

Report on Special Lecture

Capacity Building and Competencies for School Students

Introduction

A special lecture on *Capacity Building and Competencies for School Students* was organized on 24.02.2025 at P.Kamalanathan Memorial Higher Secondary School, Venkitapuram, Coimbatore. The resource person was Mrs. Bhavithra, Senior Coordinator and Team Lead, BTG Trust, Coimbatore. The session aimed to equip students with essential skills and knowledge required for their academic and personal development, to enhance students' capabilities in critical thinking, problem-solving, communication, leadership, and emotional intelligence.

The programme was organized by SEDG's - Economically Weaker Section (EWS) Cell of Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore by the organisers Dr.R.Balasarikha, Liaison Officer, EWS and Assistant Professor (SS), Department of Food Science and Nutrition, and Dr.P.Gayathri, Assistant Professor, Department of Home Science Extension Education. About 50 students studying 10th grade and 35 NSS volunteers of Unit 1 (RD & Sociology and Resource Management) got benefitted from the programme. The programme started with a prayer song; welcome address and introducing the chief guest to the participants. The session was concluded with a formal vote of thanks.

Objectives of the Lecture

The key objectives of the lecture were:

- To develop students core competencies such as creativity, collaboration, and adaptability.

- To foster critical thinking and decision-making skills.
- To enhance communication and leadership abilities.
- To build resilience and emotional intelligence for personal growth.
- To prepare students for future challenges in academics and career development.



Key Highlights of the Lecture

- **Understanding Capacity Building:** The speaker explained the importance of self-development and continuous learning in building capacity for success.
- **Core Competencies for Students:** The discussion focused on skills like problem-solving, time management, teamwork, and adaptability.

- **Importance of Communication:** Effective verbal and non-verbal communication skills were emphasized for academic and career success.
- **Emotional Intelligence:** Students were introduced to self-awareness, self-regulation, and empathy as key emotional intelligence components.
- **Leadership and Teamwork:** The lecture highlighted the significance of teamwork, collaboration, and leadership in achieving personal and group success.
- **Interactive Activities:** Students engaged in activities like group discussions and problem-solving exercises to apply the concepts practically.

Key Takeaways

- Students understood the need for continuous learning and self-improvement.
- They learned essential life skills like communication, leadership, and emotional intelligence.
- The lecture motivated students to be proactive in developing their competencies for future success.
- Interactive activities helped reinforce the concepts effectively



Conclusion

The special lecture on *Capacity Building and Competencies for School Students* was a valuable session that provided students with insights into personal and academic growth. By developing essential competencies, students can improve their performance in school and prepare for future challenges. Such initiatives should be conducted regularly to help students build a strong foundation for lifelong success.

