



NATIONAL PUBLIC SCHOOL, KENGERI, BENGALURU – 560060

*‘The capacity to learn is a gift;
The ability to learn is a skill;
The willingness to learn is a choice.’*

REPORT ON LIFE SKILL WORKSHOP

Date: 7th January 2023 [Saturday]

Objective:

- To equip the teachers to embed life skills into teaching and learning process through varieties of activities.
- To strengthen the teachers in grappling the challenges of tomorrow.
- To prepare teachers in identifying learning gaps found among students and to work in collaboration with their colleagues in a respectful manner.

Background & the Need:

- As per the guidelines of CBSE, Capacity Building Programme is a must for teachers. So as to equip teachers to balance personal as well as professional life. This was a workshop initiated to put a sturdy base for the teachers on becoming emotionally sound, intellectually innovative, visualizing and preparing for the challenges faced in day to day life.

Resource Persons:

- **Dr. Deepti Chaturvedi**, Principal, from Nurture International School, Bagalgunte, Bengaluru.
- **Ms. Annie Joseph**, Principal, from Capitol Public School, Mysore.

The Flow of the Workshop:

The workshop on life skills was conducted at NATIONAL PUBLIC SCHOOL, on 7th January 2023. Nearly 60 teachers from Primary to XII class participated in this workshop along with the Principal Ms. Geeta Dikshit and Vice Principal Ms. Suman Singh. The resource persons for the workshop were Dr. Deepti Chaturvedi, Principal, Nurture International School, Bagalgunte, Bengaluru and Ms. Annie Joseph, Principal, Capital Public School, Mysore.

The Resource Persons, discussed collaboratively on objectives and provided an insight to embed life skills in our regular curriculum on a daily basis. They emphasised on students' self-directed learning. So that students will become successful in achieving their goals. They gave a beautiful insight on the basis on which LIFE SKILL is categorized. The THINKING SKILLS; EMOTIONAL SKILLS; & SOCIAL SKILLS.

They ensured ample activities for teachers to keep them involved and to learn. The workshop was supported by few Handouts for teachers in learning the concepts well.

Life skills as the word describes, are abilities required to effectively deal with the demands and the challenges of life. Students and teachers both required life skills to lead a happy life with positive attitude that enables them to become an engaged member of the society. But what sprouts as a gap here is the mismatch between what students learn during their lessons and what they face outside the classroom. The session began with Welcome speech, lighting the lamp, invocation song and the introduction of the Resource persons. This one day workshop covered issues central to any student's life like effective communication, social skills, positive attitude, impacts of social media on a student's life, class seating arrangements, environment of classroom and time Management.

Various engaging activities were conducted and examples were shared with the teachers to help them understand the importance of these life skills and values. To ensure that teachers do not forget this as a onetime session, they were given follow up exercises to assess their own life skills through Questionnaire and Feedback.

The Principal, Ms. Geeta Dikshit assured the resource persons that the school will continue with this process.

The workshop concluded with the vote of thanks and on a positive note to embed life skills into the teaching learning process continuously.

