**BOSCO HOSTS CBSE CAPACITY BUILDING WORKSHOP ON LIFESKILLS**

“Your attitude, not your aptitude will determine your altitude.”

 Life Skills is all about changing the attitude to learn, be flexible, in control of oneself and determined to have continuous improvement in self.

A one-day workshop that focussed on capacity building of teachers on life skills was organized by C.B.S.E at Bosco Public School, Paschim Vihar on February 22, 2020.The workshop began with the welcome of the resource person, Mr. Pankaj Munjal with a sapling that was presented by the Vice Principal madam – Ms. Priya Handa. It was followed by the Ceremonial Lamp Lighting Ceremony by the dignitaries to invoke the blessings of the Almighty .The resource person - Pankaj Munjal, is an alumnus of Institution of Engineers (IE) and Delhi College of Engineering (DCE) and works as a freelancing resource person for Capacity Building Programme for educators and students.

Many teachers from various schools of Delhi participated in the workshop to learn about different ways and techniques of developing and enhancing life skills among students of all age groups.

The objective of the workshop was to inculcate life skills in the learners of 21st century. Various methods and tools were demonstrated that could be used to nurture life skills in the learners so that their transition from a sheltered world to the real world can be paved smoothly and aid them to cope with the increasing pace and change of the modern life. The workshop focussed on developing skills like self- awareness, assertiveness, empathy, critical thinking, interpersonal skills, effective communication, coping with stress, decision making etc. Undoubtedly, these skills would promote abilities in learners to make positive choices, take informed decisions, and practice healthy behaviour as these skills ensure holistic development of a child.

The workshop was indeed an enriching experience for the teachers as it helped them in imbibing life skills in their teaching style so that the learners of the contemporary times get education that adds value to their personality as a whole.

The Primary Headmistress - Ms. Sofia Malik proposed the vote of thanks by expressing the gratitude to the master trainer for conducting such an informative and engaging workshop.

