

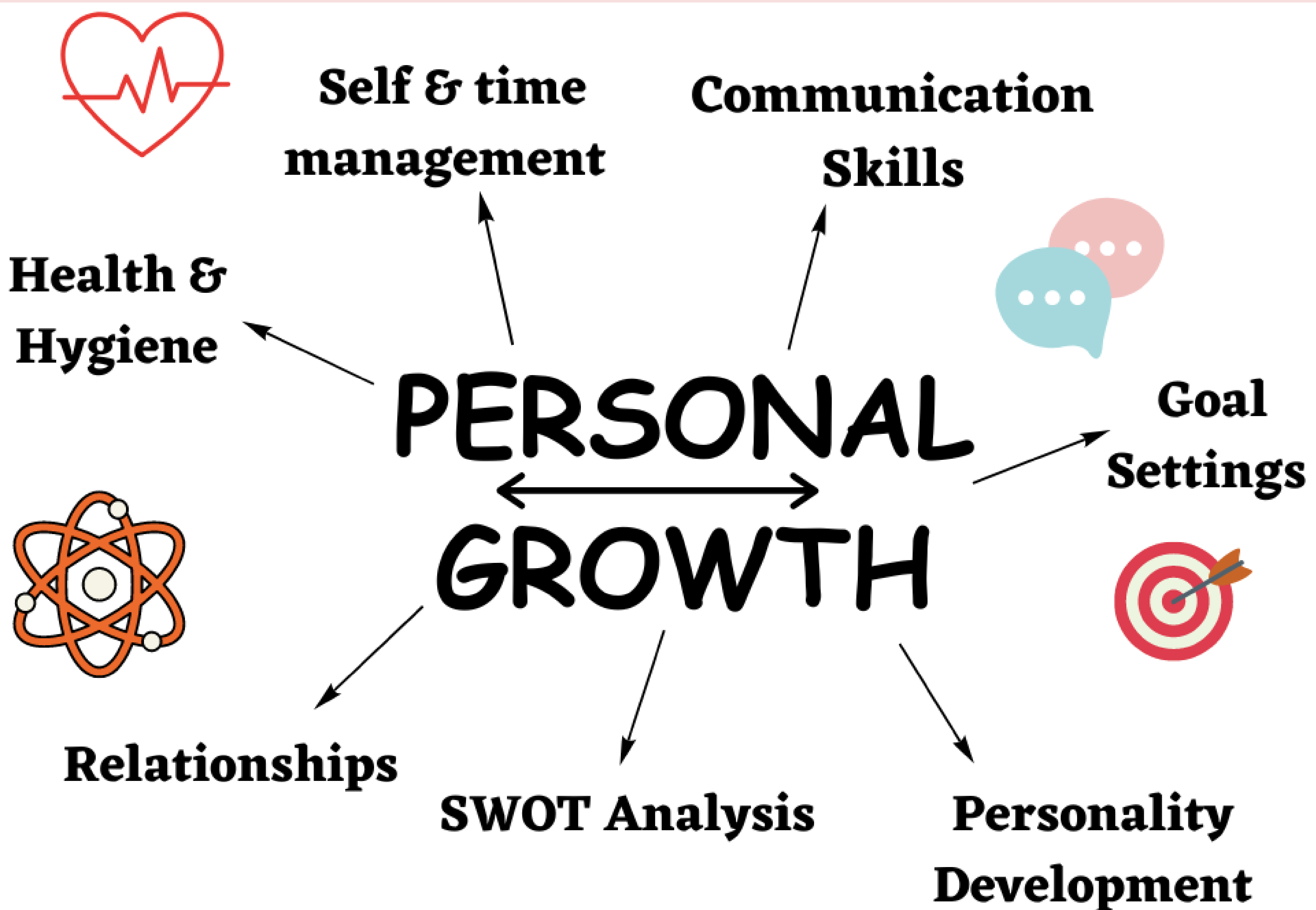


GOLDEN HORIZON SCHOOL

Is Launching

Life Skill Course

(3 MONTH CERTIFICATE COURSE)



Eligibility: Students from class 9th- undergraduates can enroll.

**Timings : Saturday & sunday
10.00am to 1.00pm**

For More Details Contact on

+91 8766517560 / +91 7990021612

❖ Preface:

The program is intended to assist students in grades 9 through 12 in developing life skills with a focus on the development of English foundational skills along with emotional and social intelligence to help them not only deal with academic pressures, societal expectations, peer pressure, etc. but also become better with values instilled to help them navigate their career efficiently. The contemporary Indian educational ecosystem continues to be defined by rigid delivery approaches concentrating on subjects in isolation to follow a set curriculum. In general, it doesn't give pupils the chance to work through real-world issues and pick up pertinent hard and soft skills. As we transfer our attention to the global arena of education, a revolution is underway because abilities like communication, emotional intelligence, and social intelligence are regarded more highly in the career than IQ.

❖ Methodology & Training Schedule:

This initiative will be delivered as two-hour per session as the delivery mechanism. Every session will cover a unique topic on soft skills, life skills, and values, followed by a practical experiential session on various tools and techniques.

A typical session breakup is as follows:

- 60 minutes: Topic-related presentation & discussion
- 45 minutes: Experiential session on various games, hands-on approach, relaxation, meditation, etc.
- 15 minutes: Q & A & follow-up

Training Days	Training Duration	Total sessions
Saturday	3 Hours each day	3*4 =12
Sunday		3*4 = 12
Total Input		24 hours*3 Months = 72 Hours

❖ Training Deliverables:

Our experienced trainer will provide direction for topic-related presentations. Subjects will include numerous scientific components, activities, anecdotes, quotes, and morals that are incorporated into the training presentations and films. The trainer will provide them with interactive tools so they may interact with the students and transmit the lesson in a subtle but effective way, allowing the students to participate and actively listen to learn effectively.

The course content outline is as follows:

1) Self & Time Management: 6 Hrs.

- Healthy habits
- Confidence
- Stress Management
- Motivation

2) Communication Skills: 34 Hrs.

- English Communication
- ABCD alphabets and use of capital letters.
- Mulakshare, Barakhadi and writing Marathi names.
- Vowels, Consonants, Diphthongs and Silent Letters.
- Gender, Numbers, Distance and direction.
- Subject, Helping Verbs, Verbs form and Wh-words.
- Articles, Pre-positions, Personal Pronoun
- Conjugation, Interjection, Punctuation Marks.
- Basic Grammar & Sentences Structure
- All types of Tenses, Modal Auxiliaries
- Day-to-Day Conversation in English
- Public Speaking
- Emotional Intelligence
- Fluency

3) Goal Setting: 8 Hrs.

- Career Guidance
- Personal Goal
- Professional Goals
- Short-term and long-term Goals

Aspirations
Entrepreneurial Competencies

4) Relationships: 2 Hrs.

- Friendship
- Temptation
- Sharing and caring
- Ethics and Human Values

5) SWOT Analysis: 2 Hrs.

- Strength
 - Weaknesses
 - Opportunity
 - Threats
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6) Personality Development: 6 Hrs.

- Leadership
- Positive Thinking
- Decision Making
- Creative Thinking
- Problem-Solving

7) Health & Hygiene: 2 Hrs.

- Meditation
- Physical Health
- Diet
- Exercise
- Positive Vibes
- Cleanliness

8) Guest Session: 12 Hrs.

Project Impact / Outcome:

Through this initiative, young generations are equipped with foundational skills necessary for transitioning to productive adulthood;

- Communicating confidently
- Managing stress effectively
- Discover how to manage challenging emotions.
- Enhanced command over the English language
- Enhancement of Emotional Intelligence
- Public speaking skills
- Aspiration-oriented thinking
- Improve self-esteem
- Feel empathy towards others
- Handling disputes efficiently
- Balancing priorities and demands
- Using executive functional skills
- Fundamental human values and ethics
- Setting goals & making decisions
- Practicing positivism
- Think critically and creatively to solve problems
- Learn to bounce back from adversity.
- Improved awareness of health and hygiene.

“A good foundation for English, a clear career path with healthy habits and a positive mindset” will be proven with this program.

❖ **Project Conclusion:**

These courses play a significant role in preparing students for their future career. Skills such as time management, goal setting, adaptability and leadership are vital for success in the professional world. By learning these skills early students have a competitive advantage in their chosen career path. Integrating these life skill courses for the students would prove highly beneficial. These courses would enhance personal development, improve social competence, prepare students for their careers promote mental health and well-being and foster a love for lifelong learning. These courses will nurture well-rounded individuals capable of thriving in all aspects of life.