

LIFE SKILLS SESSIONS

Subject: Workshop on Lifeskills

Date: May, 2026

Description:-

Life Skills sessions were conducted for students of Classes I–V by Ms. Riya Dwivedi, Ms. Nisha Chaudhary, and class teachers under the guidance of the Counselling Department, as per the respective class timetables. The sessions focused on helping students understand happiness, differentiate between needs and wants, and make responsible choices. Through age-appropriate strategies such as pep talks, role plays, reflection worksheets, and journals, students explored concepts like deeper happiness, gratitude, self-awareness, conscious decision-making, and accountability. Interactive activities including the Happiness Jar, Need vs Want reflections, and Personal Choice Journals encouraged active participation and meaningful learning, enabling students to develop essential life skills for their personal and social growth.



