

a. PROMOTION OF LIFE SKILLS EDUCATION

b. Personality development of students, going beyond just bookish knowledge

c. DAV INTERNATIONAL SCHOOL, AHMEDABAD

d. Name of the Principal- Dr. Nivedita Ganguli

e. Dr.Nivedita Ganguli- Gold medalist Psychology, Ms. Baishali Niyogi-Msc in Environmental Studies. B.Ed, Ms Anu Lakhotia B.Com ,B.Ed, Ms. Sanjana Rupani B.Com B.Ed ,Ms Sagarika Mishra- Bsc, B.Ed,

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Abstract

Introduction-Promotion Of Life Skills Education

Life skills are defined as psychological abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. The concept is also termed as psychological competency. Life skills are usually associated with managing and living a better quality of life.

Objective- To build self confidence, encourage critical thinking, foster independence and help pupil to communicate more effectively.

- Understand what makes for good relationships with others
- Have respect for others
- Be independent and responsible members of the school community and society
- Be positive and active member of a democratic society
- Develop self esteem and make informed choice regarding personal and social choices

Methodology- Personality development period is held for two periods in a week , Creative and innovative ideas while using the local environment of the class, taking real life examples and making it an interactive session where students can learn from the examples given by teachers and their classmates as well.

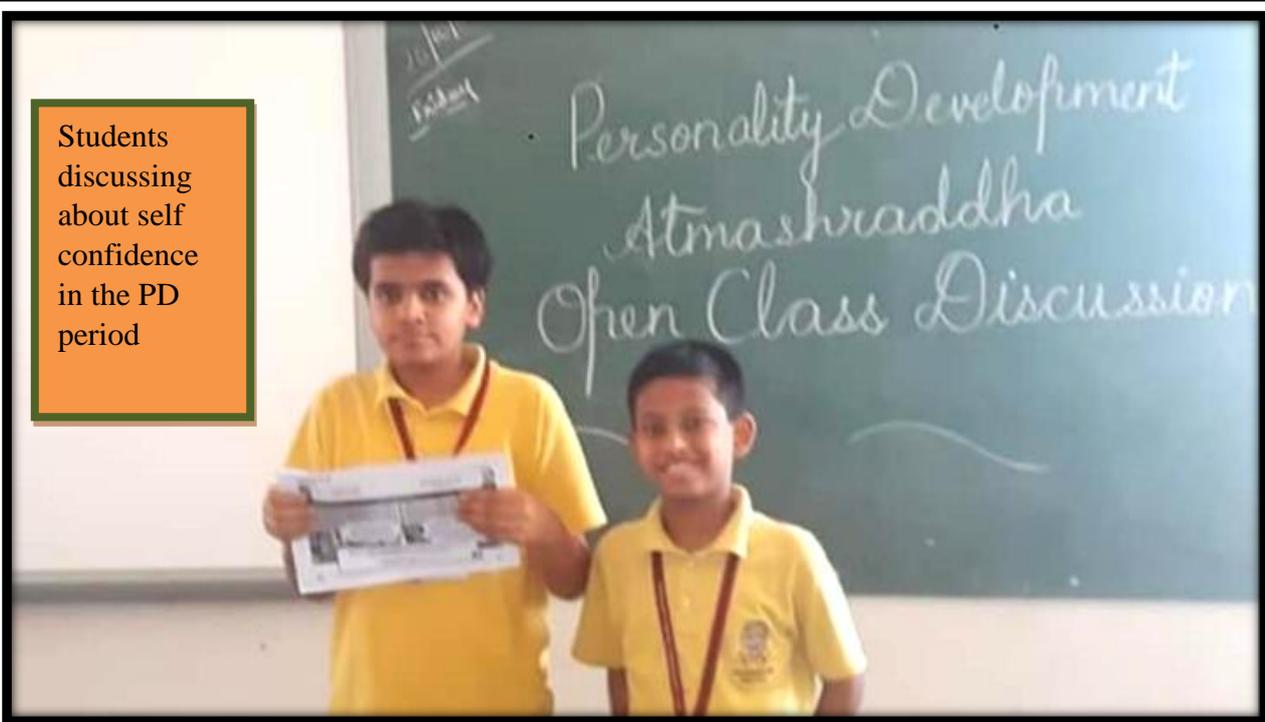
Conclusion- Teachers enable children to develop the skills and attitudes they need to succeed in life. Teachers motivate the students to speak about their experiences, fears, apprehensions, ambitions in life, making it a very positive and great learning experience for all the students.

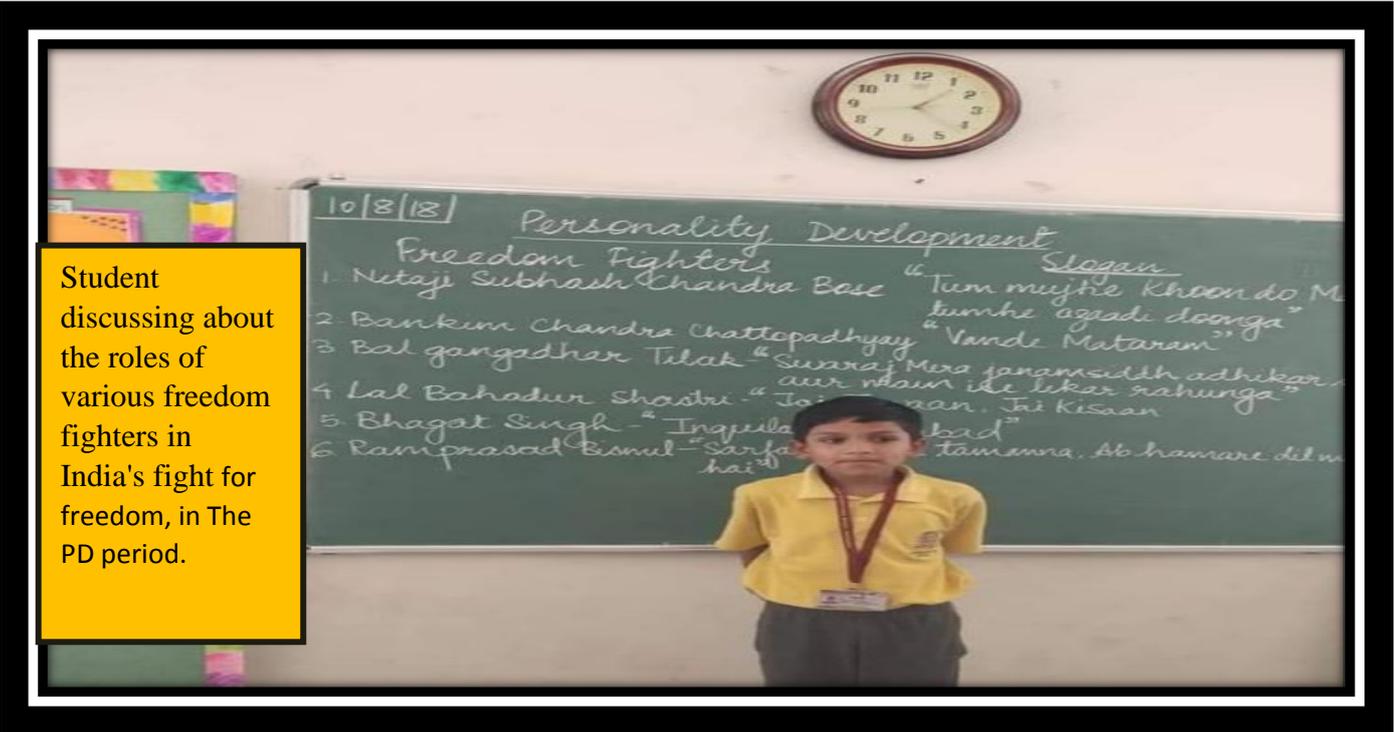
Case Presentation

- a. **Identification of the problem/challenging situation/issue to be resolved-** In a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life.
- b. **Analysis of the problem-** To cope with the increasing pace and change of the so called modern life students need life skills such as ability to deal with stress and frustration
- c. **Objectives-**the ability to self manage , solve problems, time and people management , anger management, positive attitude
- d. **Planning done-** strategic planning was done under the guidance of principal Dr. Nivedita Ganguli, and her team of coordinators and school counsellors with a vision to achieve the goal.
- e. **Success criteria and possible alternatives decided-** By keeping in mind that every small step in the right direction counts, changes in the behaviour of the students, listening to their problems and discussing the probable solutions.
- f. **Implementation-**Conduction of the personality development class every week by teachers.
- g. **Challenges faced in implementation-** Implementation was easy in this case but results are going to be slow and will take few months to show the positive changes in the students.
- h. **Resource involved-** teachers, internet,

Evidence of success

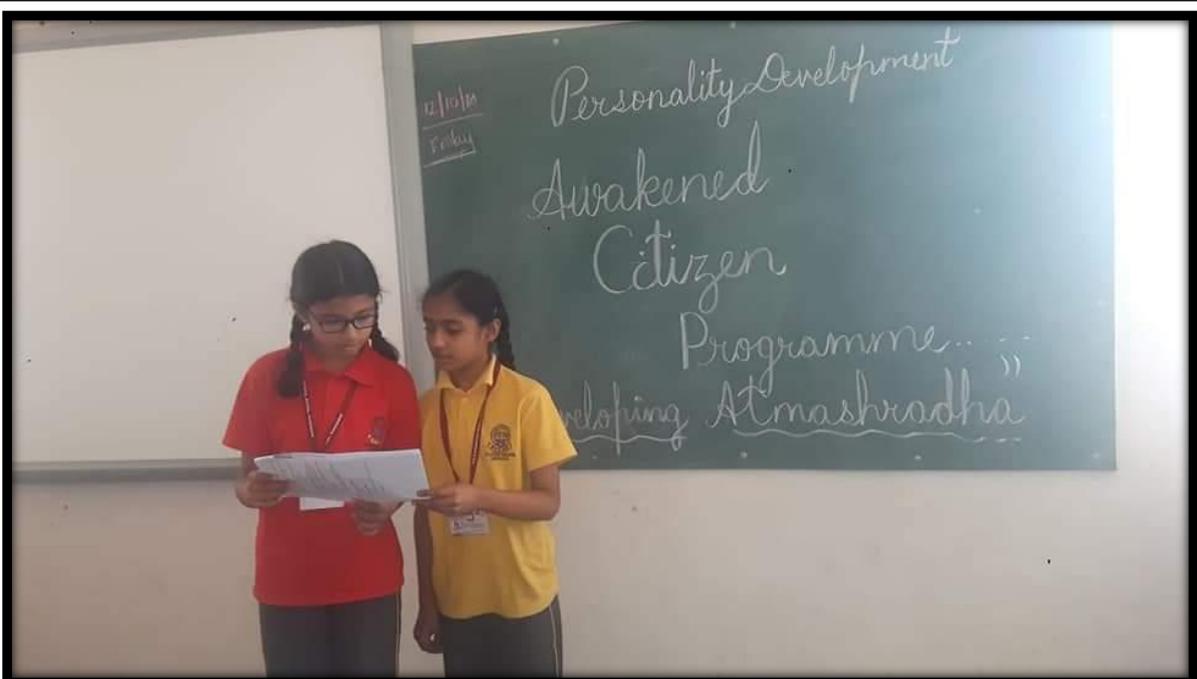
Students discussing about self confidence in the PD period





Student discussing about the roles of various freedom fighters in India's fight for freedom, in The PD period.

Students doing a role play on anti corruption.



Students prepared a chart on fire fighters/ emergency number for fire in the PD period.



"Best out of waste" done by students in the PD period.



Students were benefitted by understanding the various life skill by using them in various situations, they shared their experience with teachers regarding how what they did in the life skill classes they applied in their real life situations.

Concluding Remarks

In everyday life the development of life skills help the students to find new ways of thinking and problem solving. Recognise they the impact of their actions and teaches them to take responsibility for what they do, build confidence in themselves, cooperation and on the whole make them a better human being.

1. Adaptive: Characterized by or given to adaptation
2. Competency: The ability to do something successfully or efficiently
3. Democratic: Relating to supporting democracy or its principle.
4. Innovative: featuring new methods, advanced and original
5. Psychological: of affecting or arising in mind, related to mental an emotional state of a person
6. Recognise: to identify



D.A.V. International School, Ahmedabad

Certificate of Originality

I hereby certify that the documentation entitled “Promotion of Life Skills Education- Personality Development period”, is my original creation and I have given proper referencing and acknowledgement wherever required, and that there is no plagiarism whatsoever.

Signature of the Author

Shilpa

Shilpa Khandelwal



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Certificate of Originality

We have no objection if our case study/documentation entitled "Promotion of Life Skills Education- Personality Development period" is uploaded on DIKSHA- the National Teacher's Platform and is made available for public viewing.

Signature of the Principal

Dr. Nivedita Ganguli

Signature of the author

Shilpa Khandelwal

