

St. Cecilia's Public School Capacity Building Programme (CBSE) on Life Skills – Advance

“Life skills are a range of psycho-social and cognitive abilities that empower individuals to make informed decisions and choices, manage the emotional well being and communicate effectively.”



CBSE Capacity Building Programme on Life Skills – Advance was conducted for teachers of our school on 29.2.2024. The eventful day commenced with the felicitation of CBSE resource persons Madam Vibha Khosla and Madam Sonali Chopra by esteemed Madam Principal. Prayer to the Almighty for blessings and presentation of mementoes set the proceedings of the day. The resource persons started the session emphasizing the importance of mental wellness of students and role of teachers as counselor and wellness ambassadors in schools. Interactive activities, discussion of case studies, inclusion of life skills in lesson plans, necessity of life skills were discussed in detail. Measuring life skills, through observation, self awareness and learning by doing were emphasized through powerpoint presentation, motivational videos and activity based handouts.

The one day session equipped the teachers to take on the role of wellness ambassadors with compassion. Resilience and harmony were identified as key factors leading to the accomplishment of wholesome development of a student. Madam Principal applauded the enriching contribution of guest educationists and zealous participation of cecilian teachers. All participants also relished the breakfast and lunch buffet served during the day.

The day closed with the promise that the art of including life skills in teaching learning process will strengthen the innovative pedagogy of 21st century teacher.