

## Expert Session Report On “Life Skills: Adjustments”

Dr Gangadhar Hugar, from SRIMCA-MBA was a Resource Person to deliver Expert Session titled “**Life Skills: Adjustments**” for grooming 1<sup>st</sup> Year BA – Journalism and Mass Communication Students, Organized by Dr.Rozy D. Patel, Head of the Department, at the Center of Humanities & Development, Uka Tarsadia University, Bardoli on **18<sup>th</sup> March 2021**.

In this program around 20 students participated and they were made to feel how change occurs in everyone’s life and how to adjust/face the challenges under such different changed scenarios in their life such as Childhood to Working Executive and Pre & Post Parenthood. Students have enjoyed the session with different situational activities.

