



Bal Bharati
PUBLIC SCHOOL

DATE & DAY : **20th May, 2021 (THURSDAY)**
ORGANISED BY : **CBSE,COE BHOPAL**
THEME : **LIFE SKILLS**
RESOURCE PERSON : **MR. ANURAG GUPTA**
ATTENDED BY : **MAHAVASH KHAN**

Webinar report on topic " CAPACITY BUILDING PROGRAMME ON LIFE " organized by CBSE,COE BHOPAL, MR. ANURAG GUPTA focused on following main points
The primary aim of education is not to enable students to do well in school but to help them to do well in the life they lead outside school.

Life skills are abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life.

Life skills are abilities that facilitate the physical mental and emotional well-being of an individual.

Livelihood skills for occupational vocational skills refer to capabilities resources and opportunities to pursue individual and household economic goals and its related to Income generation.

Life skills includes :

- self awareness
- effective communication
- critical thinking
- problem solving
- and managing emotions
- decision-making

- empathy
- coping with stress
- Creative Thinking
- Interpersonal relationship
- problem solving.

Three skills are there in life skills :

first is emotional still than thinking skill and Social Skill.

❖ Thinking skills:

1)Self awareness

2) problem solving

3) decision making

4) critical thinking

5) Creative Thinking

❖ Social skills

6) interpersonal relationship

7) effective communication

8) empathy

❖ Emotional skills :

9) managing emotions

10) coping with stress

1)self awareness: recognition of ' self 'our character our strength.

2) problem solving: dealing constructively with problems in our lives.

3) Decision making : Dealing constructively with decisions about our lives.

4) Critical thinking: Analyzing information and experiences in an objective manner.

5) Creative Thinking: novel way of seeing or doing things.

❖ **characteristics of four components:**

- fluency
- flexibility
- Originality
- Elaboration

❖ **Interpersonal relationship:**

- Relating in positive ways with people we interact.
- Making and keeping friendly relationships.
- Maintaining good relations with family members.
- Ending relationships constructively.

❖ **Effective communication :**

- expressing appropriately both verbally and non-verbally.
- Expressing opinions and desires and also needs and fears.
- Being able to ask for advice and help in the time of need.

❖ **Empathy: Seeing with the eyes of another Listening with the ears of another feeling with the heart of another.**

❖ **Emotional skills:**

- **Managing Emotions:**
- recognizing emotions within us and others.
- Being aware of how emotions influence behavior.
- Being able to respond to emotions appropriately.

❖ **Copying with stress :**

- Recognizing the sources and effects of stress in our lives.
- learning how to relax

How do life skills help:

Thinking skills

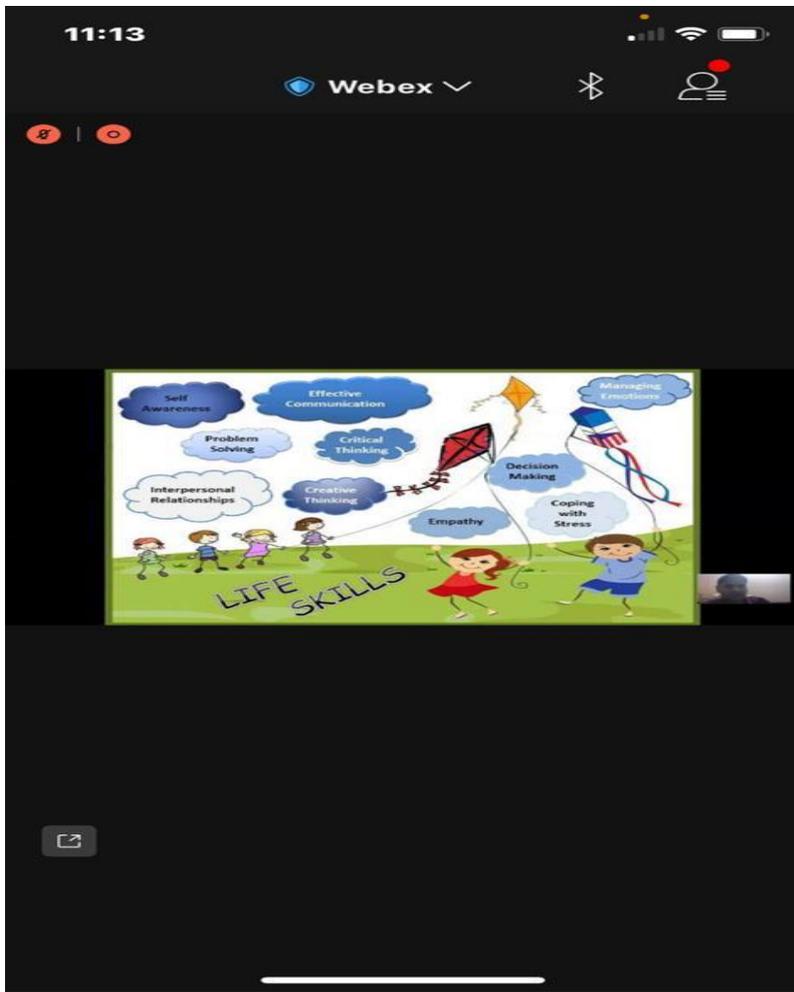
- To demonstrate the ability to be original imaginative and flexible
- To raise questions and think critically identify and analyze problems.
- To implement a well thought of decision and to take responsibility.
- To feel comfortable with one's own self.

Social skills:

- To demonstrate the ability to identify verbalize and respond effectively to others emotions in an empathetic manner.
- To get along well with others without prejudices.
- To take criticism constructively.
- To communicate effectively.

Emotional :

- To identify causes and effects of stress on oneself.
- To develop and use multi - faceted strategies to deal with stress.
- To express and respond to emotions with and awareness of the consequences.



**REPORT SUBMITTED BY :
MS. MAHAVASH KHAN**