

Life Skills are acquirable skills that are crucial to deal effectively with our daily life stances. This includes everything from maintaining health, having a budget to being self aware.



Self grooming and hygiene



Develop Effective Communication Skills



The Art of Letting Go



Time Management



Community Building



Accepting Failure or Grief



Taking Care of Your Mental Health



Problem Solving Skills



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Self-Defense

Skills For Everyday Life Skills For Everyday Life Ser

Mr. Rohit Manglik



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