

First Impression : 2010

2010-11

© RGNIYD, Sriperumbudur

2nd International Conference on Life Skills Education

ISBN: 978-93-80697-34-5

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Jointly published by

School of Life Skills Education and Social Harmony
Rajiv Gandhi National Institute of Youth Development
Sriperumbudur, India
An Initiative Supported by UNFPA

Published by

EXCEL INDIA PUBLISHERS
61/28, Dalpat Singh Building, Pratik Market, Munirka, New Delhi-110067
Tel: +91-11-2671 1755/ 2755/ 5755 ● Fax: +91-11-2671 6755
E-mail: publishing@excelpublish.com
Website: www.excelpublish.com

Typeset by

Excel Publishing Services, New Delhi-110067
E-mail: prepress@excelpublish.com

Printed by

Excel Printing Universe, New Delhi-110067
E-mail: printing@excelpublish.com

various technical fields and also country's economic growth. Further, training of students helps to bridge the gap between education system and Industry and improves inter personal skills. Training also ensures the students more employable and makes them professionally ready

for the work. This necessitates the implementation of various skills development programs at student level. The present paper briefly discusses the some of the training methods adopted in engineering education and their outcomes.

Integrating Life Skills into the School and College Curriculum

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21st century living is undergoing significant transition and change globally. Repercussions of this change are enormous on children and adolescents. This is reflected in rising suicides, crime, early sexual experimentation, teenage pregnancy, dependency on drugs, to name a few. These pointers necessitate changes in school and college curricula to enable young people to face challenges. Academic environs nurture positive behavioral outcomes, which can be enhanced with life-skills education and training.

Integrating life-skills education and training in the school and college curriculum has been

successful and its implementation in schools in Chennai, both on regular basis as well as weekend camps, is analysed in this paper. The feasibility of utilizing this model in schools and the author's experience of extending life-skills education and training at the college level in curriculum for Social Work is discussed. This vibrant model/curriculum has had positive outcomes as evidenced by student feedback. Students trained in life-skills have thereafter been of service in training vulnerable groups in the community empowering individuals and improving lifestyles.

Imparting Life Skills Education to Programme Officers and Volunteers of National Service Scheme

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Youth are considering as the most productive members of the society, due to their physical and intellectual capacity. But it is a fact that most of the youth are unable to utilize their potential in an appropriate way due to lack of guidance and motivation. Now a days a large number of youth engaged in anti social activities, create a lot of social problems. These deteriorate their physical and intellectual capabilities and also seem to be a burden to the society. These high-risk behaviours are affecting the society to a large extent. This new

challenge requires immediate and effective responses from a socially responsible system of education.

No university or board of school education has come forward to initiate Life skill programme in the country, which may be beneficial to our young people. In this connection life skill education plays a very vital role to increase the awareness among the youth, which helps the individual to improve the decision making skill, ability to take

everything in the right sense and also improve their contributions to the society

Life skills are the very important essence of our existence. Life skills education aims to provide students with strategies to make healthy choices that contribute to a meaningful life. Life skill is a topic largely neglected rather untouched throughout any stage of education in India, and yet is an essential part of child's overall development. In a country, nearly half of the population is in the age group of adolescence. At this point the much neglected life skills education, has become the need of the hour for discussion and it must be implemented in our educational system.

Life skills enable to explore alternatives, weigh pros and cons and make rational decision in solving each problem or issue and facilitate to establish productive interpersonal relationships with others.

Based on the above need the present study on "Imparting Life Skills Education to Programme Officers and Volunteers of National Service Scheme" was undertaken with the following objectives: to

- assess the life skill of Programme Officers, Assistant Programme Officers and volunteers of National Service Scheme.
- impart education on life skills to Programme Officers, Assistant Programme Officers and Volunteers, the target group.
- evaluate the effectiveness of Life Skills Education.

The area selected for the study was Avinashilingam University for Women, Coimbatore. The total sample comprises of 150, among 150, 25 Programme Officers, 25 Assistant Programme Officers and 100 Volunteers of National Service Scheme of Avinashilingam University.

The Programme was planned in consultation with Rajiv Gandhi Nation Institute of Youth Development, Sriperumbudur and Avinashilingam University for Women, Coimbatore. The questionnaires were administered to the NSS Programme Officers, Assistant Programme Officers and Volunteers as to find out socio-economic profile, the knowledge level on life skills before and after the programme and opinion regarding life skills education after the

programme. The life skill level of the target was very low based on this the four days programme on life skills was conducted.

Before the life skill education programme the Volunteers are talkative, get depressed, more reserved, lazy, moody and unsociable, not cooperate with others. Whereas the life skill education programme were created positive change and positive qualities aiming the volunteers whereas the programme Officers and Assistant Programme Officers realized and acquired the important of a individual characteristics that leads to a peaceful and successful life after the programme.

Before the training programme possession of communication skills by the Volunteers such as strategic thinking and planning, human relations and personal effectiveness are very low level. The training helped them to speak effectively, writing concisely and listening attentively and reporting information correctly and able to describe the feeling. A majority of the volunteers communicate effectively and they developed thinking capacity, able to identify the problem and finding correct solution to the problem. The relationship with individuals also improved and developed leadership objectives, accepting responsibilities without hesitations and developed positive thinking and able to cope with stress.

Before the life skills programme the Programme Officers and Assistant Programme Officers had low level of communication, strategic thinking and planning, human relations, leadership and personal effectiveness. After the life skill programme a majority of the Programme Officers and Assistant Programme Officers improved the skill in communication and developed strategic thinking and planning, improvement in human relations, personal effectiveness such as coordinating tasks, time management, positive thinking, organizing and cope with the stress.

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The training helped them to speak effectively, writing concisely and listening attentively and reporting information correctly and able to describe the feeling. About 60 per cent of NSS Volunteers communicate effectively and they develop thinking capacity able to identify the problem and finding correct solution to the problem. The relationship with individuals also improved and developed leadership qualities. They also developed qualities like attaining goals with appropriate objectives accepting responsibilities without hesitations and developed positive thinking and able to cope with stress

In the case of Programme Officer and Assistant Programme Officers before the education about 40 per cent had low level of communication, strategic thinking and planning, human relations, leadership and personal effectiveness. After the life skills programme about 80 per cent of the programme Officers and Assistant Programme Officers improved the skill in communication and developed strategic thinking and planning, improvement in human relations, personal effectiveness such as coordinating tasks, time management, positive thinking, organizing and cope with the stress and traits improved.

The Volunteers, Programme Officer and Assistant Programme Officer had negative attitude and perception about life before the programme. The programme enhanced their attitude and perception to attain success in life

The hundred per cent of the target benefited derived through this programme such as quick decision making, commitment to the work, coping with stress taking risk coping with uncertainty, able to predict correctly and achievement motivation and the benefits achieve by them. The respondents felt that life skill is very important for the students to cope up with present day challenges.

The recommendation emerged out of this research experience are given below

To the Policy Makers

- Provide information and actively advocate life skills based education approaches as a useful methodological tools for teachers.

- Organize capacity building programmes in life skills, based education
- Enhancement of the quality of life skills based education

To the Parents and Community

- Promote discussion between children and with their parents on human relationships, social factors, practice negotiation and other skills in the community
- Mobilize community efforts to provide opportunity for youth to acquire and practice life skills in the community
- Train community volunteers to promote awareness on life skills

To the Teaching and Curriculum Quality

- Provide training in life skill to all staff
- Emphasize life skill development curriculum planning
- Encourage scientific and empathetic understanding and exploration of issues pertaining to decision making, problem solving and creativity.

Knowledge comes from learning. Wisdom comes from dedicating on knowledge. Real success comes from applying wisdom in our day to day lives. The earth becomes a mote wonderful place when good people make an effort to turn our world into a paradise.

Most people dream of success, some plan for it and then work their plan. Be sure to play your music before you leave this earth. Find your passions and learn hour to “sing”. i.e. life skill-understanding is a wellspring of life. Learn to live within the “system”, while maintaining control of your “essence”. If you lose sight of who you are, the system will over take you. Life is in the eye of the beholder.

By changing your viewpoint you may change more than just your perspective life’s what you make it.