



## Report

# Life Skill Seminar: Empowers Rajasthan's Youth

February 29, 2024



**Shri Bhajan Lal Sharma**  
Hon'ble Chief Minister,  
Govt. of Rajasthan

**Shri Madan Dilawar**  
Hon'ble Education Minister,  
Govt. of Rajasthan

**"Rajasthan Life Skills: Empowering Education"**

## SEMINAR

**Unlocking the potential of students of Rajasthan**

“ This platform aims to extend the dialogue on 21st century skills, focusing on the unique context of the Rajasthan. ”

**Wednesday, 29th February 2024**

**Hotel Holiday Inn, Bais Godam, Jaipur**

## **Background:**

Piramal School of Leadership, in collaboration with the Rajasthan Education Department, held a Life Skills Seminar at the Holiday Inn Hotel in Jaipur on February 29, 2024. This event focused on fostering the all-round development of children by promoting life skills education (LSBE) and its integration into the curriculum, aligning with the National Education Policy (NEP) 2020.

Life Skills Education refers to the teaching and acquisition of a set of abilities that are necessary for effectively dealing with the challenges and demands of everyday life. These skills are typically not taught in traditional academic subjects but are crucial for personal development, social interaction, and overall well-being. Life Skills Education aims to empower individuals to make informed decisions, solve problems, communicate effectively, and cope with various situations they encounter throughout their lives.

Life Skills Education can be integrated into various educational settings, including schools, community programs, and workplace training to empower individuals to navigate the complexities of modern life effectively, enhance their personal growth, and contribute positively to society.

## **Objectives of the Seminar:**

- Launch the LSC Booklet and Amulya Poster, promoting life skills education.
- Facilitate discussions on the importance of 21st-century skills and their integration into education.

## Esteemed Guests and Engaged Participation

The seminar welcomed esteemed guests like the Honourable Education Minister, Mr. Madan Dilawar, Education Secretary Rajasthan, Mr. Navin Jain, SPD Mr. Chaturvadi, DOE Director Ashish Modi, and RSCERT Director Mrs. Kavita Pathak and other prominent government officials. Over 160 attendees actively participated in the seminar, including government stakeholders, partner organizations, and the Piramal Foundation team.

## Deep Prajalawan (lighting of the lamp), Launching Resources and Sparking Discussions

The Event began with Deep Prajalawan (lighting of the lamp) by the Honourable Chief Guests while Piramal Sewa Geet played in the background. This was followed by a welcome ceremony where the chief guests were presented with plants and bouquets as a token of appreciation.



Further, the seminar aimed to launch the LSC Booklet and Amulya Poster, serving as valuable resources to promote life skills education. Additionally, it facilitated insightful discussions on the crucial role of 21st-century skills and their seamless integration into the educational system.

## What is Life Skills Education?

Life skills encompass a wider spectrum, equipping young individuals with more than academic knowledge. These skills include crucial abilities, attitudes, and social-emotional competencies that empower them to:

- Make well-informed decisions.
- Exercise their rights confidently.
- Lead a healthy and productive life.
- Become active agents of positive change in their communities.

## NEP 2020: A Paradigm Shift Towards Holistic Education

The NEP 2020 recognizes the significant role of LSBE and emphasizes its integration with foundational learning. This shift aims to:

- Replace rote learning with fostering creativity and innovation.
- Develop critical thinking, inquiry-based learning, and analytical skills in young minds.
- Cultivate a holistic educational approach that goes beyond academics.

## Beyond Academics: The LSBE Approach

LSBE focuses on nurturing competencies beyond traditional academics, equipping students with essential skills such as:

- Problem-solving to navigate challenges effectively.
- Decision-making to make informed choices.
- Effective communication to express themselves clearly and confidently.
- Interpersonal skills to build strong relationships.



## **Piramal Foundation and the LSC: Championing Life Skills**

Piramal Foundation, alongside 18 other organizations, has been actively a part of the Life Skills Collaborative (LSC). This collaborative network champions life skills education for India's youth through extensive outreach programs. LSC aims to create, establish, and disseminate an assessment repository that will help evaluate the overall preparedness of the learning ecosystem including teachers and students, to help integrate life skills education into the mainstream curriculum.

### **Panel Discussions: Insights and Collaboration**

We hosted two rounds of panel discussions involving key government stakeholders and NGO partners, focusing on LSC and 21st-century skills.

#### **Panel 1:**

This session highlighted the importance of life skills education, particularly for empowering girls. It emphasized the need to transition from rote learning to a more dynamic educational model. The discussion also focused on the vital roles of teachers, students, and parents in ensuring the success of LSBE. Additionally, it explored strategies for integrating life skills into the state curriculum. Below are further details regarding the panel discussions.

The panellists for the discussions were – PS, SPD, DOE Director, and RSCERT Director. Mr. Sourabh Johri, Core Team Member, Piramal Foundation, facilitated the session. He commenced by acknowledging that Rajasthan is the pioneering state in the prioritization of life skills and 21st-century education.

#### ***Challenges and Importance of LSE:***

- SPD Mr. Chaturvedi emphasizes cognitive skills as a foundation but stresses the urgency of integrating LSE into the curriculum due to the high-pressure environments children face today.
- He underlines the need for 21st-century skills and the pivotal role LSE can play, particularly in empowering girls.

**Principal Secretary's Views:**

- When asked about LSE for different age groups, the Principal Secretary prioritizes basic education rights and increasing school days.
- He highlights the importance of "No Bag Day" and integrating value education.
- He envisions the next academic year incorporating value education and vocational training.



**21st Century Education and Officials' Roles:**

- Mr. Ashish Modi, representing HR, emphasizes shifting from rote learning to a dynamic, interactive educational model.
- He stresses the importance of officers, principals, and teachers understanding the shift from evaluation to assessment.
- He shares the successful implementation of Surya Namaskar (sun salutation) as a life skill promoting health.
- He notes LSE success depends heavily on teacher, student, and parent involvement.

**Integrating LSE into Curriculum:**

- Ms. Kavita Pathak, Director of RSCERT, discusses the three-tier approach for integrating LSE into the state curriculum.
- She acknowledges the crucial role of Piramal and partner organizations and highlights the collaboration as a national example.

**India's Contribution in the 21st Century:**

- The panel discusses the high-pressure environment students face and the need for skills beyond academics.
- Mr. Naveen Jain raises concerns about LSE implementation in government schools.

***Ashish Modi's Response:***

- He assures detailed technical planning is underway.
- He stresses understanding the shift from evaluation to assessment and incorporating ICT (Information and Communication Technology) with teachers.
- He reiterates the importance of Surya Namaskar as a life skill and emphasizes the need for parent and teacher engagement.

***Ms Kavita Pathak on RSCERT's Progress in Enhancing Life Skills:***

- She highlights the collaboration of 18 partners with RSCERT under Piramal Foundation's guidance.
- She explains separate booklets for different grades with hidden messages for children's learning.
- She emphasizes collective effort and collaboration in achieving their goals.

**Panel 2:**

This panel focused on the positive experiences of students participating in Social-Emotional Ethical Learning (SEEL) programs. This panel discussion was led by Meghadeepa Chakraborty, Program Manager at the Piramal Foundation. Students from Jhunjhunu, India, shared powerful stories about the positive impact of Social, Emotional, and Ethical (SEE) Learning on their lives.

***Children's experiences of social-emotional ethical learning:***

Several students discussed overcoming anger issues they previously faced. Through SEE Learning, they discovered techniques like “**grounding and resourcing**” that help them remain calm. One student described a remarkable shift in her family dynamic.

“Before SEE Learning, I struggled with phone addiction and wouldn't communicate effectively when her family asked her to put it down. Now, thanks to communication skills learned through SEE Learning, she can express her desires more constructively, avoiding arguments”.

The students also mentioned various engaging activities they participate in like **“counting colors”** in their environment, **“experiencing sensory input through barefoot walking”**, **“identifying and acknowledging emotions”**, collecting happy memories in a **“Box of Happiness,”** and drawing inspiration from motivational videos by Mr. Naveen Jain. These activities contribute to the overall positive impact of SEE Learning, as the students themselves expressed. They highlighted benefits like learning to manage anger and be less reactive, understanding and accepting their emotions, and communicating better, leading to stronger connections with friends and family.

### ***Students Perspective on the Importance of SEE Learning:***

The discussion further explored the student's perspectives on the importance of SEE Learning. Students emphasized how it has enhanced their focus by managing emotions, leading to better memory retention. They even shared additional activities like using an **“Emotion Tree”** to identify and label their emotions throughout the day and understanding emotional states through concepts like **“High Zone, Low Zone, Okay Zone.”** Notably, one student passionately advocated for prioritizing SEE Learning, believing it lays the foundation for better learning and overall well-being.

## **Minister Dilawar Championed Life Skills for a Well-Rounded Generation**

Education Minister, Shri. Madan Dilawar delivered a compelling address in a very simple but attractive way, emphasizing the critical role of life skills in shaping a cultured and value-oriented generation. He highlighted the importance of these skills beyond academics, particularly in addressing the increasing stress and negativity children face today.

Minister Dilawar advocated for the continuous integration of life skills into the school curriculum through engaging activities and innovative approaches.

He emphasized that mastering the **“art of living consciously”** is key to fostering well-rounded citizens and ultimately strengthening the nation as a whole.



The Minister reiterated his commitment to including life skills in the regular curriculum and expressed his appreciation for the Piramal Foundation's support in educational innovation. He assured the department's full cooperation in achieving this goal.

## **Students Interaction with Education Minister and Education Secretary Rajasthan**

Student–EM and PS Interaction "Samvaad"

Facilitator: Markandeya Dadhich

In this session, kids from Jhunjhunu and Jaipur had the opportunity to interact with the Education Minister and Education Secretary of the state. The questions posed by the children mostly revolved around seeking guidance regarding their education, career prospects, awareness about current government schemes that parents and children might be unaware of, and how they can be made aware of such schemes. Both the Education Minister and the Education Secretary shared personal anecdotes to relate to the questions they were asked.

The Education Secretary encouraged the children to pursue their passions, highlighting that nowadays there are ample opportunities to do so compared to a few years ago. He stated, "Whatever you find your passion in, make it your profession." He also recounted the story of a family member who pursued engineering at IIT and later joined Piramal as a Gandhi Fellow.

The Education Secretary also addressed the impact of technology, noting how it has confined many individuals to their rooms. He highlighted how the additional academic commitments prevalent today often restrict children from spending time outdoors. Furthermore, he stressed the significance of gratitude, emphasizing the importance of being thankful for the blessings in one's life.

On the other hand, the Education Minister underscored the importance of not burdening children with excessive pressure from parents. He emphasized that each child has their own capacity for learning, stating, "To be a good person, you don't necessarily need good grades." When queried about the existence of the quota system in the education sector, despite the constitutional principle of treating everyone equally, the Education Minister emphasized the necessity of providing equal opportunities for all. He asserted, "For

equality, equal opportunity is also important." Additionally, he highlighted the importance of affording individuals from lower economic backgrounds the chance to earn and be treated on par with others.

When asked about the role Rajasthan can play in the progression of the Happiness Index of the country, they responded by emphasizing the importance of contentment. They suggested that happiness stems from embracing contentment, advocating for lowering our expectations, and finding happiness in what we already possess.

### **Vote of thanks – Education Secretary**

During the concluding session, Education Secretary Shri Naveen Jain delivered an insightful address to the attending participants. He underscored the critical distinction between education and schooling, elucidating that while many conflate the two, they are distinct entities. Shri Jain emphasized that individuals often acquire valuable skills from their environment, empowering themselves through experiential learning.

Drawing from personal experiences and tangible examples, he underscored that education transcends mere book knowledge; true education involves honing the ability to learn through personal reflection, observation, and discernment of one's path in life. Life skills, he stressed, are paramount, advocating for students to cultivate attributes such as logical thinking, self-confidence, self-awareness, and effective communication from an early stage to prepare for future endeavours.

Shri Naveen Jain lauded the **Gandhi Fellowship**, commending its role in nurturing leadership skills among the youth. He expressed delight in witnessing the fellowship's impact as young leaders selflessly share their knowledge and contribute significantly to the educational landscape across various districts of Rajasthan, thereby benefiting the entire nation.

Following the Secretary's address, Mr. Ghanshyam Soni, Program Director, Piramal School of Leadership, extended gratitude on behalf of the organization to all esteemed guests, including departmental officers, partner organizations, NGO collaborators, DIET officers, teachers, and participants, for their active engagement throughout the seminar. The event concluded with the rendition of the national anthem, followed by a broadcast message from Piramal Foundation's Core Team Member, Ms. Monal Jayaram, and a concluding note from Mr. Ghanshyam Soni, inviting attendees to enjoy lunch together.