

## SESSION ON LIFE SKILLS

**‘Education that helps young people develop life skills has transformative potential.’ - UNICEF**

A Life Skills session was conducted on Monday, 3rd July 2023 for all PYP students. The resource person for this session was a parent volunteer, Ms. Sneh Lata Rana who is a technically qualified professional working with a public sector undertaking. She helped the children understand the concept of teamwork through various interactive activities. Team building is a skill



essential not just for corporate workplaces but is useful for all age-groups as it **encourages collaboration, problem-solving and decision-making.** Ms. Rana, during her interactive session, engaged the students in various team-building activities. By accomplishing group tasks delegated to them, students learned to listen,

trust and support each other, while developing life skills such as communication and collaboration. She concluded the session by making the students take a pledge to work harmoniously with each other to form healthy social relationships in order to achieve their goals.

Our respected Head of the School, Ms. Nandita Mathur addressed the students and also thanked Ms. Sneh Lata Rana for her time and effort.



