

Life Skills Training for the Students' Council of Loreto College
June 25, 2024
9 a.m. - 12.30 noon



A Life Skills Training Session titled Life Skills Playshop was conducted for the Students' Council of Loreto College by the Life Skills Training Group on June 25, 2024 from 9 am to 12.30 noon. The session was attended by 81 students who actively engaged in different activities. The Playshop started with setting intention to connect with nature through meditation, followed by the ice-breaking activity, Join the Beats, Spark and Soar, Magic Carpet, Trailblazers, Final Sprint. Each of the activities encouraged participants to engage in effective communication, self-awareness, team work, collaboration, mindfulness, interpersonal relationship, problem solving and decision making. The training session ended with reflection and discussion wherein the floor was left open

for participants to share their takeaways and the purpose of building community and trust was highlighted. The programme ended with the participants being facilitated as young Phoenixes.

Learning Objectives: -

The participants will be able to:

- To impart awareness amongst the Council members on core life skills.
- To help them develop self-awareness and self-efficacy.
- To help them become effective listeners and deft in communication.
- To enable them to build interpersonal relationships.
- To create a good making among the students for collaboration and coordination.
- To inculcate the students with the values of empathy and compassion.
- To empower the students with the skills of resilience, perseverance, critical and creative thinking, decision making, and problem solving.
- To help them to understand the dynamics of teamwork.

Learning Outcomes: -

At the end of the session, the participants were able to:

- Find it easier to sail through the challenges in their life through attainment of inner peace.
- Rejuvenate themselves through relaxation and sensory connection with nature, fostering mindfulness, a sense of harmony, and a deeper appreciation for the beauty of the natural world.
- Develop self-awareness, acceptability, self-reflection, accepting oneself and others, receptivity, open mindedness.
- Become more competent in effective communication by having greater clarity in sharing personal information clearly, along with improved listening skills.
- Become better poised in building Relationships and sustaining them at the same time by strengthening community spirits through discovering collective interest along with developing initial bonds that facilitate a supportive learning environment.
- Carry out profound reflection on experiences and recognize the value of personal connections in a collaborative setting thereof.
- Enhance their teamwork and collaboration skills by working together and leveraging each other's strengths.
- Improve their critical thinking and problem-solving abilities as they reconstruct and identify songs.
- Expose themselves to songs in different languages (Bengali, Hindi, English) thereby inculcate cultural awareness and appreciation among the students.

Total Number of Participants: 81

Total Number of Respondents: 81

Feedback: Life Skills Playshop

