



*Avinashilingam Institute For Home Science  
And Higher Education For Women*

*STEP English language development  
initiative - Project Report*

*STEP Train 50 Hours Online Training  
Program*



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## Programme Overview & Objective

Avinashilingam Institute for Home Science and Higher Education For Women partnered with STEP from The Hindu Group to improve the English language proficiency of 1936 undergraduate students from 5 branches as indicated below.

Child Org	Count
AVINASHILINGAM - Campus 1- All Courses	1038
AVINASHILINGAM - Campus 2- B.P. E (UG),-B.Ed.& B.P.Ed	181
AVINASHILINGAM - Campus 2- Engineering	130
AVINASHILINGAM - Campus 2- Engineering Batch 2	132
AVINASHILINGAM - Campus 2- SF Courses	455
<b>Total Number of Students</b>	<b>1936</b>

The program was designed with an objective to enhance the proficiency of English language skills. The scope of program included the following components.

- 1) Baseline Assessment
- 2) 50-hours online Course
- 3) Final Assessment

### Baseline assessment

The project started with the students undertaking the baseline (warm-up) assessment. The results of this assessment were used to provide students with appropriate learning intervention for their current language proficiency level.

- Out of total 1936 students, **1936 (100%) have completed baseline** assessment.



### Online course

The 50-hours STEP Train online course comprises of engaging video-based lessons which focuses on various concepts to develop their speaking, listening, reading, writing, grammar, and vocabulary skills.

- The average time spent by students on an online course: 1152.62 Minutes.
- 1913 Students have completed 100% of their online course.

### Final Assessment

The final assessment allowed learners to consolidate their language levels and earn a prestigious certificate from the Hindu STEP. The final assessment certificate will be from The Hindu Group, and it contains specific scores for all 4 English skills and an overall score. Out of total 1936 students, 1913 students have successfully completed the final assessment.

Summary	Count	Percentage
No. of Students registered for Program	1936	
No. of Students completed "Warmup	1936	100.00
No. of Students completed "Certification Test	1913	98.81

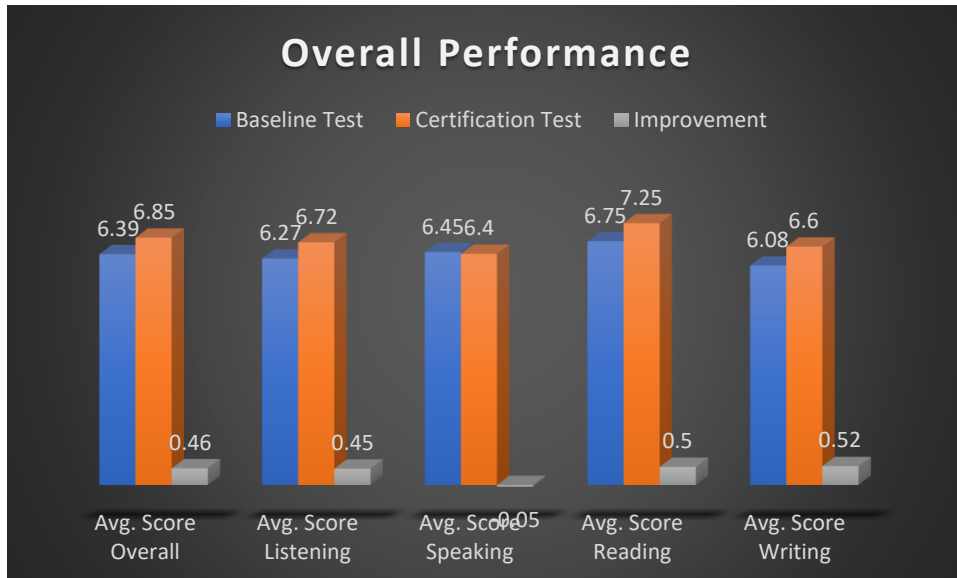
### Performance Summary & Learning Outcome

A detailed analysis of the performance of students and learning outcome of the program is given below.

### Baseline & Final Assessment Score Summary

The average overall and skill-wise score of students for baseline & final assessment is depicted in below table and graph.

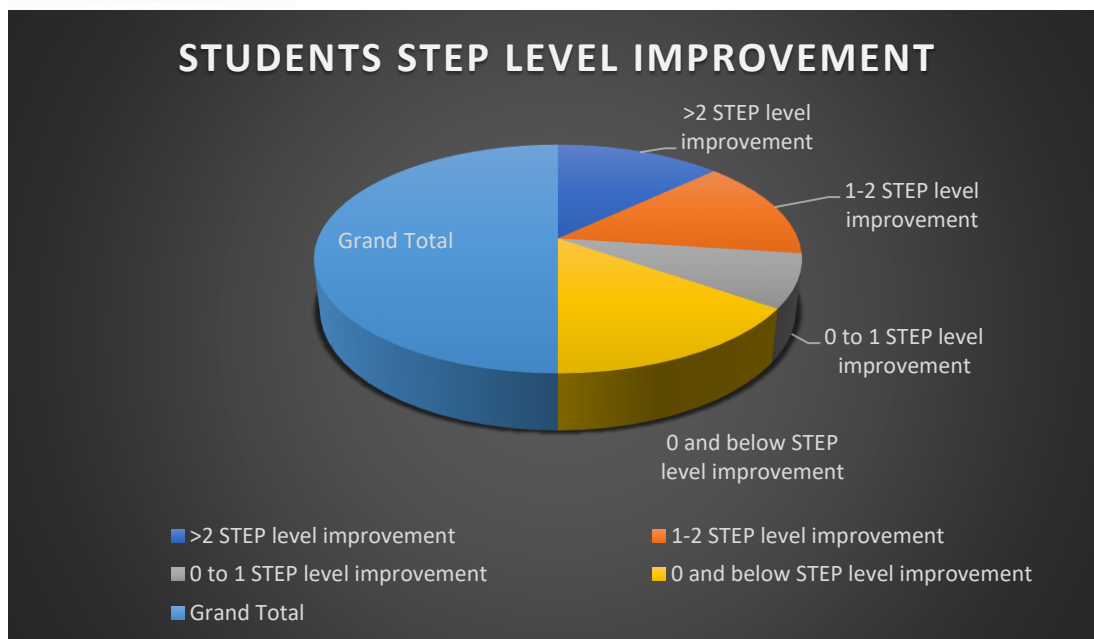
	Avg. Score Overall	Avg. Score Listening	Avg. Score Speaking	Avg. Score Reading	Avg. Score Writing
Baseline Test	6.39	6.27	6.45	6.75	6.08
Certification Test	6.85	6.72	6.4	7.25	6.6
<b>Improvement</b>	<b>0.46</b>	<b>0.45</b>	<b>-0.05</b>	<b>0.5</b>	<b>0.52</b>



### STEP Level Improvement – Students

The student-wise STEP level improvement summary is given below.

Improvement Level	No. of Students	Percentage
>2 STEP level improvement	505	26.08
1-2 STEP level improvement	544	28.10
0 to 1 STEP level improvement	294	15.19
0 and below STEP level improvement	593	30.63
<b>Grand Total</b>	<b>1936</b>	



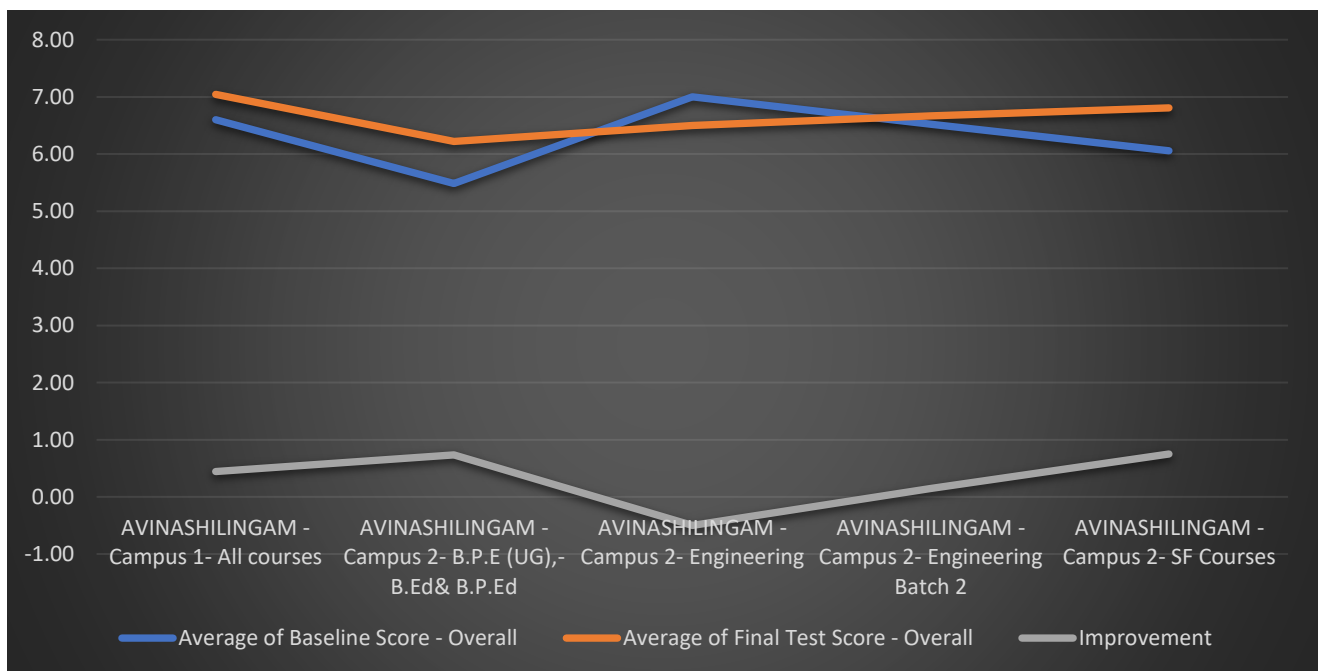
The below table represents the overall improvement of the learners' department-wise categorized into STEP levels.

Department	>2 STEP level improvement	1-2 STEP level improvement	0 to 1 STEP Level Improvement	0 and below STEP Level Improvement	Grand Total
AVINASHILINGAM - Campus 1- All courses	266	306	158	308	<b>1038</b>
AVINASHILINGAM - Campus 2- B.P.E (UG),-B.Ed& B.P.Ed	58	55	21	47	<b>181</b>
AVINASHILINGAM - Campus 2- Engineering	16	26	19	69	<b>130</b>
AVINASHILINGAM - Campus 2- Engineering Batch 2	22	38	27	45	<b>132</b>
AVINASHILINGAM - Campus 2- SF Courses	143	119	69	124	<b>455</b>
<b>Total Number of Students</b>	<b>505</b>	<b>544</b>	<b>294</b>	<b>593</b>	<b>1936</b>



The below table and graph list the department wise overall start score, finish score and the average improvement.

Department	Average of Baseline Score - Overall	Average of Final Test Score - Overall	Improvement
AVINASHILINGAM - Campus 1- All courses	6.60	7.04	0.44
AVINASHILINGAM - Campus 2- B.P.E (UG),- B.Ed& B.P.Ed	5.48	6.22	0.74
AVINASHILINGAM - Campus 2- Engineering	7.00	6.50	-0.50
AVINASHILINGAM - Campus 2- Engineering Batch 2	6.52	6.67	0.15
AVINASHILINGAM - Campus 2- SF Courses	6.05	6.80	0.75



### Time spent on the Course, Final Assessment – Score Analysis

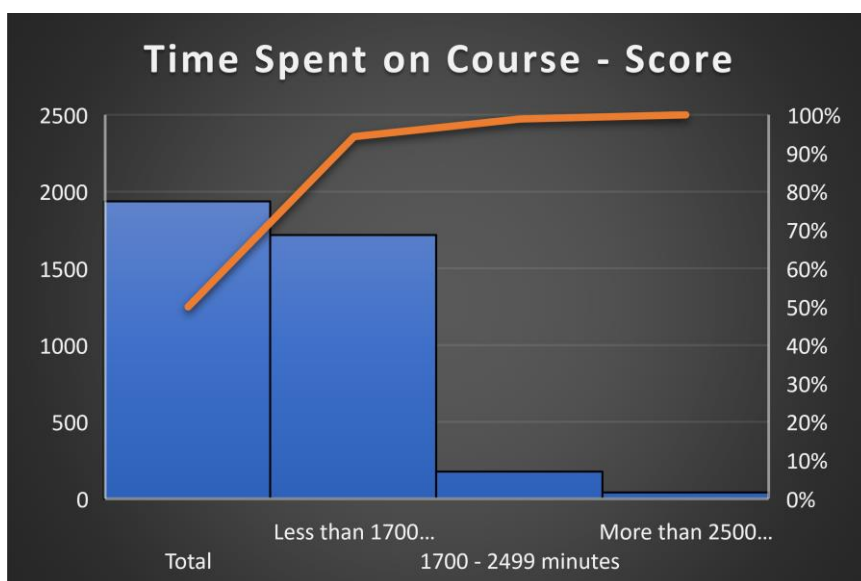
The below table and graph represent the correlation between the average time spent on the course, the time spent on the certification and average improvement in the score.



Group	No. of Students	Avg. Time Spent - Course (Mins)	Avg. Time Spent- Final Test (Mins)	Avg. Final Score
Students shown improvement	1049	1183.52	60.61	7.29
Students with no improvement	593	1095.14	54.35	6.06
Difference		88.38	6.26	1.23

- Students with Zero & Below STEP level have spent less time (88.38 Minutes) on the course, when compared with the other students with positive improvement.

Time Spend on Course	No of Students	No of Students with +ve Scores	% of Students with +ve Scores	Avg. Final Scores
More than 2500 minutes	41	25	1.29	7.96
1700 - 2499 minutes	177	101	5.22	7.64
Less than 1700 minutes	1718	922	47.62	7.23
<b>Total</b>	<b>1936</b>	<b>1048</b>		







## STEP Program Outcomes:

The STEP program has achieved the following outcomes.

1. Out of total 1936 students, 100% have completed baseline assessment.
2. 1913 (98%) of Students have completed 100% of online course.
3. 69.37% of the learners have shown improvement successfully.

## About STEP

The Standardized Test of English Proficiency (STEP) is a division launched by The Hindu Group – THG Publishing Private Ltd in August 2016. Established in 1878, The Hindu has a current readership of over 20 lakhs across India. STEP is a unique, adaptive, and adaptable testing and learning platform designed to meet every English language testing and learning need in India. STEP eliminates the cultural biases that often hinder effective learning, by using unique Indian content that the user can relate to.

## What does your STEP score mean?

STEP scores have been aligned to and benchmarked against the CEFR levels. The CEFR is the abbreviation for The Common European Framework of Reference for Languages: Learning, Teaching, Assessment. It is a globally accepted guideline used to describe achievements of learners of the English language. The CEFR, which has 6 levels, describes what a learner is supposed to be able to do in reading, listening, speaking and writing at each level.

### *Alignment of STEP scores to CEFR global standards*

CEFR	LEVEL	STEP
C2	Mastery	11-12
C1	Advanced	9-10
B2	Upper Intermediate	7-8
B1	Intermediate	5-6
A2	Elementary	3-4
A1	Beginner	1-2



Several international tests such as IELTS and TOFEL are also mapped to the CEFR levels. The image below shows the published alignment of these tests to the CEFR levels.

*Alignment of international tests IELTS and TOFEL to CEFR global standards*

CEFR	LEVEL	TOEFL®	IELTS <sup>TM</sup>	BEC
C2	Mastery	118-120	9	
C1	Advanced	94-117	7-8	BEC-H
B2	Upper Intermediate	46-93	5.5-6.5	BEC-V
B1	Intermediate	32-45	4-5	BEC-P
A2	Elementary	26-31	3	
A1	Beginner	0-25	0-2	

*Note: Mapping of scores on the above standardised tests against the CEFR framework is approximate and based on information publicly published by the respective testing bodies.*

# ADUC Life Skills Training Program

08/03/2023

Day 1

## Batch I- Department of CS, IT, Mathematics Self Awareness & Self Management

### F.N Session

The session started with the anecdote about butterfly's metamorphosis that encourages students to break open their challenges and difficulties and come out with flying colors. To give a different perspective in introducing them to the crowd, students were given an activity to assess their skills, strengths, weaknesses, how they approach their opportunities, and overcome their threats.

#### Activity:

- Describe themselves in 5 words.
- SWOT Analysis

A brief introduction about life skills was given from the activities and students were analytical in answering the quiz about life skills. The brain gym exercise and guessing the song activities served as a warm up session. Students volunteered with Tirukkural other than the mentioned ones, reciting the couplets together. On discussing the different dimensions of self concept, students came up with a variety of body languages and roles inspired from the personalities and enacted them. On answering the various questions on self awareness, a few of them shared about what motivated them to manage their stress and boost their positivity. Many hands went high when talking about self-talk and were excited to share the symbols that best explain them (song, flower, animal...). The best part of this session was the family tree concept where students shared nostalgic stories about their family and grandparents. The story activity on eagle was fun; one of the students guessed it right and drew everyone's attention.

### A.N Session

In the afternoon session, students volunteered to showcase their singing and dancing skills paving way for the discussion on self management skills. The various dimensions of management starting from self awareness to setting goals were discussed with activities such as Johari window; concepts such as self-love, health and hygiene, avoiding comparisons, accepting failures, and welcoming negative feedback were also talked about in the session. The best part was the penning down of positive and negative self, tearing the section that held the negative

aspects and crushing it totally. Students thoroughly enjoyed it. The Empathy acronym and the alphabet of values drew their attention.

**09/03/2023**

**Day 2**

## **Value Enrichment Skills**

### **F.N Session**

The day started with the inspiring story of Col. Harland Sanders and how he went on to become a celebrity with his finger lickin' delicious fried chicken recipe. The values that took him to reach the height were explained to the students to make them understand the role of values in an individual's life.

One of the students demonstrated the Vrikshasana and the other recited the Kural. Situation-based questions excited them. Unlike the first day, many students volunteered to share their best moments of:

- Happiness
- Being grateful
- Empathizing and caring
- Love for their family and friends.

Also, they enthusiastically shared about 4 people, in particular, who have inspired them to march forward. Upon the "back to our roots" activity, they happily conveyed the best values that they carry from their home-mom, dad, siblings, and cousin. The following slide with "core values from our roots" was also deeply discussed with environmental consciousness taking special mention. "Advertise your food product" was the best part. The teams came out with traditional foods and presented them with art works and logos. Advice from the tree, self-reflection, and picture quiz were highly engaging.

### **A.N Session**

The later half of the day started with the values to be aware of as the citizens of India; the quiz on national integration, a little of history, and more about secularism, non-discrimination, rights, and duties were discussed.

On Career skills, a detailed walk through the 4 dimensions, 5Cs, and the role of LSRW in effective communication were discussed. The various activities under each part of LSRW were welcomed by the students with group guesses. Many came out of their comfort zone and narrated the story, one student did write a poetry about it. People were too creative and shared all the funny aspects about non-verbal communication- Mr. Bean, being their favorite example, students shared a few episodes looking at the slide picture.

**10/03/2023**

**Day 3**

## **Career Skills (Part 2) & Feedback**

### **F.N Session**

The last day was even more binding with active students' participation in expressing their singing and speaking skills. Tirukkural was highly engaging the crowd with many coming up with the couplets that they knew. Adaptive, transferable, and job-related skills and workplace-readiness skills were discussed in detail. Meanwhile, a couple of students interested in becoming an RJ and a motivational speaker helped me in handling the session. The Duppatta activity called for the entire participation of the students and proved their teamwork. Students later developed a story with one sentence each that had plots similar to Man vs. Wild and explored tech-driven life. This activity helped them to build their creative skills and think out of the box. While discussing entrepreneurial skills, a few students shared their business ideas and goals. Surprisingly, students answered all the logos right but for ICMR. The session concluded with the briefing about WI-FI.

### **A.N Session**

Two students volunteered to host the feedback question session which was followed by poster activity. Meanwhile, we played word games, dumb charades, tongue twisters, and many came forward to sing and express their views. It was all fun and frolic being the last session, clicking photos, and singing all lovely songs expressing their talents. The posters were really amazing, each department presenting theirs in a unique way:

- The CS department made a family tree with their names as leaves and gave their feedback as personalized notes.
- The IT department collected all their pen and paper activities and made a poster.
- The Physics department summarized the concepts handled in the 3-days program.
- The Chemistry department students gave their lessons learnt in a pictorial form, within the face of a woman.
- Students from the Math Department artistically explained how they felt after this session through self-reflection images and hand prints.

Overall, it was an energizing start with active participation of the students. A few hesitated initially; but on the last day, the session saw many hands rising up to express their talents. Quality time with students indeed!

**16/3/2023**

**Day 1**

**Batch II- Campus 2  
School of Arts and Social sciences**

**Self Management**

**A.N Session**

The students were well-informed of self management, from personal hygiene to physical and mental health. They came up with various measures in maintaining the daily routine, consuming nutritious food, maintaining physical fitness, staying psychologically sound, ways of leading a healthy and happy life, and the joy of enjoying the present. Introducing the concept of *Ikigai*, students were made aware of 10 principles of adapting to a healthy environment of which self love, tolerating people around, and living the present moment were emphasized. In the end, students' focus was checked with the one minute unicorn video that was enjoyed by them and encouraged them to stay concentrated in the tasks taken.

**17/3/2023**

**Day 2**

**Batch II- Campus 2  
School of Arts and Social Sciences**

**Career Skills: Part 1**

**A.N Session**

The session was interesting and engaging with student's participation in expressing their ideas and plans about their career. There were many students willing to start a business and so sharing thoughts on communication skills, social media etiquettes, and LSRW was helpful to them. The word games, fixing the jumbled sentences, and pronunciation activities kept them in full spirits. Students came up with various words that were misspelled and mispronounced. Word building game was fun. The concept of cool cat, the importance of making and taking notes during seminars and lectures, building a story, habit of reading books, magazines, journals, short stories, or any piece of writing, and the art of speech was elaborated to the students. Besides these, various ways to enhance these skills were also discussed to overcome the common barriers while communicating in the crowd.

**19/3/2023**

**Day 3**

**Batch II- Campus 2**  
**School of Arts and Social sciences**

**Career Skills- Part 2 & Feedback**

**F.N Session**

The day started with students' creative responses in building a story as a team and funny suggestions to the plot. The 3 primary skills- adaptable, job-oriented and transferable skills were actively questioned by the students and discussed. Skill sets needed for every career as suggested by the students were analyzed. From workplace readiness skills to problem-solving skills, different scenarios were suggested and student's responses were pondered. After that, we had another round of word building games and Chinese whispers. Dupatta activity and the blind sheep activity was a complete fun. Entrepreneurial skills, brand awareness, establishing an identity while doing business, creative-thinking, and doing things differently were all tried and tested with inspirational life stories, events from school and college days, and their personal take on these topics.

**A.N Session**

In the final session, students opened up their various thoughts on the happiest moments, proudest achievements, best times with friends and family, inspiring persons and similar notes. A few students showcased their talents by singing, dancing, mimicry, acting, and speech skills. Poster-making was being done on the other side. The last day winded up with lots of stories and beautiful moments that captured pictures and videos. Special thanks to the volunteers from the II P.G Math Department, who were supportive throughout the program in the Campus 2.

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**22/3/2023**

**Day 2**

**Batch 2: Campus 1**  
**School of Arts and Social Sciences**

**Value Enrichment Skills**

**F.N Session**

The students were really creative and amazing with their talents. Of the 7 Departments, Psychology, Music, and Economics were so active in exhibiting their skills. Their hands remained raised for almost all questions and discussions. The chain of values kept everyone engaged with shouts from the crowd. Sticky notes were a popular habit amongst these students. Debate on traditional and modern food was highly impressive. Students came forward to thank their parents, teachers, friends, and other inspirational people who played a part in their life's success. Value trees, counting their blessings, and scenario based questions were highly welcomed.

While sharing the cleanliness video, a video on "save water" was also played to commemorate the World Water Day. Things to protect and save the environment were emphasized. Concepts on national integrity, places of cultural and heritage importance, fundamental rights and duties, rapid fire on calling out the freedom fighters' names kept the session in full spirits.

**A.N Session**

**Career Skills- Part 1**

The session started with a discussion on the difference between a job and career. It was more of a discussion than a lecture. A few students volunteered to share their knowledge about communication and social media skills by recommending books, movies, and indeed shared how travels can help in building one's vocabulary. LSRW activities were done where they listened to audios and took notes, instantly guessed the words and pictorial clues, came forward to showcase their speech skills, and there were a few poets in the crowd.

Poetry recitation and story building needs a mention. Students of the Psychology department shared the various fields where they can get placed. Similarly, there were many voices aspiring to become teachers, photographers, and directors.



Non-verbal communication was an interesting part of the day, as we had a rapid fire round of the whole crowd making faces as I called out the emotions and situations.

**23/3/2023**

**Day 3**

## **Career Skills (Part 2)**

### **F.N Session**

Students were on guard on the last day's session, questioning about the various skills required in one's career. Also, we had a Thirukkural round, where students came up with different couplets that inspired them to date. There were a couple of students who aspired to become VJs and so they enacted how they would host a show and stole the stage with their speech skills. So, in a similar manner, dreams of the students were discussed and the skills needed for their profession were analyzed.

Later, team activities and leadership activities were conducted to make them understand about the stages of making teamwork successful and the skill of being a leader. Students too suggested a few activities and we did them. A couple of poets called students to share their most cherishable moments, happiest events, memorable times with family and friends, proudest accomplishments, and other personal ideas about life and made a note of them. This took the shape of a beautiful poetry that was read aloud before winding up the session.

### **A.N Session**

The last session with the School of Arts and sciences was really affirmative as many students felt comfortable talking and we literally lost track of time. There were many singers, dancers, and people interested in dry jokes and comedies that one after the other the mic. went rolling on from one student to the other.

Students came up with beautiful posters and messages. The whole set of questions in the Feedback slides were discussed and analyzed point by point by the students. Overall, a friendly and creative approach from the student's side, throughout the program.



**24/3/2023**

**Day 1**

**Batch 3: School of Commerce and Management  
Self Awareness & Management**

**F.N Session**

A total bunch of active and enthusiastic students who remained in full spirits on all the 3 days for all the sessions. Each student volunteered in one way or the other to take part in the activities and the questions thrown before them.

- SWOT Analysis
- Life skills quiz
- Square breathing
- Guessing the song
- Spider web wheel of priority list
- Johari Window
- Family tree

All these activities were received with equal importance that students shared their responses after completion of every activity.

**A.N Session**

While talking about self management, students shared various stories and incidents about how they were/are motivated. A few suggested self help books, a few others recommended the songs they hear to keep them boosted, and many shared that they would sleep for a healthy state of mind.

Physical fitness and mental health strategies were discussed with mention of food habits. There was a heated debate about healthy and junk foods and their impacts in our everyday lifestyle. The self-talk and loving oneself concepts were so popular amongst students that instantly they imitated the situations and enacted before the crowd. Students shared various moments of tolerance and failure that motivated them. The alphabetical arrangement of values and skills and the acronym of Empathy were recited by the students together in unison and was discussed.

**27/3/2023**

**Day 2**

### **Value Enrichment Skills**

#### **F.N Session**

The day started with a motivational story and Thirukkural recitation. As a tradition, students were asked of various couplets that inspired/ motivated/ encouraged/guided them. Many such couplets were shared. This session was completely students' session, for every student had a story to share. Beginning with the value chain till instilling the spirit of national integrity, students were on toes to express their thoughts.

Inspirational people, persons who motivated them, near and dear ones from whom they learnt values, members to those they are grateful for, and their personal values were talked upon and shared by students. There was a heated debate about tradition and modern values in the society. Aside, the advertisement on healthy food products (milk, millets, nilavembu and other herbs, Tender coconut) was entertaining and innovative.

Rapid fire rounds on the cultural and heritage sites, famous poets and writers in India, and the freedom fighters kept the students in full swing.

#### **A.N Session**

### **Career Skills (Part 1)**

The session started with the importance of verbal communication and the ways to better it. The 5C's of communication was detailed where the students came up with an incident where there was effective/failed communication. Word games, developing stories, cool cat concepts, and taking notes were done. Different words were spelt and pronounced. Tongue twisters were tried. One of the students suggested the palindrome song and we enjoyed watching it together. There were writers and storytellers who kept the session alive with their stories and creativity.

Non verbal communication was enacted and its importance in different situations were discussed through mimes and dumb charades. Mr. Bean's video and the script of cartoons were discussed on how actions speak louder than words.

**28/3/2023**

**Day 3**

## **Career Skills (Part 2) & Feedback**

### **F.N Session**

Students were fixed upon their goals and so it became easier to discuss the skills required for each of their professions. While we initially discussed the general skills, had brainstorming sessions on critical and creative thinking, later, thoughts were shared on how lateral thinking helps one to stay different. The Duppatta and blind sheep activities were so entertaining that we took 3 rounds of games each with the students.

Wall of Fame was yet another highlighted activity that many students came forward and shared their dreams and designed name cards.

### **A.N Session**

Being the last day, the students were completely prepared to exhibit their talents. There was:

- Singing
- Dance
- Photography videos
- Art and Craft videos
- Posters
- Short stories
- Poems
- Stage speakers
- Entrepreneurs who shared their business ideas

Each and every point in the feedback slides were talked about and students who didn't express their opinions, volunteered and spoke.

On the whole, 3 days were a jolly ride with active participation of students in and out. There were many students who came forward and talked before the crowd for the first time and shared their stories.

**29/3/2023**

**Day 1**

**Batch 4: School of Biosciences and Allied Health Sciences  
Self Awareness & Self Management**

**F.N Session**

The day started with a motivational story about the success behind the launch and stand of Aachi Masala. Students were encouraged to think positively and analyze various skills of theirs to accomplish their dreams. SWOT Analysis, Life skills quiz, priority list, Johari window, and family tree activities were done to make students understand better about themselves.

**A.N Session**

As people from science stream, students suggested ways to stay physically and mentally fit by doing yoga, going for walks, and talking to people to manage stress. Many students shared their failures and hindrances while discussing “Accepting failures” and “Developing Tolerance.” Positive self-talk is something that every student does in this stream and they share their opinions about the value of the present moment rather than the past or future. In fact, this crowd of students were so practical and matured that they stayed calm. Active non-verbal communicator, indeed!

**30/3/2023**

**Day 2**

**Value Enrichment Skills**

**F.N Session**

The session started with an anecdote about pearl formation and extraction. The same was implied in how one’s character and values can convert any negativity into a precious part of them. List of values, thank you messages, happiest moments, timeline of events in their lives, situation-based questions, and best things about family and friends were talked about. The advertisement and national integrity concepts kept the vibe of the crowd moving.

## **A.N Session**

### **Career Skills (Part 1)**

Verbal Communication through speech and writing, LSRW, social media trends, and teamwork efficiency were discussed. Word games on the slides, pictorial, fixing the jumbled sentences, word pronunciation, and fluency activity with on the spot topics were done.

Non verbal communication's importance was discussed and situations were enacted to find out the thoughts and emotions. For a change, a couple of episodes from Mr. Bean and the to-dos for an interview: posture, presentation, and approach were also watched.

**31/3/2023**

**Day 3**

### **Career Skills (Part 2) & Feedback**

## **F.N Session**

The session started with the decoding of the topic and a continuation of the previous session, emphasizing on job-oriented skills, adaptive skills, and transferable skills. Following this, the 10 basic skills that suit all jobs, from critical thinking to problem solving were discussed. Teamwork efficiency, the role an individual takes in teamwork, and the successful completion of teamwork were discussed. Activities helped students to understand this better.

When entrepreneurial skills were discussed, a few students showed interests in doing event management and becoming independent practitioners rather than being employed under others. A few had ideas of starting their clinics. Thus, creative skills and ways to think creatively and realistically were discussed.

## **A.N Session**

Word games, pictorial, talent exhibition through songs, art and craft video collage, photography collage, and dances kept the noon going. The interesting part was the debate that kept the noise on.

On the whole, the students were comparatively silent and calm with a handful of people taking up the stage every time.

**11/4/2023**

**Day 1**

**Batch 5: School of Home Science  
Self Awareness & self Management**

**F.N Session**

The day started with the motivational story of KFC. The topic for the day was decoded and the students' understanding about the need for a life skill program was discussed. The session began with a quiz on life skills. Tirukkural recitation, SWOT analysis, awareness wheel activity, Priority list, Johari window, and timeline activity were all done with student's participation every now and then. Students were asked to introduce themselves by describing them in 5 words using adjectives. Many volunteered.

Family tree was the best part of the session, as many shared stories about their grandparents, their valued possessions, and the best memories they had with them. Students were active listeners and showed interest through their questions and suggestions by calling out their classmates' names and encouraged them to speak.

**A.N Session**

Self management through loving oneself, staying self-confident, maintaining physical and mental health, watching out on eating habits, thinking positive, getting motivated, and tolerating negativity and criticism and proving one's worth were all discussed. Students shared their views on each topic and suggested what they did to keep them stress-free.

Living in the present and worrying less about past and future was emphasized. Students did share their best moments in the past, present, and future while discussing things that made them confident and proud about themselves.

**12/4/2023**

**Day 2**

**Value Enrichment Skills**

**F.N Session**

List of personal values, what shapes and defines the individual best, and the strength of a person's values were all discussed to make students understand the need of clinging to values

and leading a moralistic life. Values such as care, love, affection, self-discipline, honesty, punctuality, and many other values were discussed. Students were called to share their values. Also, they were welcomed to share about people who inspired them and the traits students admire in them. Students queued up to talk about their parents, teachers, family, friends, and famous personalities.

A detailed discussion on traditional and modern food was made. A debate on traditional and modern value systems gave life to the tables, where students actively participated. Environmental consciousness and national integrity were also briefed.

### **A.N Session**

## **Career Skills (Part 1)**

When it came to career discussion, students hesitated to share their dreams, for they wanted to keep it a suspense and let the world know when the day comes. On the whole, there were UPSC aspirants, politicians, Vloggers, YouTubers, Influencers, and event managers, shouting out their responses from the crowd.

General discussion on verbal and non-verbal communication, LSRW and activities related to it were done to make them understand better.

**13/4/2023**

**Day 3**

## **Career Skills (Part 2) & Feedback**

### **F.N Session**

Students listened actively and took notes about various skills that were in discussion. Word games, story development, Chinese whispers, and dumb charades were played to make students understand about creativity and critical thinking. Various riddles and puzzles were played to test their thinking skills.

A detailed session on creative and lateral thinking was made. The importance of teamwork was reinstated and students were asked the different roles they take in a team. In between a few story tellers, poets, calligraphers, and speakers showcased their talents.



## **A.N Session**

The last session was a brief analysis on the various questions in the feedback slides with team activities, chick dance, and debates. Book lovers shared their favorite books. Being the last day, many students came forward and shared their best moments.

## **Overall Outcome**

On the whole, the program brought forward many students who:

- Addressed the crowd for the first time.
- Exhibited their talents.
- Valued their skills and believed in themselves.
- Thanked their dear and near ones, which they didn't do so far.
- Went down the memory lane celebrating their past.
- Took time to analyze themselves.
- Fixed a goal.
- Decided to enjoy the present moment.
- Stopped complaining and started accepting.
- Learn from failures.
- Listen keenly.
- Understood that time and listening skills are the best gifts one can offer others.

From students of all the 5 batches-they shared that it was a “fun-with-learning-experience.”

**ADU LIFE SKILLS TRAINING PHOTOS**

**BATCH 1- 13-03-23 TO 15-03-23**









**BATCH 2 – 16-03-23 TO 21-03-23**



**BATCH 3 – 22-03-23 TO 24-03-23**













Feedback

**3 DAYS OF LIFE SKILL TRAINING**

INSPIRED BY THE JOURNEY INTO EXCELLENCE

**LIFE SKILLS**

- Know your interest
- Normalise Diversities
- Gratitude is Attitude
- EMOTIONS
- want to control your emotions?
- \* Drink water
- \* Meditate
- \* Notice 5 things around you

**TRAINING**

- education is key to unlock
- Team work is Dream work
- unlock the world unknown by enhancing your education
- ACHIEVE YOUR DREAM CAREER
- Set your goals higher than sky

**OPPORTUNITIES**

- Remember your roots

Shreya Mam :  
THANK YOU