

**BOSCO PUBLIC SCHOOL
PASCHIM VIHAR, NEW DELHI
CBSE CAPACITY BUILDING PROGRAMME
WORKSHOP ON LIFE SKILLS**

"The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice."

- Brian Herbert

Workshop Report Workshop title: Capacity Building Workshop CBSE
Date: February 17, 2024
Venue: Bosco Public School
Resource persons: Mr. Trilok Singh Bist and Ms. Ritika Anand

A CBSE workshop on 'Life Skills' was conducted for the teachers in Bosco Public School, Paschim Vihar on February 17, 2024. The workshop aimed to provide teachers with indispensable tools for excelling across academic, personal and professional domains. It focused on honing a diverse set of life skills, such as communication, interpersonal dynamics, decision-making and emotional intelligence.

Resource Persons of the day were –Mr. Trilok Singh Bist, Principal of Brahm Dutt Blue Bells Public School and Ms. Ritika Anand, Principal of St. Mark's Sr. Sec. Public School.

Percipient Vice Principal Madam, Ms. Priya Handa and Diligent Primary In-charge, Ms. Neha Sadana extended a token of gratitude to the resource persons of the day by presenting welcome saplings.

Ms. Ritika Anand commenced the session with a profound exploration of life skills, emphasizing their transformative impact on fostering holistic development among students. Inspired by real-life situations, the workshop featured teachers sharing a life skill they incorporate into their daily routines. The facilitator's interactive approach not only engaged the participants but also highlighted the practical relevance of these skills in their personal and professional lives. The importance of these skills was further underscored through engaging video clips, showcasing their significance beyond the classroom and extending into the broader aspects of life. This comprehensive perspective aligned seamlessly with the ancient 'Panchakosha' concept, illustrating how these skills contribute to interconnected layers of physical, emotional, intellectual and spiritual well-being. The session offered a thorough understanding of the skills as essential components in nurturing each dimension, ensuring a well-rounded approach to education and personal development.

Infusing a melodic dimension into the event, Mr. Trilok Singh Bist added a musical touch by singing a raga, creating an enriched ambience. The musical interlude seamlessly transitioned into an interactive phase, where teachers formed groups for a lively showdown on the school grounds. This aimed to emphasize the collaborative essence inherent in implementing life skills, showcasing that progress is most impactful when achieved collectively. The atmosphere shifted as a poignant movie unfolded, casting a spotlight on the profound impact teachers can have on students' lives through their actions. This emotionally charged cinematic experience served as a compelling reminder of the weighty responsibility teachers bear in shaping the future of their students. The harmonious blend of musical and interactive elements, coupled with the impactful cinematic portrayal, created a multifaceted and immersive experience, reinforcing the workshop's overarching message of holistic development and the influential role of educators.

Attendees gained insights into the practical application of life skills in various aspects of life. The interactive format facilitated meaningful exchanges, emphasizing the broader significance of these skills. The workshop's immersive experience, enriched with activities and impactful elements, inspired participants to integrate them into their daily lives, fostering a deeper commitment to development.

The workshop concluded with a comprehensive summary of key takeaways, emphasizing the ongoing integration of life skills into the teaching-learning process. A token vote of thanks was extended to the

facilitators. Teachers found the workshop both informative and beneficial, appreciating the platform for exchanging ideas and sharing experiences with colleagues. Departing educators carried a nuanced understanding of life skills as indispensable components, ensuring a novel approach to education and personal development. The impact of the workshop extended beyond education, serving as a motivational force, inspiring teachers to persist in their crucial role in shaping the future of their students.