

## BRIEF OVERVIEW

Life Skills are abilities for adaptive and positive behavior that enable individual students to deal effectively with the demands and challenges of everyday life. Children usually don't naturally know how to make good choices. Life skills help children know what to do in everyday situations as well as how to make good decisions about more abstract, long-term choices. Our institution has well integrated the life skill training into its curriculum. Through this training we help every child to successfully face the challenges during different life stages and help them steer clear of irresponsible decisions throughout his life. Good life skills enable your child to manage money responsibly, make healthy food choices, stand up to unhealthy peer pressure and be a good parent in the long-term.

## LIFE SKILL CLASSES

It has been made mandatory subject to be taught from classes IV to X. We follow CBSE prescribed curriculum for teaching life skills. A special period once a week is allotted for teaching LIFE SKILL in the above mentioned classes. About 42 teachers teaching life skills strictly follow the manuals prescribed by CBSE. The teachers strive hard to inculcate, self awareness, empathy, optimism, self-confidence, stress-management, interpersonal skills, problem solving and decision **making** skills. These life skills provide an introspective technique which enables a child to recognize his/her strengths and weaknesses.



## ANECDOTAL REPORT

There records are maintained by each class teacher from classes V-X to closely observe the students and note down the positive and negative traits of their personality. On the basis of these records, time-to-time guidance is given to the students for the 'Character Building'.