

Guest Lecture on

“Life Skills”

Organized by: **Department of Commerce**

6th January, 2020

Resource Person: Mr. Neeraj Singh Rathore, CEO, ABBS, Bangalore.



Mr. Neeraj Singh Rathore, CEO, ABBS, Bangalore addressing the students



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REPORT

Guest Lecture on “Life Skills” was organized by the Department of Commerce on 6th January, 2020. Resource Person for this Lecture was Mr. Neeraj Singh Rathore, CEO, ABBS, Bangalore. He addressed with the students about his career development, faced problems and how his life changed with his attitude.

He also discussed about the main skills like:

- Decision-making and problem-solving;
- Creative thinking (see also: lateral thinking) and critical thinking;
- Communication and interpersonal skills;
- Self-awareness and empathy;
- Assertiveness and equanimity; and.
- Resilience and coping with emotions and coping with stress.

He concluded with his answers, queries raised by the students. Dr. K. Siva Prakasha Rao, Head, Dept. of Commerce gave vote of thanks.