LiSOP
Life Skills Orientation Programme

conducted by

The Academic Advisors
Pune
Objectives

Propogation of “life skills” education within the children and youth of our communities:

• *LiSOP* for primary & secondary schools

• *LiSOP* with sex education programmes for secondary / high school children and youth in colleges.

• TOT to create more resource people to conduct *LiSOP* in their own schools & organizations.

• To conduct vocational guidance seminars for youth.
Target Audience:

- School Children from Stds. 8\textsuperscript{th}, 9\textsuperscript{th} & 10\textsuperscript{th}
- Youth in Junior College – Stds. 11\textsuperscript{th} & 12\textsuperscript{th}
- School Drop Outs
- Employed Youth
Today’s STUDENTS are the GLOBAL FUTURE!

Learning life skills is:

• An essential part of knowledge based value added education.

• It helps students to relate their classroom knowledge to their practical life.

• Orients them to relationships within their environment.

• Helps them to understand and adapt with happiness and harmony.
The gist of the *LiSOP* programme:

The basic building block of our society is “FAMILY”.

A community / nation is only as strong as the families within it.

Families today are under more pressure and attack than at any time in the history of the world.

Our concern is to strengthen the family.
Programme Structure

• simplified solutions to learning “life skills” and “convenient truths”.

• focusing on understanding and appreciating one’s own inner self.

• realizing our connections with family, friends and colleagues.

• always being aware of our society in totality.
Programme Modules

1. **Life is an “Adventure”:** Deals with the child on the verge of entering high school. It is important that children learn to make the right decisions in life. All decisions bear consequences. (1 hr. session)

2. **I am “Special”:** Handles self image. Each child is unique and special, and needs to understand how precious he / she is. (1 hr. session)

3. **My Family is “Special” too:** Talks about the changing face of India today – From a rural setting to an urban setting. The pressures that every family member is constantly under. Communication within the family. (1 hr. session)

4. **Friends:** How to deal with peer pressure and how to motivate others. (1 hr. session)

5. **A Man! A Woman!:** A sensitive talk on the changes our bodies go through in adolescence. (2 hrs. session)

6. **Setting life’s course:** How to handle pressure from the opposite sex. AIDS – How you get it and how you don’t. The decisions we make today will have long term consequences!! (2 hrs. session)
Preparations for the Workshop

• Finalize exact dates of the six sessions *(totally eight hours)* with the School Principal / Management.

• An hour long session .... “Give Him / Her / Them the Power”.... for teachers and parents, will be held separately one week before the actual workshop is held for the students of each school.

• The workshop for the students is taken with the participation of teachers and parents, to make it easy for the elders to reinforce the values.
From our photo archives ..................

St. Anne’s High School, Camp, Pune .............August 2006

St. Francis De Sales High School, Shaanwadi, Pune-Nagar Road, .......... Sept. 2007
I appreciate your thoughtfulness and kind ways,
I appreciate all the things you do.

Dearest Aunty Susan
and Ruth, Thank-you
so much for giving us your
time. Thank-you so much
for teaching us so many
important values which we
will surely take with us for
our whole entire life. May God bless
you both. Thank-you for making each
member of our group realize that we
are special and God’s own child. Thank-
you for sharing with us your life
experiences. It really encouraged us
to go on with life more happily.
We really appreciate what you have
done for us. We really enjoyed those
5 days of the camp. We enjoyed the songs
and the games. It really took our
mind off studies for some time.
May God bless all your efforts and
please come back.

Lots of love and best wishes,
From the Girls of Earth Group.

Thank-you dear aunty Susan, for the
wonderful tales and songs which you have
taught us. You are very kind. We, the
Parents (Parent Vena) love you & we will miss
you when this camp gets over. We wish this
camp was forever and you would be
our leader.

Love
Letters from the children...........(contd.)

Dear, Au
The
us on all
for making
we are th
will use
Thank you
and preci
Love,

To, Dear
Susan Aunty
Thank you for teaching
us so many things.
The
F- Fact is that you teach well
F- Felling is that I am happy
D- Decision is that I will learnmore.
C- Consequence is that I'll be smart.

Thank you

With love,
SAMHITA
BISLAND VII C.
Conclusion

This course is conducted from a Spiritual and Humanitarian point of view. We feel that without GOD it will be very difficult to keep to the right values.

The students will have a work book which they will take home after the workshop is completed, to show it to their parents.

We hope that your students and their families will be enriched by the teaching.

Thank You