

# WELSPUN VIDYA MANDIR, SALAV

## Life Skills Management for Adolescents Workshop 2014-15

WVM Salav organized **An informative workshop to empower 'Adolescents' with Life Skills Management** from 23rd to 25<sup>th</sup> June 2014. The day commenced with a warm Welcome to **Dr. Rajeshwari Raghu** by respected Principal Sir **Mr. Ravinder Rana** followed by Welcome Song by the Choir Team. A motivational **Theme based Morning Assembly on Life Skills** was beautifully put up by the students of Class VIIIIB.

Students **were sensitized** about one of the most pressing issue “**Anger**” and How to control Anger through various activities ..

The workshop conducted for the girls by Dr. Raghu proved to be extremely helpful and educative at this juncture of life. Core life skill strategies and techniques as: **problem solving, critical thinking, effective communication skills,**

**Decision making skills** were assessed through various activities and discussions.

Through the workshop teachers got a better insight into the adolescent age and its implication. Teachers were also briefed about adolescent issues with regards to parents, teachers, adolescents and doctors perspective.





