

Five-Day Life Skill Training Workshop (LiST) Inaugurated at GDC Drass

Drass, October 25, 2025 — A Five-Day Life Skill Training Workshop (LiST), under PM-USHA in collaboration with The Art of Living Foundation, commenced today at Government Degree College Drass on the theme “Self Confidence and Mental Well-being for Girls.” The programme will run from October 25–31, 2025.

The workshop aims to empower female students with essential life skills such as mind management and stress reduction, effective communication, time management, leadership and teamwork, health awareness, and emotional resilience.

The inaugural ceremony began with the Principal being honoured with traditional khatags. In his address, he highlighted the importance of gender equity initiatives in higher education and the college’s mission of fostering well-being and growth-oriented learning among young women.

Ms. Kousar Rizvi, School Manager and Trainer, expressed pride that GDC Drass is the first college in Kargil district to host this workshop, which is being conducted globally with remarkable impact. She encouraged students to make the most of this opportunity.

The sessions are being facilitated by an experienced team of resource persons and trainers from The Art of Living Foundation: Mr. Kushagra Gupta -Electrical Engineer turned Entrepreneur, Life Skills Trainer, and Art of Living Faculty, Ms. Kousar Rizvi -Trainer, School Manager and faculty and coordinator Art of Living Ladakh and Mr. Rohit Ranjan- A nationally acclaimed youth trainer whose impactful work in conflict zones and premier institutes has motivated thousands towards resilience and positive change

Ms. Parveen Fatima, Convener PM-USHA, presented the vote of thanks acknowledging the support and collaboration of all contributors. The programme was anchored by Dr. Haseena, Assistant Professor, Department of Sociology.

This week-long workshop is expected to significantly enhance the confidence, emotional strength, and personal leadership skills of the students, contributing positively to their holistic development.

