

Sushrutha Ayurvedic Medical College & Hospital

"Prashanti Kutera" Jodi Bingipura, Jigani Hobli, Anekal Taluk, Bangalore - 560 105

Ph : 080 29765929 E-mail : sushrutha_ayu@rediffmail.com / sushrutha.principal@gmail.com

Website : sushruthaayurvedicmedicalcollege.com

Event Report: Life Skill Training for Teaching and Non-teaching staff

Organised by NSS Unit & Cultural Committee, SAMCH, Bengaluru

Date: 24/05/2025

Time: 3.30 pm onwards

Venue: Atreya Hall, SAMC&H

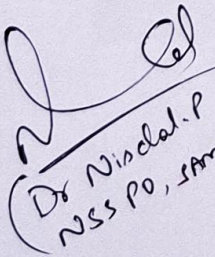
The NSS Unit and Cultural Committee of SAMC&H, Bengaluru, organized a dynamic *Life Skill Training* session for Teaching and Non-teaching staff, aimed at enhancing essential Life skills through hands-on experience.

The training session included activity-based learning having the following activities/tasks - **Communication skill** – Quick group formations followed by fun introductions encouraged active listening and team bonding.

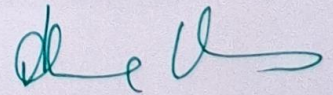
Critical Thinking Challenge – A human-circle twist with a no-hand-break rule tested creative problem-solving.

Decision-Making Task – A guessing game with marbles sparked healthy debates and team consensus.

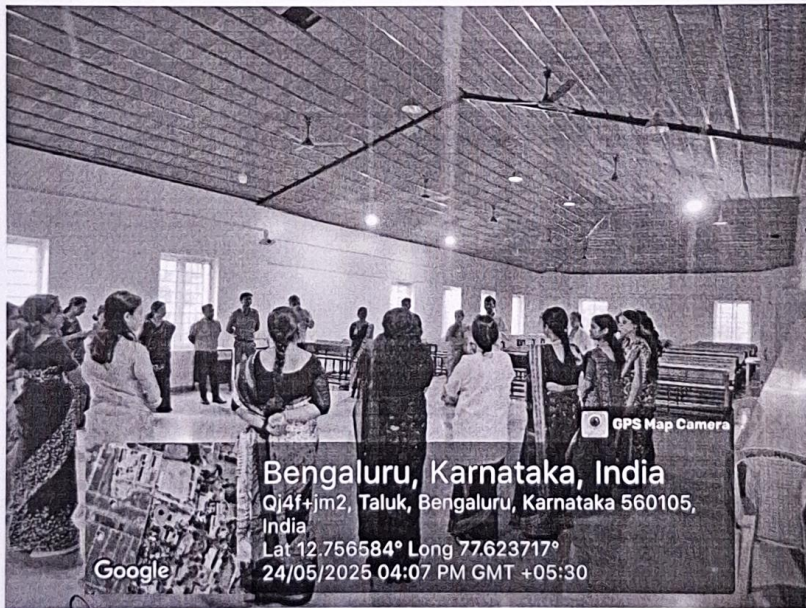
All activities were conducted by **Dr. Nischal**, Programme Officer, SAMCH, Bengaluru making the session lively, meaningful, and memorable.


(Dr Nischal.P
NSS PO, SAMCH.BH)

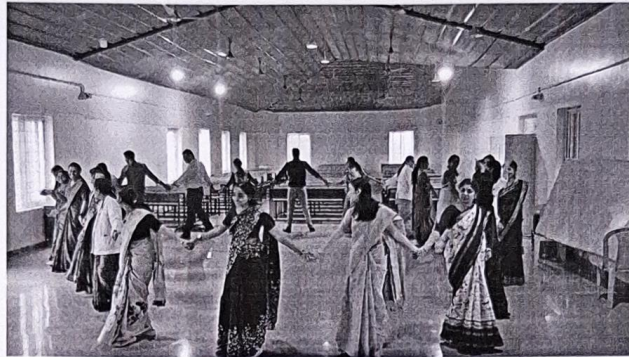
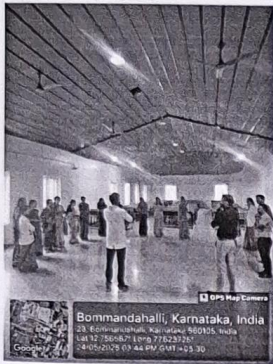




PRINCIPAL
Sushrutha Ayurvedic Medical College
and Hospital, Bengaluru-560105.
NCISM Code - AYU0091



22/05/2025
Dr. Nisha P.
Miss P. S. S. (M)



Sushrutha Ayurvedic Medical College and Hospital, Bengaluru

(Recognised by NCISM, Ministry of AYUSH, New Delhi, Affiliated to RGUHS, Karnataka)



"LIFE SKILL TRAINING "

(For Teaching staff and RMO's)

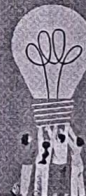
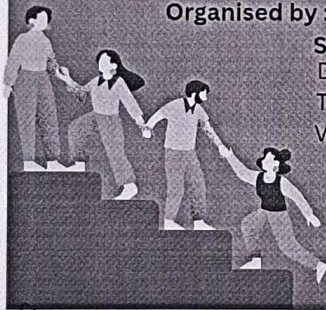
Organised by :- NSS unit, Cultural committee,

SAMC&H Bengaluru

Date : 24/05/2025

Time : 3:30 p.m onwards

Venue : Atreya hall, 2nd floor SAMC&H



*Dr. Nishal P
NSS PO, SAMC&H*