



REPORT ON A WORKSHOP – ‘LIFE SKILLS BEYOND FOUR WALLS OF CLASSROOM’

Date : 13 May 2016

Venue : N.K Bagrodia Global School, Dwarka

Conducted By : Ms. Sonia Makheeja

Attended By : Ms. Mridula Sharma & Ms. Nitika Sachdeva

A workshop on **LIFE SKILLS BEYOND FOUR WALLS OF CLASSROOM** was conducted by Ms.Sonia Makheeja, a master trainer with NCERT & SCERT, a Life Skills Specialist, Psychologist & Counsellor. Commencing the session with an ice breaking session, she asked the participants to define the term ‘Life Skills,’ and deliberating on the term, she enabled the individuals to define it and comprehend it in its true sense to deal effectively with the demands and challenges of everyday life. The students were enriched with the significance of Life Skills such as to explore the alternatives in daily life, weigh pros and cons, make rational decisions, communicate effectively, to say “No” and be assertive.

Indeed it was a very informative and interactive workshop as Ms. Sonia got the participants involved in a Role Play on different aspects of Life Skills like Self Awareness, Coping with Stress, Critical Thinking, Creative Thinking, Sympathy, Effective Communication, Problem Solving, Decision Making etc. The workshop will go a long way to assimilate the valuable suggestions and implement them for better Classroom Management.