

Life Skills Programme – A Report on the work shop conducted for the students

The main motto of any school is the holistic development of a child. The institute is trying to prepare teachers who are loaded with such skills to preparing further students for life. Other than providing them day-to-day learning on such skills, the Institute organized a full day work-shop to make the students learn how to do child centred education. It is basically a part of the program initiated by secretary of education Dr. Reena Ray.

The Program: “YUVA (SLP) a Program on School Life Skills”

The Trainer: Dr. Deepika Singh remained the master trainer of work-shop. She is a graduate from Delhi University and PG in Education and English. She has done her Ph. D. in Education and serving field of education for last more than eight years.

The Objective: The main objective of this work shop is to make to student teachers learn how to increase students participation in the classroom. So the institute organized this work-shop to inculcate such life skills in the students those are not only essential for professional life but also help in being a good human being. B.Ed. students are the one who prepare future of the country in various forms, so at NECST it is considered very essential to provide such opportunities to the students those can help them in grasping such skills those can help them in being a good human being that can contribute to the society in true sense.

The Aim of SLP:

- Meaningful
- Interesting
- joyful

The trainer told about ten life skills those are used in routine life, social and professional life. Those skills are:

- Empathy
- Creative thinking
- Critical thinking
- Coping with emotions
- Coping with stress
- Decision making
- Problem solving
- Interpersonal relationship
- Effective communication
- Full knowledge

After this trainer told about methodology for effective teaching:

- VIPP- Visualisation In Participative Process
- Role Playing (Structured & Non-structured)
- Brain storming
- Buzz
- Case study method
- Activities
- Games
- Quiz
- Group discussions
- Debates
- Demonstration
- Presentation
- Open discussion

The Methodology: It was a full day work-shop with three breaks in between, i.e. two tea breaks and one lunch break. The faculty designed the program so well that all the students were involved whole day with full enthusiasm.

To explain these skills activities were conducted during work-shop, role modelling and group discussions were also held to clear the concept.

