



ITL CONDUCTS ONE DAY CAPACITY BUILDING WORKSHOP ON LIFE SKILLS

A one day capacity workshop on **Life Skills** was held in ITL Public School for students of classes IX and X on **19th August 2014**. The resource person for session was **Dr. Poojashivam Jaitly** from Expression India, a CBSE empanelled agency.

The resource person extensively elaborated on the Life Skills as defined by WHO. The students gained substantial knowledge on the concepts of empathy, inter personal relationship, decision making, critical thinking, problem solving, communication skill, coping with stress, creative thinking, self awareness etc.

The workshop inspired the students to uphold an adaptive and positive behaviour. Thus they were empowered with the capacity to cope up with the problems they encounter in their school life effectively. To grant a practical edge to the topics, children enacted role plays on given situations. In short, it was a great learning experience for students and surely such a workshop will go a long way to promote holistic development in students.

