

Life Skills Development for Hope-filled Future: Journeying with the Youth

One Day Life Skills Workshop was conducted on 10th October, 2019 for St. Xavier's Institute of Education's second year B. Ed. students with Dr Gauri Hardikar of Kapila Khandvala College of Education as the facilitator. The coordinators of the workshop Ms Kalpana Chavan and Ms Priti S had discussed with the resource person the objectives and outcomes of the workshop. The theme of the College was also told to the Dr Gauri with the vision and mission of the Institute shared. The expectations and the need were also analysed before finalising the theme and scope of the workshop.

The guest speaker then designed the session towards Journeying with the Youth for a Hope filled Future ' , keeping in mind the ethos and target audience in mind.

The outcomes of the Life Skills Workshop were:

1. Connecting life skills with students' life
2. Understanding WHO 's 10 life skills
3. Engaging with different life skills through situated based and activity based sessions
4. Reflecting on benefits from life skills on personal and professional frontier
5. Understanding oneself with the help of the workshop on life skills
6. Integrating life skills with building a hope filled future.



The workshop started at 11:00 a.m. as per schedule. The resource person was introduced by Ms Priti, then the Principal Dr Sosamma Samuel gave an input on the importance of the workshop and also welcomed the resource person to conduct the program for the students. The Principal appreciated the work done by Dr Gauri in

the field of Life Skills and assured the students of a lively and fulfilling session based on the facilitator's credentials.

The attendance was taken and recorded. The resource person had planned activities and send to student teachers a small list of requirements like sketch pens, charts, pencils etc. the multi-purpose hall was rearranged to make the workshop activities to be conducted in clear and obstruction-free settings. The chairs were pushed to the wall so right from start there was no lecturing but discovering, deducing and creating through the various activities.

The activities were channelized towards developing skills of understanding oneself, empathy, critical and creative thinking skills. The activities were based on clearly stated objectives and outcomes, which on basis of students' feedback were achieved.

The different activities were engaging, promoting team building skills and students have asked for more such workshops. In the feedback. All students were involved in activities as there were small group activities, discussions and debates developing critical thinking, and group work done.



Feedback from students ascertained that the theme also was integrated well by the resource person.

The workshop was connected to the theme of the college in a very unique way, maintaining the importance and requirements of both the elements.

We will be dealing with students who are the future. Giving them an opportunity to showcase or develop these life skills will greatly affect their personality and thinking process which will indirectly help in building a hope filled future.

The workshop related to the theme Building a hope filled future as all these life skills will help us to build a brighter future not only for ourselves but also our students.

If people develop some of these life skills in them it will lead them to a better life and also have an impact on others (human beings are social animals) thus for a better future for all.

The workshop concluded at 4:00 p. m. with reflections and sharing of the student teachers. The resource person shared suggested and essential reading material with the students. The student teachers were encouraged to put into practice what they had learnt in the workshop in the internship as well as community work. Some feedback statements made the success and achievement of the outcomes more evident :-

One of the most active, interactive workshop.

There was entertainment and learning involved

It was a lively, interactive workshop. We didn't glance at the watch even once as it was interesting and held our attention.

Different activities were conducted, and the workshop was very engaging, planned and organised systematically. This was observed as the workshop was executed in the given time frame.

One of the off-shoots which was later noticed was when students were asked to take up a need or problem topic for action research, three group of students came up with topic of self - understanding and self-esteem , stating that we can conduct intervention as the activities done in the workshop. Thus, overall the students learnt about themselves, team building, problem-solving and decision-making skills along with being alerted to applying it to the school scenario for developing these skills amongst their students.

St Xavier's Institute thanked the resource person Dr. Gauri for custom making the workshop engaging, enriching and even empowering as prospective teachers.

Ms Kalpana & Ms Priti
Life Skill Workshop Coordinators