

ABOUT COURSE

Life- skills are integral to enable our children to become healthy, independent and responsible members of society. We encourage our pupils to play a positive role in contributing to the life of the school and the wider community. In so doing we help develop their sense of self-worth. They learn to appreciate what it means to be a positive member of a diverse multicultural society. The outcomes of this course would lead to capacity building in life skills for development of self, as well as for training others in life skills. The course is the need of the times as today's children, adolescence, youth, workforce and aged all are facing issues of managing intrapersonal, interpersonal conflicts and equipping them with life skills education can help in physical, social and emotional well-being. Life Skills are the psychosocial skills required to deal with the challenges of daily life through adopting positive behavior's to deal with change.

OBJECTIVES

Life skills tend to build better personality traits; below are a few objectives of life skills.

- Be aware of safety issues;
- Understand what makes for good relationships with others;
- Have respect for others;
- Be independent and responsible members of the school community;
- Be positive and active members of a democratic society;
- Develop self-confidence and self-esteem, and make informed choices regarding personal and social issues;
- Develop good relationships with other members of the school and the wider community.

REQUIREMENT

- Understanding English language as that would be the medium through which course would be explained.
- Minimum time required is 6hrs per week. Those who cannot attend particular session would be provided with the recording of that particular session.
- It would be conducted online due to covid 19 pandemic so proper wifi and a device through which one can participate properly (preferably laptop or computer).

TARGET AUDIENCE

For Students/ Teachers / Parents / other working professionals

CURRICULUM

It consists of 10 modules:

1. Self-awareness
2. Critical thinking
3. Creative thinking
4. Decision making
5. Problem Solving
6. Effective communication
7. Interpersonal relationship
8. Empathy
9. Coping with stress
10. Coping with emotion

LECTURES

- 3 sessions per week (each consisting of 2hrs each).
- Total 3 months course consisting of around 63 hrs.
- 6 hrs per module consisting theoretical content, practical activities and assignment, and video and research links

VIDEOS:

- Total 26 video links (2 or 3 videos for each module)

FOR MORE DETAILS PLEASE VISIT

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