

Life Skill & Value Education

Co-curricular or Co-scholastic activities are great sources of Value Education. Almost all activities, other than academic programmes, come under the ambit of co-curricular activities. They contribute immensely towards personality development of the students. These activities, often voluntary, are taken up with involved participation and are therefore highly refreshing and creative. The knowledge and learning generated by these activities help the child to come in close contact with the teachers and their peer group several times, and it is just the right natural environment for value learning. Life Skill education at OPJS is to overcome the challenges faced by students in today's world such as increased stress, depression, anxiety and anger which result in violent behavior, vandalism and conduct disorders. Improved constructive conflict resolution with peers and improvement in class behavior. We recognize, appreciate, applaud and foster the fine blend of sensibilities in a child. Life skill education encourages the child's creative urges to blossom naturally. As the saying goes, "A mind like the parachute works best when opened." In addition to enhancing knowledge, our focus is on development of value enhanced Life skills in students which would help them in resisting peerpressure, taking informed decisions and making healthy choices.

Objectives of the Life Skill:

- ❖ To develop concept of Life Skills with respect to everyday life.
- ❖ To create awareness about the ten core Life-Skills and their interrelatedness.
- ❖ To develop Life –Skills of creative –Thinking, Critical thinking, Empathy, Coping with stress, Coping with emotions, Inter personal relationship, communication-skills, decision –making skills, selfawareness and problem solving.
- ❖ To apply these Life skills in all spheres of life.