



Workshop Feedback Form

Workshop title: Capacity Building Programme on Life Skills

Workshop Date: 15.02.19

Venue: Lotus Valley International School, Noida

Attended by: Ms. Deepika A Khan, Ms. Kamna Joshi

Resource Person: Ms Abha Jha

Organizer: CBSE

Profile of the Resource Person: Ms Abha Jha, a teacher by profession, is a Life Skill Coach appointed by CBSE

Content of the Workshop/Seminar

A 1-day workshop was organized by CBSE for teachers of different Schools affiliated with CBSE. It was attended by approximately 55 teachers.

- Ms Ruchi Seth, Principal LVIS, inaugurated the workshop with a warm welcome. She invited Ms Abha Jha, Life Skill coach & motivational speaker, on the stage and introduced her to the audience.
 - Ms Abha talked about the need of Life Skills in Schools. She discussed about the importance of the role of teachers in building character of students which was much greater than the role of parents.
 - She then asked all the teachers to introduce themselves using one adjective that depicts their personality and assign themselves a number from 1 to 5.
- The teachers were then divided into groups of 10 for various group activities.



Resource Person in discussion with teachers

- Each group was asked to take out a coin and design a logo along with its motto. One representative of each group explained the meaning of their logo to the rest of the teachers.
- Handout 1A was given to all the members which was an individual activity based on 'Need Analysis Questionnaire'. The questions were designed to enable the teachers to understand various Life Skills needed in different circumstances. The answers to the questions were discussed by the resource person.

- Handout 1B, another individual activity, was also meant to gauge the understanding of different Life Skills and their importance for students. The questionnaire broadly defined the Types of Life Skills as followed by CBSE, difference between Life Skills, Livelihood Skills and Vocational Skills.
- Handout 1C explained the Ten Core Life Skills as identified by WHO

LIFE SKILLS

Thinking Skills	Social Skills	Emotional Skills
1.Self Awareness	1.Interpersonal Relationships	1.Managing Emotions
2.Problem Solving	2.Effective Communication	2.Coping with Stress
3.Decision Making	3.Empathy	
4.Critical Thinking		
5.Creative Thinking		



Expressing views on the understanding of content.

- Handout 2A, another Individual Activity, explained the ways- How the Life Skills Program could be effectively provided to young adolescents, Characteristics of a classroom environment supportive of Life Skills Education, The Role of teachers and facilitators in developing Life Skills, How the schools should promote Life Skills Education.
- Handout 2B suggested various techniques which could be used by teacher or facilitator to enhance Life Skills in students, such as, Discussion, Debate, Role Play, Brainstorming, Storytelling, Songs and dances, Drama, Case studies, Miming, Poetry and recitals ,Questions and answers, Games, Working in small groups and pairs, Simulations, Demonstration. The groups were asked to choose any two of the techniques, explain their merits and demerits and the types of Life Skills that could be promoted through those techniques.
- Another group activity was designed wherein 10 different stories were circulated among the different groups. Each story enhanced a few Life Skills inherent in the plot. It was to instill Life Skills in students through interesting stories.

Vote of Thanks was given by the Principal LVIS, Ms Ruchi Seth, followed by a group photograph and handing over of Participation Certificates.



Posing for the group photograph



Proud recipients of Certificates

1. Learning outcomes (Knowledge and Information) from the workshop/Seminar?

- Meaning, Need and Importance of Life Skills for students.
- Ten Core Life Skills as identified by WHO
- Techniques required to enhance Life Skills in students

2. Which topics or aspects of the workshop/Seminar did you find most interesting or useful and can be applied to the classroom teaching?

The different techniques suggested to be used by the teacher or the facilitator to enhance Life Skills in students.

3. How will you implement the knowledge & techniques acquired to your subject?

- Design the Lesson Plan in a way that some Life Skills could be highlighted through it.
- Using different techniques learnt in day to day teaching to enhance Life Skills in students

4. Comments and suggestions (How do you think the workshop/Seminar could have been made more effective?)

It was a comprehensive, informative and an enriching experience. However it would have been better if the resource person had been a little crisp and to the point in her discussions.

5. Was the advance briefing about the workshop/Seminar appropriate? Yes

GENERAL FEEDBACK	YES	NO	NOT SURE
• The workshop/Seminar was applicable to my job	●	○	○
• I will recommend this workshop/Seminar for other faculty members.	●	○	○
• The program was well paced within the allotted time	●	○	○
• The material was presented in an organized manner	●	○	○
• The resource person was a good communicator	●	○	○
• The resource person was knowledgeable on the topic	●	○	○
• I would be interested in attending a follow-up, more advanced workshop / Seminar on this same subject	●	○	○
• I will be able to conduct follow up workshop for the benefit of fellow Staff Members	●	○	○

Report submitted by

1. Ms. Deepika A Khan

2. Ms Kamna Joshi

Date of submission: 17.2.19