



DEPARTMENT OF SOCIAL WORK

MERCY COLLEGE, PALAKKAD, KERALA, INDIA- 678006

(NAAC Re-accredited 'A' Grade), Affiliated to the University of Calicut



Building Resilience: Life Skills for a Changing World

Programme: Workshop

Venue: Seminar Hall Date: January 14, 2026 Time: 10.30 am

A one-day workshop on life skill education, "Building Resilience: Life Skills for a Changing World," was conducted the Department of social work, mercy college, Palakkad on January 14, 2026. Led by Mr. Ajay R V, case worker, Kaval project, Tiruvananthapuram. The workshop aimed to equip participants with essential life skills to navigate the challenges of a rapidly changing world.

The interactive session included various activities and tasks designed to enhance resilience, critical thinking, and problem-solving abilities. Participants engaged in group discussions, role-plays, and reflective exercises, fostering a supportive environment for sharing experiences and learning from one another.

Key topics explored during the workshop included self-awareness, emotional regulation, effective communication, and stress management. These skills are crucial for adolescents and young adults to cope with academic pressure, social expectations, and mental health challenges. The program coordinated by Dr. Sr. Sherin Joseph, faculty, Ms. Sunitha A and Ms. Malavika R Warriar, student coordinators.

By focusing on life skills education, the workshop emphasized the importance of adaptability, empathy, and social responsibility in today's fast-paced world. Participants left with a renewed sense of purpose and practical tools to apply in their personal and professional lives.

Sunitha
Student Coordinators
Ms. Sunitha A
Ms. Malavika R Warriar

Sherin Joseph
Faculty Coordinator & HOD
Dr. Sr. Sherin Joseph

N.M. Louly
Principal
Dr.N.M. Louly





DEPARTMENT OF SOCIAL WORK MERCY COLLEGE, PALAKKAD



One day workshop

"BUILDING RESILIENCE : LIFE SKILLS FOR A CHANGING WORLD"



AJAY R V

Case Worker, Kaval Project,
Department of Women and
Child Development, Thiruvananthapuram



14/01/2026



College Auditorium



10.30 AM

Faculty Coordinator : Sr. Sherin Joseph

Student Coordinator : Sunitha & Malavika R







DEPARTMENT OF SOCIAL WORK
MERCY COLLEGE, PALAKKAD

DEPARTMENT OF SOCIAL WORK
MERCY COLLEGE, PALAKKAD

MCS 131

MCS 147



GPS Map Camera

Palakkad, Kerala, India 

38/343/2, Opposite Mercy College, Pallippuram,
Palakkad, Kerala 678006, India

Lat 10.76886° Long 76.63595°

Wednesday, 14/01/2026 10:55 AM GMT +05:30



Google

DEPARTMENT OF SOCIAL WORK

MERCY COLLEGE PALAKKAD

LIST OF PARTICIPANTS

'Workshop on Life Skill Education' - 14/01/2026

SL NO	NAME	DEPARTMENT	SIGNATURE	CONTACT
1	A Sajwana	MSW		7907579720
2	Amalatha K	"		8593891924
3	Aryaly p.X	"		9037406936
4	Anagha K.N	"		8714530892
5	Asntini U	"		7736345871
6	Devapriya Sugathan	"		8590913235
7	Dilsha D	"		9037216953
8	hopika U	"		8714157779
9	Jincy M	"		7902654552
10	Keerthi U	"		7025911692
11	Malavika R. Xavier	"		9072494524
12	Nashya p	"		8129639945
13	Nikhitha K	"		9037206149
14	pooja krishna A.K	"		8848982976
15	Shamla S	"		706109590
16	Sreebha S	"		8281732816
17	Sruja K.P	"		8590638315
18	Sruithi K	"		6238773372
19	Sumitha A	"		8891689496
20	Vidya M	"		9778358110
21	Vrinda Sai	"		9745752234

Ajay R.V

Name & Signature of Resource Person

