

PROGRAMME DIRECTORS

Shri. S. N. Rao, Faculty, NIRDPR, Hyderabad

Dr. Rubina Nusrat, Assistant Professor (CESD), NIRDPR, Hyderabad

PARTICIPANTS

1. Officials from Tribal Welfare Department i.e., Deputy Director and Assistant Directors
2. Officials from Panchayati Raj i.e., Deputy Director and Assistant Directors
3. Officials from Forest Department i.e., FROs / officials dealing with the PESA and Forest Rights Act
4. Officials from Rural Development dealing with development in tribal areas.

DURATION: 3 Days – March 23 – 25, 2021

The duration of training programme is **Three days, i.e., from March 23 – 25, 2020.**

**VENUE: National Institute of Rural Development & Panchayati Raj
Rajendranagar, Hyderabad – 500 030**

PROGRAMME FEE - NIL

1. **There is no course fee for the officers of the government and voluntary agencies for participating in the programme.**

Intending organizations may nominate **3 - 4 Officers** from the categories mentioned above **on or before March 20, 2021.** The nominations may be forwarded to the following address:

S. N. Rao

Associate Professor

National Institute of Rural Development and Panchayati Raj

Rajendranagar

Hyderabad – 50 030,

Telangana

Mobile : 094409 82868

e-mail : **snrao2001@gmail.com,**
nusratrubina@gmail.com,

Online Training Programme on

LIFE SKILLS

(MARCH 23 – 25, 2021)



[LIFE SKILLS: A Way to success]

Last Date of Nomination: **March 20, 2021**

Venue: **NIRDPR, Hyderabad**



NATIONAL INSTITUTE OF RURAL DEVELOPMENT & PANCHAYATI RAJ
[An Organization of Ministry of the Rural Development]
Rajendranagar, Hyderabad - 500 030.

NEED

Skill that is useful in life can be considered as a life skill. Life skills are abilities for adaptive and positive behaviour that enable humans to deal effectively with the demands and challenges of life. Life skills are desirable and necessary for achievement in everyday life.

In an era of modern life, need was felt to usher life skills to meet the unprecedented and unexpected challenges of life. The scholars point out that there are life skills from seven to forty eight to lead a successful life. The WHO points out ten basic life skills to cope up with challenges of life. These are i) challenges of life. There are many such skills, but 10 core life skills laid down by WHO are: i) Self-awareness, ii) Empathy, iii) Critical thinking, iv) Creative thinking, v) Decision Making, vi) Problem Solving, vii) Effective communication viii) Interpersonal relationship, ix) Coping with stress, and x) coping with emotions.

The life skills help us to cope up with challenges of life. Modern era has thrown many challenges. First and foremost is existence. The existence has become jeopardy to the poor and also to the rich. The pandemic i.e., COVID-19 has disturbed normal life and challenged the world. The young has perturbed and the pandemic challenged their ambitions. The elders were perturbed by their uncertainty of their existence and social life. The pandemic has disturbed the kids, adolescents, young, elders, the rich and poor alike. The life skills have become a necessary to exist and lead a successful life. The life skills help the kids, adolescents, young and elderly to perform better in their life style.

The present training programmes focuses on 'Life Skills' to achieve their vision to lead a successful life. The present training is designed with the following objectives.

OBJECTIVES

The objectives of the programme are:

- To discuss the unprecedented and unexpected life challenges in modern world
- To equip the participants with Life skills to face the challenges of life.

COVERAGE

The course will cover aspects relating to Life skills to face the challenges in modern era. These aspects will be discussed through following modules:

Module –I: Introduction to Life Skills

Life Skills: A way to success

Module –II: Creative thinking

Creative thinking – Innovating Self

Module –III: Communication Skills

Effective Communication Skills -

Module –IV: Decision Making

Decision Making and interpersonal relations

Module – V: Public Speaking

Skills of Public Speaking, anchoring communication

Module – VI: Technical Skills

Coping stress and Challenges of changing technology

METHODOLOGY

1. Lecture cum discussions through PPT
2. Case Studies

PROGRAMME FACULTY

In addition to the faculty of the NIRDPR / SIRDs a number of experts / field practitioners having work experience in Life Skills will be invited to share their views with participants.