



Workshop on 'Life Skill through visual medium'

Date : 15 April 2015
Conducted at : ITL Public School
Conducted by : Expressions India
Resource Person : Ms. Geetanjali Kumar.
For : Class X-XI

In the current scenario of increased urbanization and rampant globalization, the children are a confused lot. There is a lot of stress on achievement and performance from the teachers and parents. Children are pushed to do much more than customary to get the desired acceptance and acknowledgement from the family and society circle. Being ill-equipped to tackle emotional pain, conflicts, frustrations and anxieties about the future, they can easily get anxious trying to juggle school, work, friends, and family and succumb to the mounting pressure.

Therefore, in order to enjoy the fruits of any achievement they must first be taught to be happy with themselves and equipped with the essential life skills which is an efficacious tool for empowering the youth to act responsibly, take initiative and take control of their life.

Since students have better recall of information if it is presented with pictures or other visual aids or prompts and role play, a workshop on life Skills through visual medium was conducted by the resource person Ms. Geetanjali Kumar from Expressions India, a CBSE empanelled agency for students of classes X-XI on 15 April 2015 at ITL Public School, Dwarka. Students were engaged in a plethora of activities where they expressed their views on the values and life skill exhibited by the different characters of their favourite movies, serials, cartoons and even advertisements. They even discussed how these characters could have dealt with the life's inevitable difficulties and adversities more effectively.

The workshop undoubtedly added another arrow to the quiver of students and empowered them to handle a potential situation in real life.

