



Bal Bharati
PUBLIC SCHOOL
NEELBAD, BHOPAL

Report

Date : 28-10-2020

Topic : Weaving Life Skills into School Curriculum

Resource Person : Mrs. Sampa Das

Life Skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. Life skills are psychosocial abilities that enables individuals to translate knowledge , attitude, and values regarding their concern into well informed and healthy behaviour.

On 28-10-2020, I attended the workshop for weaving life skills into school curriculum which was very informative session .This informative session was taken up by **Mrs. Sampa Das**. More than 95 teachers attended the workshop.

She explained us the three broader types of skills – life skills, livelihood skills , and vocational skills .She explained us the various categories of life skills

Thinking Skills (self awareness, problem solving, decision making, critical thinking, creative thinking), **Social skills** (Interpersonal relationships, effective communication , empathy) and **Emotional Skills** (managing emotions, coping with stress). She also explained the techniques to enhance life skills :

Discussion, Debate, Role play, Brainstorming, Story Telling, Drama , Case study, Miming, Poetry and recitals.

The resource person who took the workshop was immensely experienced and professional. The interactions made sure that there was no low point in the session. It gave everyone a clear perspective for the long run. It was very informative and interactive and even quite fun filling session. I am very thankful to my school for giving me this wonderful opportunity to attend this webinar.

Submitted By :

Ms. Pratiksha Sharma

PGT Commerce

