

## **PODAR INTERNATIONAL SCHOOL,CBSE,NERUL**

### **LIFESKILL,VALUE EDUCATION AND SOCIAL AWARENESS**

Life skills have been defined by the World Health Organization (WHO) as “abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life”. They represent the psycho-social skills that determine valued behaviour and include reflective skills such as problem-solving and critical thinking, personal skills such as self-awareness, and interpersonal skills. Podar International School understands the need for life skills in the students, so these aspects are integrated into the curriculum and executed along with subject studies. Thereby, students are introduced to these skills to implement them in their everyday life. A plethora of activities pursued in the school build up these essential skills.

- Buddy Student
- Peer Groups
- Study Circles
- Teacher Mentor groups
- Higher grades teaching lower grades
- Stress management workshops.
- Score more programme
- Boys and Girls Welfare Committee discussions and activities.
- Sessions for unattended mental issues by Counsellors.