



WORKSHOP REPORT

DATE : 12th, MARCH, 2021 [FRIDAY]
ORGANISED BY : CBSE CEO [BHOPAL]
THEME : Enhancing life skills -Self awareness
RESOURCE PERSON : Dr. Dinesh Sharma (Principal Vidyasagar School, Indore)
ATTENDED BY : Mr. Anil Tiwari

He thoroughly explained

- life skills and their importance

-their role in holistic development in students to succeed in life and prepare them for future

-how do we inculcate life skills in students?

-different type of life skills- thinking skills, social skills and emotional skills

Also explained, for Excellent students to be future citizen, he or she must have 30 % academic skills and 70% life skills and quoted 10 different life skills according to WHO through various examples.

In life skills, Social, Emotional and thinking skills must be interrelated with each other.

Sir, also explained "Self-Awareness in students for best citizen of tomorrow.

Self-awareness recognition of 'self', our character, our strength, weakness, limitation, knowing, motivation, preference, personality, skills.

Also beautifully explained two basic concepts related with 'Self Awareness'- Johari window and Swat analysis explaining strength, weakness and threat.

Self-awareness is key of success in life.

Overall webinar on prescribed topic was knowledgeable and cleared the different aspect of life skills and self-awareness and its importance for students.

Report presented by
Mr. Anil Tiwari