

## **LIFE SKILLS**

Life skills are defined as “a group of psychosocial competencies and interpersonal skills that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and cope with and manage their lives in a healthy and productive manner. Life skills may be directed toward personal actions or actions toward others, as well as toward actions to change the surrounding environment to make it conducive to health.

Programs like yoga, physical fitness awareness etc. are conducted every year to help our students overcome stress and improve their concentration levels.

- Weekly YOGA Class
- Yoga Day Celebration
- Yoga Demo
- Importance of Yoga in Life
- Yoga for Health
- Fitness Training
- Health and Fitness
- Workout Schedule
- Immunity through Physical Fitness
- Health and Fitness Awareness







