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Department of Computer Science and Engineering

Submitted,   28/03/2022

Sub: Report on "Life Skills" Webinar-reg.

With Respect to the above subject, herewith we are submitting the report on seminar entitled **"Life Skills"** organized by the Department of Computer Science and Engineering in association with Ananvaya Club, **Sri Sairam College of Engineering, Anekal, Bengaluru** on 22/03/2022 at 10 am.

Resource Person is Mr. Sathish Raj R ,CEO OF Crushaders,Chennai was the speaker of the Webinar. Session started at 10.00 am by the speaker which was an insightful presentation and an interactive session. The session includes the following contents:

1. Introduction of Life Skills.

2. Discussion about 6 Pillars (Mantras) about life.

    i) Mental Health.

    ii) Physical Health.

    iii) Family.

    iv) Finance.

    v) Connection between a human and god.

    vi) Social responsibility need to do it for the society.

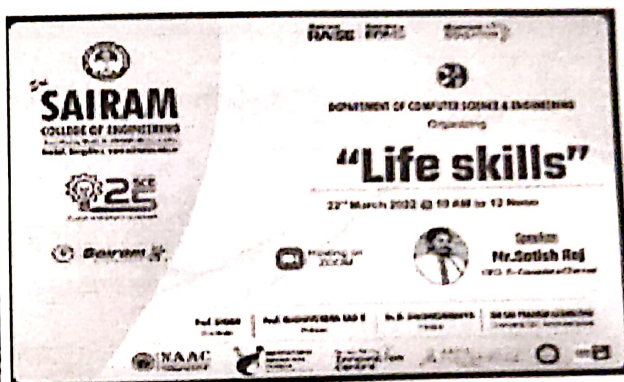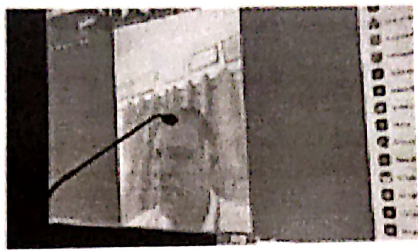3. How to reach goals in life.

4. Steps to follow 6 mantras in life.

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