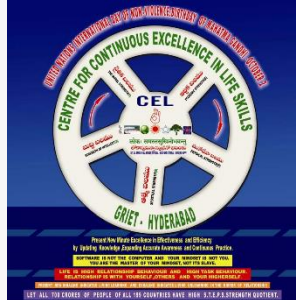


# GOKARAJU RANGARAJU INSTITUTE OF ENGINEERING AND TECHNOLOGY

(Autonomous)



## CENTRE FOR CONTINUOUS EXCELLENCE IN LIFE SKILLS (CEL) MISSION OBJECTIVES

1. To create awareness about the definition of **Health** by World Health Organization (W.H.O): Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
2. To create awareness about the definition of **Lifeskills** by World Health Organization (W.H.O): Life skills are the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.
3. To create awareness about **TEN CORE LIFE SKILLS** approved by United Nations Children Fund (UNICEF), United Nations Educational, Scientific and Cultural Organization (UNESCO) and World Health Organization (WHO):
4. To **conduct continuously** seminars, workshops, guest lectures, group discussions, panel discussions, elocution competitions, essay-writing competitions and situational skit competitions on the above ten life skills (or soft skills) for both students and faculty to improve the employability skills of students and teaching skills of faculty.
  1. Self-awareness building skills
  2. Empathy skills
  3. Interpersonal relationship skills
  4. Effective communication skills
  5. Decision making skills

- 6. Problem solving skills
- 7. Critical thinking skills
- 8. Creative thinking skills
- 9. Skills to cope with the Stress
- 10. Skills to cope with the emotions

5. To create awareness about **five strengths** to be developed individually and collectively with the acronym **S.T.E.P.S.**-**S**:Strength of Intellect ,**T**:The Moral Strength ,**E**:Economic Strength,**P**:Physical Strength ,**S**:Spiritual Strength as strength is life and all life is YOGA.

- 6. To create awareness about the definition of **PEACE** by National Council of Educational Research and Training (NCERT):Peace is living in harmony with oneself and with one's natural and social environment .It includes respect for differences , human rights , civic responsibility ,social cohesion , justice and equality.
- 7. To create awareness about the definition of **TOLERANCE** by UNESCO: **Respect** (mutual),**Acceptance**(mutual) and **Appreciation** (mutual) ( words “mutual” in brackets added to improve understanding).
- 8. To create awareness about the **constant change** of physical reality of atomic matter and cellular life every second. A second is the duration of approximately 9192 million complete spins of electron of **CESIUM-133** atom.
- 9. To create awareness about the urgent need of **change in life styles** to prevent and control life style diseases like Cancer,Diabetes,Heartdiseases,Stroke etc.
- 10.To create awareness about the **self-help books** of the following world famous authors : Dr.Edward de Bono, Dr.TonyBuzan , Mr.ShivKhera , Dr.Deepak Chopra, Dr.APJ Abdul Kalam, Dr.StephenR.Covey,Dr. Daniel Goleman , Dr.Napolean Hill ,Dr.Dale Carnegie,Dr.WayneW.Dyer.....
- 11.To create awareness about the **websites for self-help**:[www.soundmindz.org](http://www.soundmindz.org),[www.lumosity.com](http://www.lumosity.com), [www.healthyminds.org](http://www.healthyminds.org).....