

Report on
Expert Talk on “Life Skills”

The Civil Engineering department at G H Patel College of Engineering & Technology (A Constituent College of CVM University) had organized an Expert Talk on “Life Skills” on 4th September, 2020. Total of 65 students of 2nd, 3rd and 4th year civil engineering department have participated.

AIM:

In a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life. The dramatic changes in global economies over the past five years have been matched with the transformation in technology and these are all impacting on education, the workplace and our home life. So, the aim of this expert talk was to make students aware about how to cope with the increasing pace and change of modern life and also how to deal with stress and frustration.

About the Experts:

Prof. Poorav Shah did his B.E. Civil Engineering from S. P. University and M.E. Civil Engineering (Structure) from Gujarat Technological University. He is also pursuing his Ph.D. in Civil Engineering (Structure) from Gujarat Technological University. He is currently working as an Assistant Professor in Civil Engineering Department at G H Patel College of Engineering & Technology (A Constituent College of CVM University) in Vallabh Vidyanagar.

About the Talk:

In his lecture he gave the introduction of various skills which are very important in the society as well as for the personal development. He covered the definition of life skill given by WHO and UNICEF.

In his explanation, he covered decision making skill, creative thinking skill and critical thinking skills with various practical examples. He explained no decision is also a decision-making skill.