

Best Practice 2:

CENTRE FOR LIFE SKILL EDUCATION

Objectives:

The Institutional has a noble mission of grooming students in four dimensions, CHARACTER, SCHOLARSHIP, LEADERSHIP and CITIZENSHIP, and thereby empowering our graduates to be a part of building a morally upright, welfare world. The future generations need to be multi-literate, creative and innovative. Life skill education enables adolescents to tackle problems they encounter in their daily life with confidence. It aims to create active, informed and responsible citizens who can contribute to the political process. Apart from these basic skills acquired through academic learning, direct life experiences enrich students with values that make them greater human beings.

The Context:

The College has achieved many milestones pursuing philanthropic ideals of democratizing education. At a time when knowledge and health had been turned into mere merchandise, Ansar upholds its commitment making it accessible to all.

In the highly challenging and post-modern world, everything has become stressful for young minds, where they find the expectations of parents and society crushing down upon them. Academic Stress regarding anticipated academic challenges or failure can lead to mental distress. There is a need to nurture them to tackle such failures, relationships, sexuality, cut-throat competition, peer pressure etc. Moreover, in India's complex and diverse scenario, there is a need to promote a social inclusive environment to acquire knowledge.

The College under the aegis of the Ansari Charitable Trust took up the mission to lend a helping hand to the students to overcome these challenges, equipping them with the essential skills for success in the 21st century.

The Practice:

A **Centre for Life Skill Education** was begun with this noble vision in mind and it follows a **highly scholastic and standardized cumulative curriculum**. A detailed syllabus is designed by expert faculty in a Spiral form that allows the teaching of the topics across various levels, but with variation in depth of coverage at various levels.

The major focus of the Centre would be to ensure the all-round development of the students, extending from nurturing the environment through *Rhythms of Nature* Campaign to the *Creative Carnival* Initiative which foster and bring out their inner talents through workshops and talks. Interfaith Harmony Discussions and Open Forums are focussed by the Centre.

Visiting Flood victims, observing **Refugee Day**, conducting Open Forum and other activities related to **Human Rights Awareness Week** are all just some ways of imparting social values through experiences. The students are

The Centre for Life Skill Education also extends its guidance to parents, faculty members and women in particular through its various multi-faceted initiatives. *Prabapasaram* (Faculty development Sessions) is a series of motivation sessions organized for the teaching faculty as the stress and anxiety levels teachers experience cannot be overlooked. *Sthree Shakthi* (Women Empowerment campaign) are extension activities focusing on women in the neighbourhood, imparting tips for empowerment and growth. **Parenting Manual** focuses on parents, imparting counselling sessions and guidance in dealing with teenage wards.

Pro-Teen campaigns are initiated by the Centre for nurturing responsible young adults. Youth Camps or **Residential camps** are organized for the students, including them in Community activities and imparting social values of living in a community through real-life experiences. The Centre for Life Skill Education exposes the students to experiences giving them a chance to understand different cultures & traditions through Exhibitions and celebrations like *Eenam*, *Xmas* etc. *Nanmamaram* (Care for the Elderly) is a campaign where the elders are honoured (as a part of Elder's Day) and their life-experiences are shared thereby bestowing a new light into the young lives.

Save Children, Save Future Campaign is another novel initiative of the Centre, creating a network with the schools and local institutions for the protection of Human Rights of Children. The students of the College are active volunteers of the campaign and help to provide orientation to the school children through skits and plays, thus sensitizing them to the significance of child rights and child protection. **Pre-marital and post-marital Counselling** sessions are also initiated recognizing the need to mould the young generation to build a healthy, strong relationship that can be a foundation for a better society.

Evidence of Success:

The beneficiaries and local community members testify that the students have lent support and improved their life in many ways. Our former students have often initiated projects and

campaigns for the betterment of society during perilous times like the BREAK THE FEAR campaign. Initiated by a few students of Psychology Department 2016-19 batch, the volunteers provided online counselling to those afflicted with mental stress during this pandemic. A WhatsApp group was formed on April 12th, 2020 and later on 28th of the same month, an Instagram page was opened to reach out to more people. Various other students have become certified trainers, becoming an inspiration for many with their motivational talks. Some have also published books and started a YouTube channel. It is indeed our pride to witness many students who have also left a mark in society with their contributions in the socio-political arena.

Problems Encountered and Resources Required:

The collective effort of the institutional stakeholders has indeed paved the way for success as evident from feedback and reviews so far. Yet many problems are encountered by the Centre for Life Skill Education in extending its activities for the benefit of more people. One of the major constraints encountered is the lack of financial backing to continue many projects or campaigns. Student involvement is often restricted by the hectic academic schedule. Coordination among the many departments is often found difficult due to the large number of students and faculty members.