



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. 8th, 9th & 10th
- Youth in Junior College – Stds. 11th & 12th
- 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



Letters from the children...

I appreciate your thoughtfulness and kind ways,
I appreciate all the things you do.



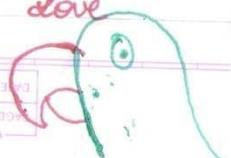
Dearest Auntie Susan and Ruth, Thank-you so much for giving us your time. Thank-you so much for teaching us so many important values which we will surely take with us for our whole entire life. May God bless you both. Thank-you for making each member of our group realize that we are special and God's own child. Thank-you for sharing with us your life experiences. It really encouraged us to go on with life more happier. We really appreciate what you have done for us. We really enjoyed these 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 auntie Susan for the wonderful talks and songs which you have taught us. You are very kind. We the Parvatis (Parvat Sena) love you & we will miss you when this camp gets over. We wish this camp was forever and you would be our leader.

love



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

Jacharal
Wangri

Roma
D.D. Tadhar

Brittan

Eshwarya

(D)

Luka

Dika

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DEAR, Aun

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Thank-you

and preci

Love,

_____ the GLADIOLI'S.

To, Dear

Suzan 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 learn more.

C- Consequence is that I'll be smart.

*

*

*

*

With love,
SAMHITA
BISLANI V.I.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