



**BUILDING AWARENESS,**  
**EMPATHY AND**  
**RESPONSIBLE DECISION-**  
**MAKING**

**APRIL-MAY 2026**

Life Skills education aims to equip students with the knowledge, attitudes, and abilities required to understand themselves and the world around them. Through interactive activities, discussions, and reflective exercises, students were encouraged to develop empathy, self-awareness, critical thinking, and responsible decision-making skills that can be applied in their everyday lives.

## ∞ AUTISM AWARENESS SESSION



### Learning Outcomes:

- ✓ Developed awareness and understanding of Autism.
- ✓ Recognised the importance of inclusion and acceptance of neurodiversity.
- ✓ Cultivated empathy and respect for individual differences.

## HEMOPHILIA AWARENESS SESSION



### Learning Outcomes:

- ✓ Developed awareness about Hemophilia and its challenges.
- ✓ Understood the importance of empathy and support for individuals with medical conditions.
- ✓ Recognised the role of awareness in creating an informed and inclusive society.

## **THALASSEMIA AWARENESS SESSION**



### Learning Outcomes:

- ✓ Gained knowledge about Thalassemia and its impact on individuals and families.
- ✓ Understood the importance of awareness, prevention, and regular treatment.
- ✓ Developed empathy and a sense of social responsibility towards people living with chronic health conditions.

## **ADOLESCENCE CHALLENGES: CHANGES IN OUR BODY & PEER INFLUENCE**



### Learning Outcomes:

- ✓ Gained an understanding of the changes experienced during adolescence.
- ✓ Recognised the positive and negative effects of peer influence.
- ✓ Strengthened self-awareness, confidence, and decision-making skills.



## **RECIPE FOR A BALANCED LIFE**

Learning Outcomes:

- ✓ Recognised the importance of maintaining balance in different aspects of life.
- ✓ Reflected on habits and attitudes that contribute to personal well-being.
- ✓ Developed self-awareness and goal-setting skills.
- ✓ Understood the importance of gratitude, discipline, and healthy relationships.



## **UNDERSTANDING RESPONSIBILITIES**

Learning Outcomes:

- ✓ Understood the meaning and importance of responsibility.
- ✓ Identified different types of responsibilities in daily life.
- ✓ Developed accountability for their actions and decisions.
- ✓ Recognised the importance of responsible behaviour in both offline and online environments.



## **DECISION MAKING AS A LIFE SKILL**

Learning Outcomes:

- ✓ Understood the importance of decision-making in everyday life.
- ✓ Recognised factors that influence decisions, such as emotions and peer pressure.
- ✓ Developed critical thinking and problem-solving skills.
- ✓ Learned to make responsible and informed choices by considering consequences.

## **OVERALL IMPACT OF THE LIFE SKILLS PROGRAMME**

The Life Skills sessions conducted so far have provided students with meaningful opportunities to reflect on real-life situations, understand diverse perspectives, and develop essential social and emotional competencies. Through awareness programmes, interactive activities, and reflective discussions, students have become more empathetic, informed, and responsible individuals.

### Skills Developed:

- ✦ Self-awareness and emotional understanding
- ✦ Empathy and sensitivity towards others
- ✦ Critical thinking and decision-making
- ✦ Communication and interpersonal skills
- ✦ Health awareness and social responsibility
- ✦ Confidence, resilience, and responsible citizenship

"Life Skills education empowers students not only to succeed academically, but also to grow into compassionate, responsible, and informed individuals."

**Submitted By:**

**Counselling Department**