

Report on Life Skills Workshop

Workshop on Life skills were organized for students of grade XI on 11 January 2024. Life skills as the word describes, are abilities required to effectively deal with the demands and the challenges of life. There were two sessions of the workshop. First session was on Time and Stress Management and the second session was on Enhancing Positive Emotions.

Mr Praveen Khanna was the speaker of the first session. He is a life mentor who enjoys being with students. An English (H) post graduate did his MS in Psychotherapy to understand and develop ways to enhance students' learnings. He is a government certified Business Communication Specialist and a Certified Training & Development Manager.

DrTusshar D Alekar was the speaker of the second session. He is an entrepreneur who works in the fitness and health sector. He has worked as an Assistant Professor with IIMT University. His motto in life is to apply the theoretical understanding for the development of the society. He is also our school's alumni

In both sessions students were required to learn about life skills that help to lead a happy life with positive attitude which further enables them to become an engaged member of the society.

The speakers emphasized the fact that resilience does not mean that the students will not be affected by challenges or adversities, but through the workshop, they would acquire the skill to deal with these difficult situations. Students were further invited to reflect on people who they think of as personal heroes and to reflect on their qualities. The purpose was to help them verbalize those behaviors and find ways to integrate them into their everyday life.

Overall, the workshops were engaging and motivated students to reflect on their own behavior.

Students feedback:

- Pragya, Grade XI
"Overall ,the workshop was very nice, informative and really helped us to get an idea about how to manage our time and stress effectively during the upcoming annual examination. It was interactive and fun".
- Sneha , Grade XI
"The workshop was very interesting and interactive. The tips and advise shared by them was mixed with personal anecdotes of themselves and their friends. This made the session very relatable and motivational'.

- Deban Banerjee, Grade XI

“ The workshop was quite informative and provided us with his knowledge about time and stress management and gave us valuable lessons”.

- Atharva, Grade XI

“ I realized all the mistakes that I have been making. Activities that enhance our productivity were taught to us”.

Some photos of the session are attached:



