

What is Life Skill ?

Life skill is a term used to describe a set of basic skills acquired either through learning or by direct life experience. This enables individuals and groups to effectively handle issues and problems commonly encountered in daily life.

They include creativity, critical thinking, problem-solving, decision-making, the ability to communicate and collaborate, along with personal and social responsibility that contribute to wholesome wellbeing of an individual.

Life skill ideation

Sure Trust was initially founded to empower rural unemployed youth by bridging the gap between knowledge acquired at the university and skills required by the industries in a dynamic environment. To address this issue certain technical courses such as AI, Python , Machine Learning , Project Management and Spoken English were launched. Overtime, these courses exponentially grew to 40+ in number, catering to different needs of the industry.

However, some of us felt , mere technical or academic knowledge does not make an individual wholesome. There is a dire need to unleash the latent potential of a student. Every student is unique regardless of what background he/she comes from or what qualifications they have secured during their undergrad program. It is to tap and elicit this 'uniqueness' in them and also nurture it, we decided to launch '**Lifeskills Training Sessions**'. They now become an asset to their company and immediate neighborhood.

Life skill Modules

Owing to the importance attached to 'LIFE SKILLS', the stakeholders at Sure Trust decided to give a neat structure to it by drafting a course content. After extensive brainstorming, we came out with the following 8 modules to deliver the curriculum:

- ❖ Personality Branding & Networking
- ❖ Communication Skills Part 1
- ❖ Communication skills Part 2
- ❖ Communication Skills Part 3
- ❖ Lateral Thinking
- ❖ Managing Personal Finance
- ❖ Social Service Program
- ❖ Emotional Wellbeing & Yoga

Personality Branding & Networking

Communication Skills Part1

Importance of communication cannot be over emphasized. No being in this planet is an exception to this very important medium. It would not be an exaggeration to say that , 'Communication contributes enormously to survival of the fittest' !

Under this module we would discuss:

- Meaning & Importance of Communication skills
- Principles of Effective Communication
 - Clarity (pronunciation, vocabulary)
 - Adequacy & Consistency (not too verbose / not inadequate)
 - Integration (target oriented)
 - Need for feedback & evaluation
 - Need for network channel
 - Ethics in Communication (appropriate language)
- Five Types of Communication Skills
 - Verbal
 - Non verbal
 - Written
 - Visual
 - Listening

After the initial orientation with the basics of communication skills, We would now embark on to more practical mock sessions on communication assignments such as:

- Play an audio talk for 5mins and quiz them on minute details to test their listening skills
- Screen a video for 2 - 4mins and again quiz them minutely to test their observation / visual skills.
- Many skills are associated with 'verbal communication' such as:
 - Speech - prepared / extempore
 - Story telling
 - Debate & Group discussions
 - Role plays
 - Mono Acting & Stand up comedies
- For written skills, they can draft their Project proposal, case studies etc

Communication Skills - Part 2 -

Debate / Group Discussions by motivational speakers

Each time we moderators would invite guest speakers to choose a topic to either deliberate / debate on the same. The discussions would be demonstrated professionally for students to pick up these skills.

Communication Skills - Part 3 -

Debate / Group Discussions by students

Students would choose a topic well in advance and practice as per the norms laid down for a professional debate or discussion.

Lateral Thinking

Introducing seven techniques. Lateral thinking is a term that was coined by author Edward de Bono. Essentially, thinking laterally means to find new perspectives and new ways to address challenges. Many have categorised this perspective into 7 techniques:

- Alternatives: Look for different ways to solve problems
- Focus: Train your brain to think more clearly
- Challenge: Think in nontraditional ways
- Random entry: Be open to different lines of thought
- Provocation: Turn a provocative situation into something useful
- Harvesting: Choose the best of your new ideas
- Treatment of ideas: Alter ideas to fit different scenarios

Developing Curiosity. A key component in lateral thinking is curiosity. An inquisitive mind is more likely to be able to adapt to the core principles of lateral thinking. In order to be able to think outside the box, you need to learn to spark your own curiosity.

Asking questions. Creative (or lateral) thinking depends on your willingness to ask questions. Train your brain to start questioning information as you process it. You can apply this to things you read, watch, and conversations.

Introducing puzzles. Lateral thinking won't happen overnight. It will take time to train your brain. In addition to being curious and questioning, you can help the process by engaging in certain activities, like puzzles. For Eg. If you got 9 balls with you. How will you figure out which one is heavier in 2 attempts using a weighing scale.

Managing Personal Finance

Finance – Personal finance - Income -Sources of Income – Expenditure - Prioritization of expenses - Past, Present and future calculation of Income and expenditure - Allocation of money – track the expenditure - traditional method and ICT enabled methods - Role of family and friends in managing personal Finance

Savings vs Investment vs Wealth generation - Personal Financial planning -Objectives, importance and problems in personal finance - build proper financial protection - Insurance

Success mantras in long term financial planning -Asses your current financial position - Determination of goals – Minimize Expenditure and Maximize Income.

Recommended books to read

Retire Rich: Invest Rs.40 A Day: New Edition- P V Subramanyam

rich dad poor dad -robert Kiyosaki

Let's Talk Money- Monika Halan

The Everything Guide to Investing in Your 20s & 30s - Joe Duarte

Social Service Program

Social Service Program is a broad avenue. Under this program, we are at liberty to expose our students to a variety of service activities that they could render.

Objectives of this program are manifold:

1. We would explain the interrelationship between individuals, society and nature.
2. This will help us to sensitize youth with the myriad problems of the world and their role in it.
3. Our students would grow as a wholesome individual. They would learn to deploy their knowledge and skills to serve people and not compete with them.
4. 'Joy of giving' would be deeply instilled.
5. Eventually they would end up leading a meaningful life and set an example to their peers.

Social Service Programs

- Discussion on disaster management - floods, pandemic , earthquakes
- Serving in an orphanage or old age home
- Serving in special needs center
- Volunteer in NGOs in different capacities
- Discussion on climate action - Measures
- Eradicating social evils in society - dowry, female infanticide, castism
- Empowering and respecting women in our society.
- Educating rural children and eradicating child labor
- Participating in 'Swachh Bharat ' & 'Atma Nirbhar Swasth Bharat' mission.
- Creating awareness on various First Aid techniques - CPR, mock fire drill
- Creating awareness on fatal accidents at home and in the immediate community like gas leak , road accidents which can be averted.

If some students are already a part of some of the programs mentioned above, they would be encouraged to present their learnings in the session.

Emotional Wellbeing & Yoga

Yoga is derived from the word YUJ meaning Unity. Body, mind and spirit are like a tripod – even if one aspect isn't functioning properly, our life will not be balanced and that will lead to ill health. Yoga is that way of life which creates a harmony by aligning all the three components (body, mind and spirit) into one. This harmony, in turn exists to support life. Yoga is an integral part of our lifestyle. It removes the impurities from the level of mind and unites everything with the spirit. Most importantly, Yoga is not just the physical aspect of it, it is not just the Asana and Pranayam which we commonly see on social media, it has 8 limbs which are like the life manual for everyone.

Best Yoga Practices/Poses for Overall Well Being

1. Chanting Aum – Complete prevention/cure specially for mental health
2. Kapalbhathi Kriya – Frontal forehead cleansing – Detoxifies the mind and body

3. Basic Hasta Mudras – Hand gestures – Prevents/cures multiple diseases
4. Vajrasana – Thunderbolt Pose – best after meals for digestions and bowel movement
5. Viparita Karni- Leg Up the wall pose – specially for fatigue/sedentary lifestyle
6. Hasta-pada asana-Hand to toe pose) – specially for reducing back ache and reducing stress
7. Bhujangasana – Cobra pose – for posture correction
8. Shalabhasana – Locust pose
9. Marjaryasana – Cat and Cow stretch – Excellent for spinal tension and improving metabolism

Daily Pranayams for Improving lungs capacity and immunity

1. Bhastrika – Bellow's breath
2. Anulom Vilom – Alternate Nostril Breathing
3. Ujjayi Pranayama
4. Brahmari Pranayama – Humming bee

Yoga As Stress and Anger management tool

Yes Yoga works on the mind and because each posture is done mindfully with conscious breathing technique, it helps to reduce stress hormone and has soothing and calming effect on the mind.

Healthy lifestyle and diet tips

Yogic stretches as part of morning routine, bed time routine and work desk Yoga for tech neck and back pain issues.

Mitahara – Moderate diet and Balanced diet tips as per ayurveda

Exercises for Eyes and jyoti meditation for tired eyes with excessive screen time exposure. Practice of Pratipaksha bhavana and Anitya Bhavana for a positive life outlook