

Life Skills Classes to Second semesters and fourth semester students:

Dr. H. Laldinmawia is making a significant impact on his students by integrating essential life skills into their environmental studies. By incorporating topics such as **time management**, creative thinking, **mental health**, emotional intelligence, **stress coping strategies**, and the **importance of clinical counselling**, he is not only imparting knowledge about the environment but also nurturing well-rounded individuals who can thrive in various aspects of life. His holistic approach ensures that students are equipped not only with academic knowledge but also with practical tools to navigate challenges and maintain overall well-being. These programmes are benefitted by around 500 students in total.

