce sessions.”

Shah said the next session on life skills would be on “following you dreams and aspirations.”