

Chapter 4

Data Analysis and Interpretation

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4.0 Introduction

This chapter presents analysis and interpretation of the data collected through various tools and techniques, namely, Situational Tests, Life Skills Inventory, Activity Feedback Sheet and Programme Feedback Sheet, Observation and Focused Group Discussions. The analysis has been done objective - wise. This chapter includes description of each Life Skill along with the components, Life Skills Programme with procedure adopted for its development and case - wise analysis to study the development of each Life Skill in the selected student - teachers.

4.1 Analysis of the Objective 1 (To identify Components of each Life Skill)

For identifying Components of each Life Skill, related literature was referred. Skill – wise components have been identified as follows:

4.1.1 Self Awareness Skill

Self Awareness Skill is consciousness of one's self. Self Awareness Skill is *an ability to understand owns self*. Person has two world where she or he is living with or without her or his knowledge. One world that she or he share with others means a society in which she or he lives and another world that she or he experience in herself or himself means inner world of the person. The inner world is some time unknown to the person which she or he needs to know. The inner world is mostly unconscious part of her or his life. Self Awareness Skill is *an ability to understand own inner world and outside world*. In other words, Self Awareness Skill is *the means to identify person's unconscious patterns and raise them in his or her consciousness so she or he can be changed*. Self Awareness Skills help the person to know her or his inner world and change herself and himself whenever she or he needs to change to live happy life. By the Self Awareness Skill, she or he identifies herself or himself which include beliefs, values, character, opinion, strengths, weakness, perceptions, likes, dislikes, desire in the life, traditions and culture in which she or he possesses. In simple terms, Self Awareness Skill is the explicit understanding that one exists. Further more, it includes the concept that one exists as an individual, separate from other people, with private thoughts. It provides a person clear understanding about herself or himself as individual identity she or he possesses. By the Self Awareness Skill, she or he is able

to know her or his personality as unique one. Self Awareness Skill is *an ability of personal understanding of the very core of one's own identity*. By making use of Self Awareness Skill, a person comes closest to knowing herself or himself objectively. In the Self Awareness Skill, person is paying attention to her or his thoughts, feelings and intuition, behaviours, to understand herself or himself clearly. Self Awareness Skill is most essential part of any person's personality. Self Awareness Skill is such kind of skill which accepts negative aspect of the person in positive way. It means make person aware about her or his weakness and inappropriate behaviours which she or he can reduce or convert in to positive by making efforts to reduce those in future. In other terms, Self Awareness is getting answer of Who I am?, What do I think?, What do I do? and What do I intend to do? It is a skill that makes a person conscious about her or his own physical as well as cognitive functioning.

Person skilled in self awareness has some characteristics which are reflected in her or his day to day behavioural patterns which are listed as under.

❑ Reflective Thinker

- ❖ Pays attention to others' views, opinions, ideas
- ❖ Reflects on own behaviours with reference to the situation
- ❖ Reflects on others' behaviours with reference to the situation
- ❖ Looks at own capacity to do the work
- ❖ Acknowledges importance of others' views, ideas, opinions for own improvement
- ❖ Tries to reduce own weaknesses by observing others

❑ Independent

- ❖ Does work as per own directions
- ❖ Accepts task as per own capacity
- ❖ Decides own goals of life
- ❖ Carries out task selected confidently
- ❖ Tries to improve oneself
- ❖ Takes decision as per own capacity
- ❖ Tries to bring change in oneself as per requirement of the situation

❑ Open Minded

- ❖ Does not feel inferior for own weaknesses
- ❖ Feels own life meaningful
- ❖ Accepts own mistakes as learning lesson
- ❖ Tries to reduce mistakes in the future

- ❖ Ready to adopt change to improve ownself
- ❖ Never hesitate to accept own weaknesses
- ❖ Listen others' views, ideas, opinions for own improvement

❑ **Clear Visionary**

- ❖ Has clarity and decide plan to reduce own weaknesses
- ❖ Knows own goals of life
- ❖ Has clarity regarding path to achieve own goals of life
- ❖ Has confident to present own strengths in front of the others
- ❖ Has clarity to reduce own weaknesses
- ❖ Behave by considering own capacity in the situation

4.1.2 Empathy Skill

According to American Heritage Dictionary, Empathy means *identification with and understanding of another's situation, feelings and motives*. The attribution of one's own feelings to an object. According to Berger (1987), Empathy Skill is *the ability to know emotionally what another is experiencing from within the frame of reference of that other person, the capacity to sample the feelings of another or to put oneself in another's shoes*. As the definition given by Alvin Goldman (1998), Empathy Skill means *the ability to put oneself into the mental shoes of another person to understand her or his emotions and feelings*. The definition of Empathy Skill given by Heinz Kohut (1984), Empathy Skill is *the ability to think and feel oneself into the inner life of another person*. And the definition given by Carl Rogers (1959), Empathy Skill means *to perceive the internal frame of reference of another with accuracy and with the emotional components and meanings which pertain thereto as if one were the person, but without ever losing the "as if" condition. Thus, it means to sense the hurt or the pleasure of another as he senses it and to perceive the causes thereof as he perceives them, but without ever losing the recognition that it is as if I were hurt or pleased and so forth*. According to Simon (2003), Empathy Skill is *spontaneously and naturally tuning into the other person's thoughts and feelings, whatever these might be*.

From the above definitions of Empathy Skill given by different authors clear that it is an inner ability which person possess. From the above definitions, comprehensive definition of Empathy Skill is given by Carl Roger in which he has clearly described the actual mental position of person who possesses this skill. From the above

definitions, it is clear that the Empathy Skill is *the ability not only to know or detect what others are feeling, but also to experience that emotions ownself*. Empathy Skill is not projecting one's own feelings into someone, but it is experiencing feelings as though they are their own. It is an *understanding another person's feelings by remembering or imagining being in a similar situation*. Empathy Skill can best be described as ***feeling with the person***. In other words, Empathy Skill is the ability to realize another's emotion or reflection on what is sensed in ownself. It is often characterized as *the ability to "put oneself into another's shoes"*. The Oxford Medical Dictionary defines Empathy Skill as *"the ability to understand the thoughts and emotions of another person."* In simple words, putting oneself into the psychological frame of reference of another, so that other person's feeling, thinking, and acting are understood and to some extent predictable. Empathy Skill is the ability for concrete representation of another person's mental state, including the accompanying emotions. It is the intellectual identification with or vicarious experiencing of the feelings, thoughts, or attitudes of another. In Empathy Skill attribution means establishing ones feelings to a particular person, animal, plant, building, etc. Empathy Skill is ability to experiencing feelings and situation of others as own situation by imagining ownself in that situation without losing mental status. It means the person who possesses Empathy Skill can experience and understand feelings of others without getting emotional. She or He does not experience and understand feelings and situation of others but also tries to help them to come out of the situation.

The person having Empathy Skill possesses characteristics and shows these in behavioural form as given below.

☐ **Dependable**

- ❖ Stands with the others to help him or her
- ❖ Helps the others to come out of the situation
- ❖ Has concern for the others without own benefits
- ❖ Does not able to stop ownself to help others
- ❖ Has self confidence to help others
- ❖ Experiences same feelings of others

☐ **Responsible**

- ❖ Has concern for the others without own benefits
- ❖ Feels bad for the others having pain
- ❖ Does not able to hurt anybody

- ❖ Feels guilt if hurt anybody
- ❖ Does not able to forget pain of others
- ❖ Does not make show off of her concern for others
- ❖ Realizes own responsibility to help others
- ❖ Acknowledges feelings of others having pain
- ❑ **Reflective Thinker**
 - ❖ Reflects on own behaviours with reference to the situation
 - ❖ Reflects on others' behaviours with reference to the situation
 - ❖ Links feelings of the others with own feelings
 - ❖ Reflects on all aspects of the situation
- ❑ **Rational Thinker**
 - ❖ Tries to find out solution to bring others out of painful situation
 - ❖ Does not able to stop ownself to think for the others pain
 - ❖ Does planning for bring others out of painful situation
 - ❖ Understands the painful situation of others
 - ❖ Analyses the painful situation to find out solution

4.1.3 Interpersonal Relationship Skill

Interpersonal Relationship Skill defined as *associations between two or more people who are interdependent, who use some consistent patterns of interaction, and who have interacted for a period of time*. Interpersonal Relationship Skill means relationship between two people, this relation may be by bone or develop later on while social interaction between them. By these relations, they are interdependent and they have some expectation from each other. Interpersonal Relationship Skill refers to *the ability to fulfil own responsibilities towards relations*. Interpersonal Relationship includes person's family relationships, relationship with friends and relatives and even professional relationships. These relationships may person gains naturally and or by legally. Person has some expectation from those relations and she or he has responsibilities towards those relations. These relationships usually have to some extend interdependence. People in a relationship tend to influence each other, share their thoughts and feelings, and engage in activities together. Because of this interdependence, most things that change or impact one member of the relationship will have some level of impact on the other member. Interpersonal relationships are dynamic in nature that changes continuously during their existence. Like living

organisms, relationships have a beginning, a lifespan, and an end. They tend to grow and improve gradually, as people get to know each other and become closer emotionally, or they gradually deteriorate as people drift apart and form new relationships with others.

According to the model given by George Levinger (1983), the natural development of a relationship follows five stages in its life time:

1. **Acquaintance** - Becoming acquainted depends on previous relationships, physical proximity, first impressions, and a variety of other factors. If two people begin to like each other, continued interactions may lead to the next stage, but acquaintance can continue indefinitely.
2. **Build up** - During this stage, people begin to trust and care about each other. The need for compatibility and such filtering agents as common background and goals will influence whether or not interaction continues.
3. **Continuation** - This stage follows a mutual commitment to a long term friendship, or relationship. Mutual trust is important for sustaining the relationship.
4. **Deterioration** - Not all relationships deteriorate, but those that do tend to show signs of trouble. Boredom, resentment, and dissatisfaction may occur, and individuals may communicate less and avoid self disclosure. Loss of trust and betrayals may take place as the downward spiral continues.
5. **Termination** - The final stage marks the end of the relationship, either by death in the case of a healthy relationship, or by separation.

The above stages show that each relationship develop with interaction, gradually develop trust and trust make sound bond of relationship and it end when distrust enter in to the relationship. But the professional relationships are legal relationship created by the person and by the law and end with law. Sometimes, these professional relations converted into social relationship by adopting interpersonal development model. Interpersonal Relationship Skill helps to develop and maintain healthy relationship in the life. The person possessing this skill has some characteristics and due to that she or he shows some behaviours like

☐ **Open Minded**

- ❖ Listens to each person who are related to him or her
- ❖ Understands feelings of each relationship
- ❖ Enjoys each relationship

- ❖ Finds ownself comfortable in all relations
- ❖ Shares own ideas, views, opinions with relations
- ❖ Expresses own feelings to all relations
- ❖ Tries to bring change in ownself as per requirement of the situation

☐ **Dependable**

- ❖ Makes relations to feel comfortable by own presence
- ❖ Allows relations to depend on her or him
- ❖ Ready to do for the welfare of relations
- ❖ Has concern for all relations

☐ **Responsible**

- ❖ Takes care of each relations
- ❖ Tries to fulfill expectation of all relations
- ❖ Ready to do for the welfare of relations
- ❖ Acknowledges importance of each relation in own life
- ❖ Shows devotion towards relations
- ❖ Has concern for all relations
- ❖ Pays attention to each relations
- ❖ Does not feel burden of responsibilities of relations

☐ **Honest**

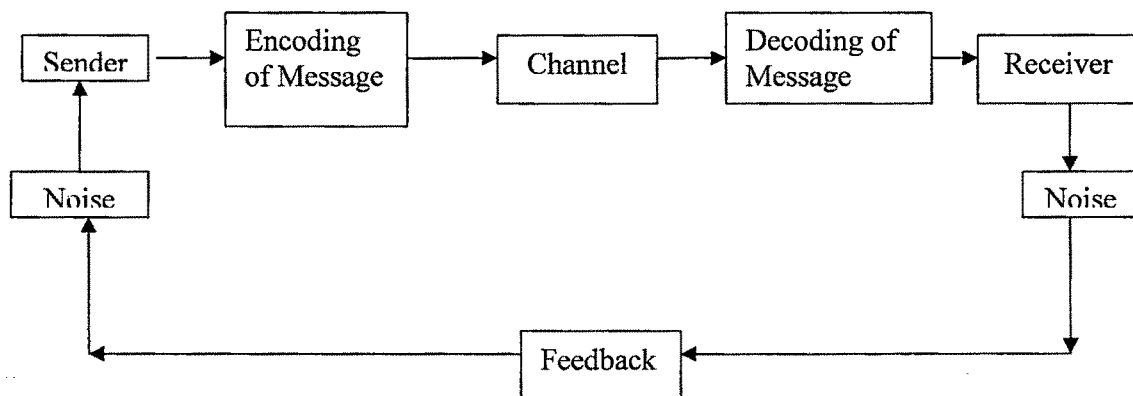
- ❖ Shares own ideas, views, opinion to relations
- ❖ Expresses own feelings to relations
- ❖ Gives importance to each relations in own life
- ❖ Without hesitation tells relatives' mistakes, weaknesses to them
- ❖ Accepts own mistakes, weaknesses in front of relations

4.1.4 Effective Communication Skill

Communication is derived from the Latin word '*communis*' meaning common. An Effective Communication Skill is *the ability to make use of language or other media for expression and understand the expression received appropriately*. In other words, Effective Communication Skill is *the set of skills that enables a person to convey information and also received and understood in same manner*. When the person makes use of the set of skills to convey and receive information it can be observed in the form of her or his behaviours. So, an Effective Communication Skills refer to the repertoire of behaviours that serve to convey and receive the information. The other

word, Effective Communication Skill is defined as *“the ability to make exchange of information between two or more persons in such a way that it creates understanding.”* For communicating person required skills to pass some message to another person through some mode or media and another person needs to understand it in same manner. The mode or media to pass the message can be verbal or non-verbal. When a person passes any message to another person she or he tries to convey her or his ideas or views or feelings to the others. Communication is the process. This process started by the sender by following certain procedure and ends with the feedback of the receiver. When this process of Communication carried out effectively it is known as Effective Communication. The sender and the receiver require to possess Effective Communication Skill to make Communication process successful. So, Effective Communication Skill is *the ability to receive and send the message in such a way that it serves the purpose.* The process of Communication showed as below.

Process of Communication



The Effective Communication is possible when appropriately components of Communication have been used. The Components of Communication are

- **Verbal:** Verbal means use of words belonging to any language. It may be oral, written. At the time of making use of the language, the sender needs see that the receiver is familiar with the selected language.
- **Non - Verbal:** Non - Verbal means use of gestures or facial expressions and symbols to convey the message. Non - Verbal component of communication depends more on the culture of the society. The gestures or facial expressions and symbols are decided by the society to communicate the message. Each culture has its own Non - Verbal language for Communication.

For Effective Communication, a person needs to make use of both Verbal and Non - Verbal components of communication. When a person possesses Effective Communication Skill, she or he possesses characteristics of receiver and sender and it is reflected in her or his behaviour which are listed as under.

❑ Reflective Thinker

- ❖ Reflects on own behaviours with reference to the situation
- ❖ Reflects on others' behaviours with reference to the situation
- ❖ Understands ideas, views, opinions of others

❑ Independent

- ❖ Confidently presents own ideas, views, opinions
- ❖ Does planning before communicating
- ❖ Makes appropriate use of tone and language while communicating
- ❖ Makes appropriate use of gestures and body language while communicating
- ❖ Systematically presents own ideas, views, opinions
- ❖ Understands ideas, views, opinions of others

❑ Rational Thinker

- ❖ Does planning before communicating
- ❖ Systematically presents own ideas, views, opinions
- ❖ Makes appropriate use of tone and voice while communicating
- ❖ Makes appropriate use of gestures and body language while communicating
- ❖ Accepts relevant information provided by others
- ❖ Organizes information before communicating to others

❑ Open Minded

- ❖ Listens views, opinions, information, ideas, of others
- ❖ Brings change in own ways of communication as per requirement of the situation
- ❖ Pays attention to others' views, opinions, ideas for own improvement
- ❖ Accepts relevant information provided by others

4.1.5 Critical Thinking Skill

According to Chance (1986), Critical Thinking Skill is *the ability to analyze facts, generate and organize ideas, defend opinions, make comparisons, draw inference, evaluate arguments given*. Hickey (1990) defined Critical Thinking Skill is *the ability of involving analytical thinking for the purpose of evaluating what is read.*” As per above definitions, the Critical Thinking Skill that it is an ability to draw sound

conclusions based on facts and observations, carefully analyze and evaluate the information. According to Moore and Parker (1994), Critical Thinking Skill is *the ability of careful and deliberate determination of whether to accept, reject, or suspend judgement*. In other words, Critical Thinking Skill is the intellectually disciplines process of actively and skillfully conceptualizing, applying, analyzing, synthesizing and or evaluating information gathered from, or generated by, observation, experience, reflection, reasoning or communication as a guide to belief and action. In general terms, Critical Thinking Skill is the ability to reason out what to believe or not. Critical Thinking Skill is a process of determining the authenticity, accuracy, or value of something. At the time of applying the Critical Thinking Skill, the person needs to follow certain procedure. This procedure is as follow.

- **Analysis:** Identification of components of the information.
- **Categorizing or Classifying:** Identified components are categorized or classified to know whether they are relevant or not to the information.
- **Challenging assumption:** On the basis of categorized components or assumptions related to information are challenged. These assumptions may be belief, opinions, ideas, etc.
- **Evaluating or Judging:** Do reflective thinking and try to judge the authenticity and accuracy of the information.
- **Network analysis:** It is a systematically arranging components of information to arrive at the conclusion. This is a final stage of Critical Thinking process where the person decides whether the information is proper or not and to what extent it is proper.

While using Critical Thinking Skill person needs to follow the above procedure. The person having Critical Thinking Skill possesses some characteristics which can be observed through some behaviour as given below.

❑ **Reflective Thinker**

- ❖ Reflects on own behaviours with reference to the situation
- ❖ Reflects on others' behaviours with reference to the situation
- ❖ Reflects on information after accepting

❑ **Rational Thinker**

- ❖ Analyses all aspects of information
- ❖ Compares with own previous knowledge before accepting
- ❖ Analyses all aspects of information before accepting

- ❖ Collects relevant information from ideas, opinions provided by others before arriving at generalization

- ❖ Organises all aspects of information to arrive at generalization

- ❖ Pays attention to all aspects of information for analysing

☐ **Independent**

- ❖ Collects relevant information from ideas, opinions provided by others before arriving at generalization

- ❖ Confidently compares with own previous knowledge before accepting

- ❖ Accepts only relevant part of information

- ❖ Analyzes all aspects of the information confidently

- ❖ Arrives at generalization independently

☐ **Non-Conformist**

- ❖ Evaluates the information before accepting

- ❖ Registers own disagreement with the information

4.1.6 Creative Thinking Skill

Creative Thinking Skill refers to *an ability to form new combinations of ideas to fulfill a need, or to get original or otherwise appropriate results by the criteria of the domain in question*. Creative Thinking Skill is the ability to generate original ideas which are different from others. Creative Thinking is a novel way of seeking or doing things. Creative Thinking Skill involves manifestation, making the invisible visible. According to Young (1985), Creative Thinking Skill is *an ability of bringing about something new and valuable more than break away from old patterns*. In general, Creative Thinking Skill is the kind of thinking ability that leads to new insights, novel approaches, fresh perspectives and whole new ways of understanding and conceiving of things. Creative Thinking Skill helps a person to see the world in imaginative and different ways. In simple words, Creative Thinking Skill is the ability and disposition to produce novelty. Creative Thinking Skill is a mental ability which does not require any specific procedure. Creative Thinking can be done at any time and any where. It may be accidental or conscious process to arrive at creative ideas. It does not require to follow specific procedure to arrive at innovative ideas. By using Creative Thinking Skill the person can generate original ideas and those ideas are always unique from the others' ideas. Creative Thinking Skill provides the person new view to look at object. It is a divergent thinking. It does not have boundary in thinking and think in

any manner. By paying attention to characteristics of the person it is possible to identify that whether the person possesses Creative Thinking Skill or not. Due to these characteristics of the person, she or he shows some behaviour which are describe as under.

❑ Imaginative Thinker

- ❖ Thinks differently than others
- ❖ Incorporate all aspect to generate innovative ideas
- ❖ Perceives the object differently
- ❖ Able to look at abstract things
- ❖ Has innovative ways to do task
- ❖ Enjoys performing task innovatively
- ❖ Able to generates more innovative ideas

❑ Independent

- ❖ Does as per own directions
- ❖ Likes to carry out work in own way
- ❖ Likes to apply own ideas
- ❖ Confident while presenting own ideas
- ❖ Confidently apply own ideas to solve the problem
- ❖ Changes ways of performing task as per requirement
- ❖ Shares innovative ideas, views, opinions with others
- ❖ Applies own innovative ideas to solve the problem

❑ Original ideas Creator

- ❖ Presents own innovative ideas in front of others
- ❖ Creates different ideas than others
- ❖ Remains engage in constructing innovative things
- ❖ Stands differently by presenting own innovative ideas
- ❖ Does not use same way to perform task
- ❖ Gets bored with monotonous work

❑ Clear Visionary

- ❖ Has clarity regarding own innovative ideas
- ❖ Has clarity regarding own creation
- ❖ Able to elaborate own innovative ideas
- ❖ Able to explain own innovative ideas as solution to the problem

4.1.7 Decision Making Skill

According to Marom et al. (1991), Decision Making Skill is *the process of choosing what to do by considering the possible consequences of different choices*. In other words, Decision Making Skill is *the ability to follow the process of choosing between alternative courses of action*. Nelson (1984) has defined Decision Making as an intellectual process leading to a response to circumstances through selection among alternatives. Decision Making is the cognitive processes used in judging, evaluating, choosing, selecting, picking and resolving. It is the process of selecting one course of action from several alternative actions. At the time of using Decision Making Skill, the person needs to use Critical Thinking Skill. It involves using what she or he knows (or can learn) to get what she or he wants. In other words, the body of knowledge concern with making selection from a range of alternative possible actions is known as Decision Making Skill. Decision-Making process is a dynamic process because decisions are often interrelated and interdependent. Decisions made at one time affect other decisions or also get affected by other decisions taken earlier. The basic process that decision-maker uses when confronted with a decision involves:

- a) Listing relevant choices,
- b) Identifying potential consequences of each choice,
- c) Assessing the likelihood of each consequence actually occurring,
- d) Determining the importance of these consequences, and
- e) Combining all this information to decide which choice is the most appealing. (Marom et al., 1991).

Two types of decisions are taken by the decision maker in Decision Making Process.

- **Central Decision:** It is a key decision that has a significant impact on the situation or even a total lifestyle. Most of social decisions as well as economic decisions fall into this category.
- **Satellite Decision:** It is related to the Central Decision. This follow up decision determines how well the Central Decision is carried out and how much the results are satisfying? Each Satellite Decision may require smaller Satellite Decisions.

These decisions again classified into two types of decisions.

- **Programmed Decision:** It is highly structured form. It is taken in the formal way.
- **Un-programmed Decision:** It is that kind of decision which does not require specific structure for arriving at the decision.

During a life time, the person is taking number of decisions. At the time of taking the

decision, she or he considers the content of the decision and on the basis of the content of the decision, the decision is classified as under.

- 1) ***Social or Human Decision:*** It involves setting goals and priorities that determine the general roles of the individual and relationships among the individuals within a group.
- 2) ***Economic or Allocation Decision:*** It involves the availability of resources and ways of allocating or distributing these resources among various goals.
- 3) ***Technical or “what, when, how, who, why” Decision:*** It involves allocating specific amounts of given resources to most efficiently attain a single goal, accomplish a specific task or make a specific consumer purchase.
- 4) ***Coordination and Interaction Decision:*** It relates to social, economic, and technical decisions. It deals with the communication within the family and with the larger community, the kinds of information needed to make other decisions, criteria for evaluating decisions and ways of motivating family members to carry out their roles.

The decision-maker possesses some characteristics which are observed in her or his behaviour when she or he takes the decision.

☐ **Clear Visionary**

- ❖ Has clarity regarding own decision
- ❖ Has clarity regarding result of decided decision
- ❖ Has clarity regarding process of taking decision

☐ **Risk Taker**

- ❖ Ready to take up new challenges
- ❖ Follows own direction to perform task
- ❖ Ready to take the decision independently
- ❖ Ready to bring change in own ways to take the decision
- ❖ Ready to bear consequences of own decision
- ❖ Never blames the others for results of own decision

☐ **Rational Thinker**

- ❖ Analyzes all aspects of information for taking decision
- ❖ Pays attention to all aspects of information for taking decision
- ❖ Collects relevant information for taking decision
- ❖ Pays attention to ideas, views, opinions provided by others for collecting relevant information for taking decision

- ❖ Does planning for taking decision
- ❖ Brings change as per requirement of the situation for taking decision

☐ **Independent**

- ❖ Analyzes all aspects of information for taking decision confidently
- ❖ Does not hesitate to tell own decision to others
- ❖ Follows own decision confidently
- ❖ Does not depend on others for providing directions
- ❖ Confidently does planning for taking decision
- ❖ Takes own decision independently
- ❖ Ready to bring change in own ways of taking decision
- ❖ Has confidence on own decision

☐ **Optimistic**

- ❖ Thinks positive while taking decision
- ❖ Has confidence for taking decision
- ❖ Thinks positive for own decision
- ❖ Ready to bring change in own ways of taking decision

4.1.8 Problem Solving Skill

Problem Solving is a process in which the person perceives and resolves the gap between the present situation and the desirable goal, where the path to the goal is blocked by the known or unknown obstacles. In simple words, Problem Solving Skill is *an ability to use problem solving procedure to resolve a problem in efficient manner*. The problem is the situation in which a person finds herself or himself uncomfortable. To overcome such situation the person needs to apply cognitive procedure by applying creative thinking and or critical thinking and takes the decision to solve the problem. To solve any problem some steps are involved. The steps involved in Problem Solving process are as follows:

- 1) **Problem Orientation:** This step involves recognizing that a problem exists and solving the problem is a worthwhile endeavor.
- 2) **Problem Definition:** Before starting to address the current problem, it is important to clearly understand the difficulty. And to make sure that the problem she or he is trying to solve is the "real" problem. This step involves thinking about the difficulty she or he is having and tries to develop understanding about the problem. In this stage, it is useful to think about how the current situation is

different than what it ought to be.

- 3) **Generation of Alternative Solutions:** In this stage, ask own self, "What have I done in this situation in the past, and how well the solution has worked?" If she or he finds that what she or he has done in the past has not been as effective as she or he would expect, it would be useful to generate some other solutions that may work better than earlier. Even if in the past solution has worked the way desired than also there may be need to think of other solutions as well, may be one comes up with a better solution. While thinking of possible solutions, she or he should work out as many possible alternatives as she or he can, even if these seem to be unrealistic.
- 4) **Selecting appropriate solution (Decision Making):** In this stage, she or he has to narrow down some of alternatives that she or he has generated in the previous step. It is important that she or he examines each of the alternatives, and think how realistic each one is and from that make a selection of appropriate alternative as the decision to solve the problem.
- 5) **Implementing selected solution to the problem:** Once all the alternatives have been examined and one is selected as solution of the problem then selected solution of the problem needs to apply to the problem. In this stage, she or he has to apply the selected alternative as solution to the problem.
- 6) **Verification of result (Feedback):** After implementing decided solution to the problem, she or he needs to verify whether the solution to the problem is appropriate or not. This feedback process provides understanding about whether the selection was proper or not and what further needs to be done, if the problem is not fully solved and if solved then this solution could be use in future to solve same kind of problems.

At the time of making use of Problem Solving Skill, person needs to use Critical Thinking Skill, Decision Making Skills and or Creative Thinking Skill. These all skills are used in the problem solving process. When person is solving problem, she or he shows behaviours as she or he possesses characteristics of problem-solver. These characteristics and behaviours are given as under.

☐ **Rational Thinker**

- ❖ Collects relevant information related to the problem
- ❖ Analyzes all aspect of the information to find of solution to the problem
- ❖ Collects relevant information to find out solution to the problem

- ❖ Pays attention to ideas, opinions, views provided by others to solve the problem
- ❖ Analyzes all aspects of the problem for understanding the problem
- ❖ Does planning for solving the problem
- ❖ Takes decision to solve the problem
- ❖ Incorporates all the aspects of information to solve the problem

☐ **Independent**

- ❖ Confident to solve the problem
- ❖ Does not wait for others' direction
- ❖ Does planning for solving the problem independently
- ❖ Confidently take decision to solve the problem
- ❖ Confidently collects relevant information to solve the problem
- ❖ Confidently face challenging situation in life
- ❖ Confidently apply own innovative ideas to solve the problem
- ❖ Does not blame the others for the problem

☐ **Optimistic**

- ❖ Thinks positive while solving the problem
- ❖ Thinks positive for result of solution to the problem
- ❖ Ready to adopt new ways to solve the problem
- ❖ Does not quit ownself to face the challenging situation
- ❖ Brings change in ownself to solve the problem

☐ **Reflective Thinker**

- ❖ Reflects on result of solution after applying to the problem
- ❖ Reflects on own behaviours with reference to the situation
- ❖ Reflects on others' behaviours with reference to the situation
- ❖ Reflects on past solution to find out solution to solve the problem

4.1.9 Coping with Emotions Skill

Coping is defined as constantly changing cognitive and behavioural efforts to manage specific external and or internal demands that are appraised as taxing or exceeding an individual's resources. It is a dynamic process.

The English word 'Emotion' is derived from the French word *émouvoir*. This is based on the Latin *emovere*, where *e-* (variant of *ex-*) means 'out' and *movere* means 'move'. General definition, Emotion is *a complex psychophysical process that arises spontaneously, rather than through conscious effort and evokes either a positive or negative psychological response and physical expressions, often involuntary, related*

to feelings, perceptions or beliefs about elements, objects or relation between them, in reality or in imagination. An Emotion is a mental and physiological state associated with a wide variety of feelings, thoughts, and behaviours. In this sense, organized responses which influence action or interaction are 'Emotions'. According to Damasio (2005), feelings can be viewed as the subjective experience of an emotion that arises physiologically in the brain. Paul Ekman (1993) has identified basic emotions as:

- **Fear** : Alert him to danger
- **Sadness** : Loss of something or someone important
- **Happiness** : Things are as per plan or in right direction
- **Anger** : Alert him to barrier from goal or restriction

Out of four basic emotions three are negative emotions (fear, sadness and anger) and one is positive emotion (happiness). Other emotions, such as, love, guilt, curiosity, etc. stem from these four basic emotions. These basic emotions are responsible for the feelings experienced by the person. And these emotions cause a detectable physical response in the body. These responses are often perceived as sensation in the body. Feelings are displayed as emotional cues. On the basis of each emotion, the person experiences different feelings. A person is experiencing these emotions in each moment of the life. On the basis of her or his experience, she or he reacts to the situation. The reaction is observed in form of her or his behaviour in the situation. These behaviours have great impact on her or him and on her or his relations with the others.

Coping with Emotions Skill means *the ability to manage own emotions and understand others emotions.* The psychological definition of Coping with Emotions Skill is *an ability to make use of the process of managing taxing circumstances, expending effort to solve personal and interpersonal problems, and seeking to master over own emotions.* It follows the process to induce positive emotion, which in turn sustains the coping process by allowing re-enactment of the problem. In other words, it is an internal mechanism to direct own emotions in such a way that it does not affect ownself and relations with others. It helps the person to understand her or his emotions and others emotions with reference to the situation. Coping with Emotions Skill is an ability which make person to understand the situation without over reacting to the situation. Each person possesses Coping with Emotion Skill. Following characteristics and behaviours are observed in the person when she or he employs

coping with emotions skill.

☐ **Self Controlled**

- ❖ Does not react spontaneously to the situation
- ❖ Never over react to the situation
- ❖ Expresses own feelings as per requirement of the situation
- ❖ Expresses own feelings to the right person
- ❖ Expresses own feelings at right time
- ❖ Does not hurt others' feelings
- ❖ Manages own behaviours in the situation

☐ **Open Minded**

- ❖ Brings change in own behaviours as per requirement of the situation
- ❖ Understands others' feelings
- ❖ Thinks positively for each situation
- ❖ Never feels inferior for ownself
- ❖ Never hesitates to express own feelings

☐ **Rational Thinker**

- ❖ Does planning before behaving in the situation
- ❖ Analyses the situation for deciding own behaviour
- ❖ Understands feelings of others
- ❖ Pays attention to ideas, views, opinions of others

☐ **Reflective Thinker**

- ❖ Reflects on own behaviours with reference to the situation
- ❖ Reflects on others behaviours with reference to the situation

4.1.10 Coping with Stress Skill

The word Stress is derived from the Latin word “*stringere*”, meaning “to draw tight”. The word Stress is defined by the Oxford Dictionary as “*a state of affair involving demand on physical or mental energy*”. Newman (1990) defined Stress as “*a condition arising from the interaction of people and their jobs and characterized by changes within people that force them to deviate from their normal functioning.*” According to Robert et. al.(1992), Stress is an overarching umbrella concept that is comprised of stressors and strain; or the processes where a stressor leads to strain. According to psychologist Richard Lazarus (1991), Stress occurs when an event is appraised by the person as taxing their personal resources and thus endangering their well being.

The events that provoke Stress are called **Stressors**. These Stressors may be physical or emotional. They can be caused internally or externally. Events, situations, people are the various Stressors.

The natural reaction to situation is known as the **Stress Response**. Stress Response is a physical or mental response shown by the person while reacting to the situation. Stress Response to same situation differs from person to person. It depends on level of Stress generated by the Stressor on the person. Sometimes, Stress Responses are not appropriate to the situation and it could lead to serious emotional disorders, as well as, physiological problems, such as, ulcers and heart diseases. Stress is not only bad for health but also affects relationships. Under Stress, the person tends to ignore her or his health, and puts her or his relationships under strain. This sets up a vicious cycle because poor health and poor relationships add to the Stress level. It affects body, emotions and thoughts of the person and observed in her or his behaviour.

Coping is described as an individual's efforts to manage demands that are considered taxing or beyond the person's resources. Coping with Stress Skill refers *to the ability understand Stress and actions taken by the person to deal with Stress*. Coping with Stress Skill is *an ability to recognize the source of Stress (Stressor) in the person's life, its effect on her or him and acting in ways that help to control the Stress*. In other words, Coping with Stress Skill is a way of short-circuiting the Stress cycle: stopping the Stress response. It is an ability by which person is able to recognize her or his sources of Stress and able to manage her or his Stress effectively.

The person possesses some level of Coping with Stress Skill which she or he exhibits by showing behaviours and possesses some characteristics which are listed as under.

❑ Rational Thinker

- ❖ Analyses the stressful situation to find out solution to come out of it
- ❖ Analyses the stressful situation for understanding the situation
- ❖ Does planning to find out solution to come out of stressful situation
- ❖ Does planning for own behaviours before hand
- ❖ Concentrates on stressor to find out solution
- ❖ Collects relevant information to find out solution from information provided by others
- ❖ Does not react spontaneously to the situation

❑ Independent

- ❖ Confidently finds the solution to come out of the stressful situation

- ❖ Does not feel helpless to come out of the stressful situation
- ❖ Does not blame ownself or the God for the stressful situation
- ❖ Does not get angry on the others
- ❖ Does not sought on the others
- ❖ Does planning to find out solution to come out of stressful situation
- ❖ Does planning for own behaviours before hand
- ❖ Able to control physical changes to some extent
- ❖ Able to concentrate on the Stressor

☐ **Optimistic**

- ❖ Does not loose interest from the life
- ❖ Thinks positive for all situation in the life
- ❖ Does not feel hopeless to come out of the stressful situation
- ❖ Has confidence to face challenging situation in the life
- ❖ Ready bring change in own behaviours as per requirement of the situation

☐ **Reflective Thinker**

- ❖ Reflects on own behaviours with reference to the situation
- ❖ Reflects on others behaviours with reference to the situation
- ❖ Understands others' feelings

4.2 Analysis of the Objective 2 (Development of a Life Skills Programme for the Student-Teachers)

First of all the investigator has identified the components of each Life Skill and then on the basis of these components the Life Skills, the Life Skills Programme was developed. The Life Skills Programme includes group activities related to all Life Skills identified by the World Health Organization (WHO) in 1997. The Life Skills Programme was developed as per the guidelines provided by World Health Organization (WHO) in 1999. In the guidelines, the World Health Organization (WHO) has suggested different types of group activities, namely, Situational Discussion, Role Play, Brain Storming, Group Discussions, which can be carried out with Experimental Learning Approach. For the present study, the Life Skills Programme constitutes 50 group activities related to all ten Life Skills. In the Life Skills Programme, for each Life Skill at least 5 group activities were developed. These group activities were Role Plays, Games, Puzzles, Self Reporting, Situational Reflection, Film Shows and Story Making which followed by the Focused Group

Discussions. In the Focused Group Discussions, each participant has scope to present own opinions, ideas, experiences, feelings, etc. In the Life Skills Programme, each group activity is of 45 to 50 minutes. Apart from 50 group activities on the Life Skills, two ice-breaking activities were included in the Life Skills Programme. The Ice-breaking activities were given to make group members familiar with each others. So, they open up and interact well during the Life Skills Programme implementation. The ice-breaking activities were Group Discussion and Game and 30 minutes time for each ice-breaking activity.

For developing the Life Skills Programme, the investigator had conducted a pilot study on 10 Student - Teachers of the Department of Education (CASE), Faculty of Education and Psychology, The M.S. University of Baroda, Vadodara, for academic year 2007- 2008. The pilot study was conducted to know the format of the group activity, duration of each group activity and sample size for the study. By the pilot study, it was found that small group was more desirable. Because in small group, their interaction was more and they were able to share their ideas, feelings, experience, opinions openly. Even, it facilitated the investigator to observe and record their behaviours. For conducting each group activity, 3 to 5 minutes were given for instruction to the participants, 15 to 20 minutes for carrying out activity individually or in the group, 10 to 15 minutes for group discussion and 10 to 15 minutes for the Focused Group Discussion. Duration of an activity was decided on the basis of time required for carrying out the activity in the group. As per the requirement of the group activity 45 to 50 minutes were decided for each group activity. 50 minutes was decided for the group activities were Games, Puzzles, Film Show, Story Making and Role Play and 45 minutes was decided for Situational Reflection and Self Reporting. After the pilot study, the Life Skills Programme was developed by including different types of group activities on all Life Skills. The developed Life Skills Programme was given to two experts from the field of the Life Skills Education and the Teacher Education, to examine appropriateness of each group activity on the Life Skills with reference to the level of the Student - Teachers. The suggestions, suggested by the experts were incorporated and Final Life Skills Programme was developed for the Student - Teachers.

Prepared Life Skill Programme was scheduled to be implemented on Student-Teachers as shown below.

Table 4.2.1

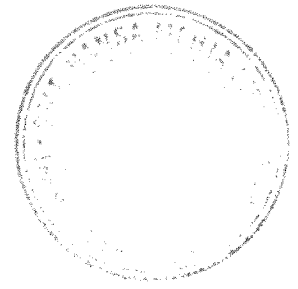
Schedule of implementation of the Life Skill Programme on the Student-Teachers

Sr. No.	No. of Activity	Name of Activity	Type of Activity	Name of Life Skill	Time Duration	Days
1	i	My neighbour (Ice-breaking)	Game	---	30 minutes	01
2	ii	I know All (Ice-breaking)	Group Discussion	---	30 minutes	
3	1	Let's find out the solution!	Situational Discussion	Problem Solving	45 minutes	01
4	2	I can make a story	Story Making	Creative Thinking	50 minutes	01
5	3	How do I behave?	Situational Discussion	Coping with Stress	45 minutes	01
6	4	I can Solve!	Puzzles	Critical Thinking	50 minutes	01
7	5	My way of communication	Role play	Interpersonal Relationship	50 minutes	01
8	6	Follow my directions	Game	Effective Communication	50 minutes	01
9	7	I can feel	Situational Discussion	Empathy	45 minutes	01
10	8	Who am I?	Self Reporting	Self Awareness	45 minutes	01
11	9	World of words	Puzzles	Decision Making	50 minutes	01
12	10	How do I react?	Situational Discussion	Coping with Emotions	45 minutes	
13	11	Catch me	Game	Coping with Stress	50 minutes	01

Sr. No.	No. of Activities	Name of Activity	Type of Activity	Name of Life Skill	Time Duration	Days
14	12	I can find	Puzzles	Problem Solving	50 minutes	01
15	13	I behave	Brain Storming	Empathy	45 minutes	01
16	14	It's my style	Game	Creative Thinking	50 minutes	01
17	15	I can solve	Puzzles	Critical Thinking	50 minutes	01
18	16	Correct way to react	Situational Discussion	Coping with Emotions	45 minutes	01
19	17	Am I Correct?	Role play	Interpersonal Relationship	50 minutes	01
20	18	Passing the pass	Game	Effective Communication	50 minutes	01
21	19	I can't control	Situational Discussion	Coping with Emotions	45 minutes	01
22	20	My words' power	Puzzles	Decision Making	50 Minutes	01
23	21	My Self	Self Reporting	Self Awareness	45 minutes	01
24	22	What shall I do?	Situational Discussion	Problem Solving	45 minutes	01
25	23	Save me	Game	Coping with Stress	50 minutes	01
26	24	My Feelings	Film Show	Empathy	45 minutes	01
27	25	My decision	Situational Discussion	Decision Making	45 minutes	01
28	26	My reaction	Situational Discussion	Critical Thinking	45 minutes	01

Sr. No.	No. of Activities	Name of Activity	Type of Activity	Name of Life Skill	Time Duration	Days
29	27	I can do	Puzzles	Creative Thinking	45 minutes	01
30	28	My style of communication	Role play	Effective Communication	50 minutes	01
31	29	Car and Driver	Game	Interpersonal Relationship	50 minutes	01
32	30	My comfort	Self Reporting	Self Awareness	45 minutes	01
33	31	What do I do?	Situational Discussion	Coping with Stress	45 minutes	01
34	32	I need them	Self Reporting	Interpersonal Relationship	45 minutes	
35	33	It's my creation	Game	Creative Thinking	45 minutes	01
36	34	My solution	Puzzles	Critical Thinking	50 minutes	01
37	35	What can I do?	Situational Discussion	Problem Solving	45 minutes	01
38	36	I feel	Self Reporting	Coping with Emotions	45 minutes	01
39	37	What could be my decision?	Situational Discussion	Decision Making	45 minutes	01
40	38	I understand you	Film Show	Empathy	50 minutes	01
41	39	I want to become	Self Reporting	Self Awareness	45 minutes	01
42	40	What shall I do?	Situational Discussion	Empathy	45 minutes	01
43	41	My roles	Self Reporting	Interpersonal Relationship	45 minutes	01

Sr. No.	No. of Activities	Name of Activity	Type of Activity	Name of Life Skill	Time Duration	Days
44	42	What to do?	Situational Discussion	Coping with Stress	45 minutes	01
45	43	I will win	Game	Coping with Emotions	50 minutes	01
46	44	Treasure Hunt	Game	Problem Solving	50 minutes	01
47	45	What to do?	Situational Discussion	Decision Making	45 minutes	01
48	46	Dum Saraz	Game	Effective Communication	50 minutes	01
49	47	I can't understand	Game	Effective Communication	50 minutes	01
50	48	My diary	Self Reporting	Self Awareness	45 minutes	01
51	49	I can find solution	Puzzles	Critical Thinking	50 minutes	01
52	50	Let's show our talents	Brain Storming	Creative Thinking	50 minutes	01
		Total Days				49



Life Skills Programme

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No. of Activities	Name of Activity	Name of Life Skill	Page Number
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28	My style of communication	Effective Communication	122
29	Car and Driver	Interpersonal Relationship	123
30	My comfort	Self Awareness	124
31	What do I do?	Coping with Stress	125
32	I need them	Interpersonal Relationship	126
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34	My solution	Critical Thinking	128
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38	I understand you	Empathy	134
39	I want to become	Self Awareness	135
40	What shall I do?	Empathy	136
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Answers of the Puzzles		---	149

Ice- breaking Activities

Activity: i

Title: My neighbour

Duration: 30 Minutes

Method: Game

Materials: Balls

Procedures:

Step: 1 Make a group of 5 to 7 participants. Ask them to stand in circle.

Step: 2 (First round of the game) Give a ball in each group. Ask them to introduce own self to the group by passing ball to them. Continue this round of game for 5 to 10 minutes. (For Example: Hello, my name is Sheetal.)

Step: 3 (Second round of the game) Ask them to introduce ownself in group by passing ball to the group member with his or her name. Continue this round of game for 5 to 10 minutes. (For Example: Hello, Falguni, I am Sheetal.)

Step: 4 (Last round of the game) Ask them to introduce group members by passing ball to another group member. Continue this round of game for 5 to 10 minutes (For Example: Hello, Falguni, He is Mrugank.)

Activity: ii

Title: I know All

Duration: 30 Minutes

Method: Group Discussion

Materials: Pen, Paper

Procedures:

Step: 1 Make a group of 5 to 7 participants. Give the instruction to them that they have to perform certain tasks in 2 minutes time.

Step: 2 Assign different task to them to perform in the group.

Step: 3 Ask one group member to perform task given in the group. At lest once, give chance to all members in the group to perform the task. Make all groups to perform same given task.

Tasks

1. Know name of all group members.
2. Know parents name of all group members.
3. Know birth place of all group members.

4. Know nick name of all group members.
5. Know name of brothers and sisters of all group members.
6. Know hobbies of all group members.
7. Know liking food of all group members.
8. Know role model of all group members.
9. Know favourite teacher or teachers of all group members.
10. Know dislikes of all group members.

Life Skills Activities

Activity: 1

Title: Let's find out the solution!

Duration: 45 Minutes

Method: Situational Discussion

Materials: Situation Cards, Papers, Pen

Life Skills Promoted: Problem Solving Skill, Decision Making Skill, Effective Communication Skill, Interpersonal Relationship Skill, Critical thinking Skill, Coping with Emotions Skill, Self Awareness Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants and give them the situation cards. Ask them to select a group leader for their group.

Step: 2 Ask them to decide own reaction to the situation individually.

Step: 3 Ask them to discuss own reaction to the situation in the group and find out solution for the situation given in the group.

Step: 4 Ask group leaders to present the solution for the situation decided by their group.

Situations

1. In annual function, you and your peer group planned to perform one social awareness drama. Earlier you never participated in the drama and this was your first experience. In the drama, you were playing main character. At the time of performing your role on the stage, you forgot some of your dialogues. Then, in such situation, what will you do? When you came back stage, how could be your peer group responded?

2. In School annual examination, you were busy in writing your answer sheet and without your knowledge a candidate tried to copy from your answer sheet. Suddenly, teacher asked you to stand up and gave your answer sheet. Then, in such situation, what will you do? Was the teacher behaviour appropriate in that situation?

Facilitative Questions:

- 1) What was your response to situation first? Why?
- 2) What was your response to situation second? Why?
- 3) Was your behaviour appropriate in the situation? Why?
- 4) What was response of your peer group in first situation? What was the reason behind their behaviour?
- 5) Was your peer group behaviour appropriate with you with reference to the situation? Why?
- 6) Was behaviour of teacher appropriate with you with reference to the situation? Why?
- 7) How did teacher need to behave with you? Why?
- 8) Have you come across similar kind of situations in your life earlier?
- 9) How did you feel, in retrospect about the way you responded/ reacted in such situations?
- 10) Was your behaviour appropriate at that time with reference to the situations?
- 11) According to you, what could be the other way of responding to such kind of situations?

Activity: 2

Title: I can make a story

Duration: 50 Minutes

Method: Story Making

Materials: Picture Cards, Papers, Pen

Life Skills Promoted: Creative Thinking Skill, Self Awareness Skill, Interpersonal Relationship Skill, Effective Communication Skill, Decision Making Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader for their group. Give a picture card in the groups.

Step: 2 Ask them to write a story on given picture card individually.

Step: 3 Ask them to discuss their story in the group.

Step: 4 Ask a group leader of the group to present all stories in brief.

Picture Card



Facilitative Questions:

- 1) Did you face any problem while writing a story? If, yes, which problems did you face?
- 2) On one picture, how many story have you made?
- 3) What was the reason for such number of stories on one picture?
- 4) How much time did you require to write a story?
- 5) In which aspects of the picture did you focus more to write a story?
- 6) Which process did you have adopted to write a story on the picture?
- 7) Which kind of feelings did you experience due to time bound task?
- 8) Which kind of feelings did you experience when you were able to complete a story?
- 9) Which kind of feelings did you experience when your story were appreciated by the others? Why?

Activity: 3

Title: How do I behave?

Duration: 45 Minutes

Method: Situational Discussion

Materials: Situation Cards, Papers, Pen

Life Skills Promoted: Coping with Stress Skill, Coping with Emotions Skill, Decision Making Skill, Critical thinking Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader. Give them Situation Card.

Step: 2 Ask them to write down their reflection on situations individually.

Step: 3 Ask them to discuss their reflection to each situation in the group.

Step: 4 Ask the group leaders to present their groups reflection to the situations.

Situation

1. Since long, your grand father was suffering from serious disease which was unknown to you and your family. When your family approached to the doctor, your family came to know that your grand father might be survived for one to two months only. You love your grand father very much. In such situation, how will you behave with your grand father? Why? What will you do? Which kind of feelings will you experience? How will you control your feelings?
2. Your friend got injured in the accident. And you received call from the hospital that came fast. When you reached, doctor informed you that your friend needed to be operated right now and his parents were out of station. In such situation what will you do? Which kind of feelings will you experience when you received call from the hospital? What decision will you take? Why?

Facilitative Questions:

- 1) At the time of reading the situations, which kind of feelings did you experience? Why?
- 2) In second situation, what was your first reaction, when you received call from doctor (Hospital)? Why?
- 3) Which kind of feelings did you experience till you reached to the hospital? Why?
- 4) Which kind of thinking was going on in your mind till you reached to the hospital? Why?
- 5) In first situation, which kind of feelings did you have when you came to know about your grand father's health? How did you control your feelings?
- 6) How much time did you require to control yourself?
- 7) What did you say to your self to control yourself?
- 8) Did you experience such kind of situations in your life? How did you react to the situation?
- 9) Was your behaviour appropriate to the situation? Why?

10) What could be appropriate behaviour to the situation?

Activity: 4

Title: I can solve!

Duration: 50 Minutes

Method: Brain Storming

Materials: Puzzle Cards, Paper, Pen

Life Skills Promoted: Critical Thinking Skill, Decision Making Skill, Problem Solving Skill, Self Awareness Skill, Creative Thinking Skill

Procedure:

Step: 1 Make group of 5 to 7 participants. Ask them to select a group leader. Give Puzzle Cards in the groups.

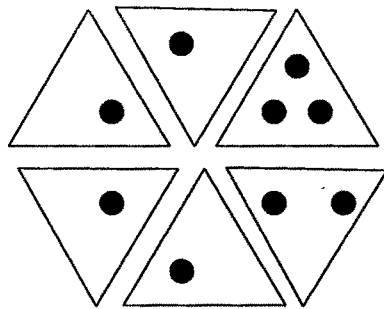
Step: 2 Ask them to solve puzzles individually.

Step: 3 Ask them to discuss their solutions of the puzzles in the group.

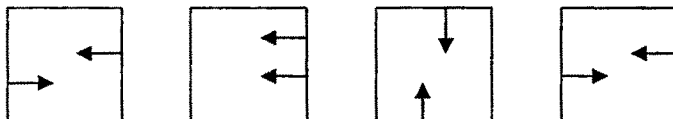
Step: 4 Ask group leaders to present solution of the puzzles decided by their group.

Puzzles

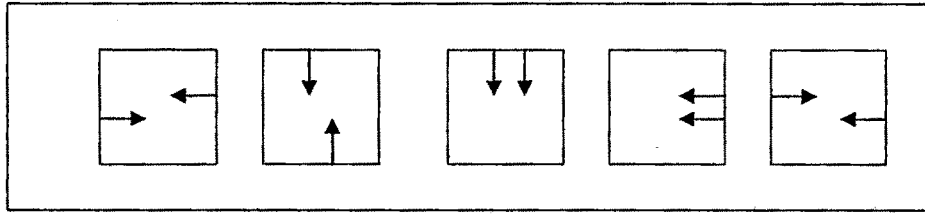
1. Arrange these 6 equilateral triangles to create a view of a regular die. The triangles may not overlap.



2. Can you make sense of the following sequence by finding the missing figure?



Options



A

B

C

D

E

Facilitative Questions:

- 1) How many puzzles you were able to solve individually and in the group?
- 2) How did you arrive at solution of the puzzles?
- 3) Did you face any difficulty to solve the puzzles? What did you do to resolve difficulty?
- 4) Which kind of feelings did you experience during finding solution of the puzzles?
- 5) Did you all adopt same strategy to solve the puzzles?
- 6) What did you do first to solve the puzzle?
- 7) Did you feel help of others to solve the puzzles while solving puzzles individually?
- 8) What else way can be possible to solve the puzzle?
- 9) Which kind of feelings did you experience when you were not able to solve the puzzles? How did you reacted to your feelings?
- 10) Which kind of feelings did you experience when you were able to solve the puzzles?

Activity: 5

Title: My way of communication

Duration: 50 Minutes

Method: Role Play

Materials: Situation Cards, Paper, Pen

Life Skills Promoted: Interpersonal Relationship Skill, Effective Communication Skill, Critical Thinking Skill, Self Awareness Skill, Decision Making Skill, Coping with Emotions Skill

Procedure:

Step: 1 Make 2 groups of the participants. Ask them to select a group leader for their group.

Step: 2 Ask both group leaders to send a participant from the groups to carry out activity.

Step: 3 Give situation cards to both participants. Assign a character of the situation to the participants and ask them to play role of assigned character. Ask them to decide own dialogues to the situation given.

Step:4 Ask other participants (audience) to note down behaviour of participants performing role play.(For Example: How participants were communicating? Was the way of communication of the participants appropriate to the situation? How participants needed to behave in the situation? Why?

Step:5 Give chance to all the participant to perform on the situations. Ask all the participants to write down their feelings while performing role in the given situation, which kind of thinking were going on in their mind before and during performing the role in the given situation?

Situation

1. Ritesh and Rihaan were school friends. Ritesh belongs to upper class family and now working as a director of multinational company. Rihaan belongs to middle class family and now working as junior clerk in the school. After long time, Rihaan saw Ritesh in a theater. How Rihaan and Ritesh behaved in the situation?
2. Roma and Radha were teachers in the school. Radha was very particular about her work and she wanted that others were like her. Roma was junior of Radha. Radha had assigned some task to Roma which she had to complete before leaving school. But due to some reason Roma was not able to complete task. At the time of leaving school, Radha asked Roma about the task. How Radha and Roma behaved in the situation?

Facilitative Questions:

- 1) In first situation, who has behaved appropriately? Why?
- 2) Why other behaviours, according to you, were not appropriate?
- 3) If you were in such situation, what you would have done? Why?
- 4) What could be the implication of such kind of behaviour?
- 5) Which things need to be kept in mind while communicating with the others?
- 6) In second situation, who has behaved appropriately? Why?

- 7) Why other behaviours, according to you, were not appropriate?
- 8) If you were in such situation, what you would have done? Why?
- 9) What could be the implication of such kind of behaviour?
- 10) Did you think before you interacting with the others?
- 11) Have you come across such kind of situation earlier? What did you? Why?
- 12) Did you face any problem due to your communication behaviour? When? What?

Activity: 6

Title: Follow my direction

Duration: 50 Minutes

Method: Game

Materials: Picture Cards, Papers, Pen

Life Skills Promoted: Effective Communication Skill, Decision Making Skill, Problem Solving Skill, Interpersonal Relationship Skill

Procedure:

Step: 1 Make group of 5 to 7 participants. Ask them to select a group leader.

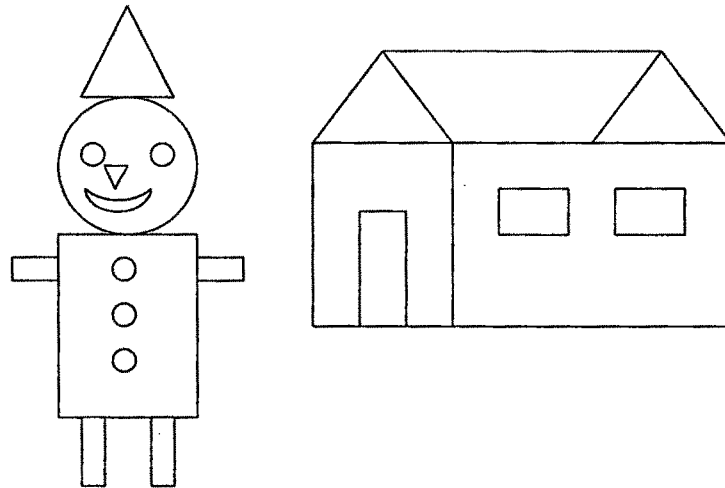
Step: 2 Give picture cards to each group leader. Ask them to describe picture without giving name of picture (by giving clue). Ask group members to draw picture individually as per the direction provided by the group leader.

[Give clear instruction as direction only once.]

Step: 3 (After picture gets over) Ask each group members to show their pictures in group including group leader.

Step:4 Ask them to find out is there any difference in original pictures and own drawing.

Pictures:



Facilitative Questions:

- 1) How much difference have you identified in your pictures and actual pictures?
- 2) What could be the reason for such differences?
- 3) Did you face any difficulty in drawing picture? Which kind of difficulty did you face?
- 4) Did you face any difficulty in directing your group members to draw the pictures?
- 5) Which strategy or strategies did you plan to direct your group members to draw the pictures?
- 6) Was the strategy or strategies helpful to you to complete your task? How?
- 7) Which things we need to bear in mind while sending or receiving the message? Why?
- 8) Did you experience such kind of difficulty due to miscommunication earlier in your life? How did it affect you?

Activity: 7

Title: I can feel

Duration: 45 Minutes

Method: Situational Discussion

Materials: Situation Cards, Papers, Pen

Life Skills Promoted: Empathy Skill, Self Awareness Skill, Coping with Emotions Skill, Decision Making Skill, Problem Solving Skill, Critical Thinking Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader. Give them situation cards.

Step: 2 Ask them to write down their feelings and behaviours to the situations individually.

Step: 3 Ask them to discuss their feelings and behaviours to the situations in the group.

Step: 4 Ask group leaders to present their group feelings and behaviours to the situations.

Situations

1. You were passing from highway and accidentally small puppy came in front of your car. And you failed to save puppy from accident. In such situation, what will your reaction? How will you feel? What will you say to yourself? What will you do?
2. Today, you are so happy because you scored good marks in your college examination. You want to enjoy your success. You call your friends at home for party and you all are enjoying with loud voice music. Beside your home an old man (grand father) is sick and he gets disturbed by loud sound of music. Your neighbor requests you to reduce voice of music. But your friends want to enjoy with loud voice music. Then in such situation, how will you behave with your neighbor? What will you do? What will you say to your friends? Why?
3. You and your best friend went to school for collecting result. When you reached all friends and teachers congratulated you for the success in examination. You obtained first rank in school examination with highest percentage in school examination. But your friend failed in two subjects. In such situation, which kind feelings will you experience? How will you behave with your friend? What will you do?

Facilitative Questions:

- 1) What was your first feeling in first situation? Why?
- 2) How did you react to the situation? Why?
- 3) Was your behaviour appropriate in such situation? Why?
- 4) What was your first feeling in second situation? Why?
- 5) How did you react to the situation? Why?
- 6) Was your behaviour appropriate in such situation? Why?

- 7) What was your first feeling in third situation? Why?
- 8) How did you react to the situation? Why?
- 9) Was your behaviour appropriate in such situation? Why?
- 10) Was your feelings common in all situation? Why?
- 11) Did you face such kind of situations in your life? What was your first feeling?
- 12) How did you behave in such situation?
- 13) Was your behaviour appropriate in such situation? What else could be done?

Activity: 8

Title: Who am I?

Duration: 45 Minutes

Method: Self Reporting

Materials: Paper, Pen, Coloring Cards (Pink, Blue), Eco-board, Thumb Pins

Life Skills Promoted: Self Awareness Skill, Critical Thinking Skill, Decision Making Skill

Procedure:

Step: 1 Give participants sheet (Paper) and ask them to list out their strengths and weaknesses.

Step: 2 Give them two different colors cards. Ask them to write down their strengths in one color (Pink) and weaknesses in another color (Blue) in one word.

Step: 3 Collect all cards from participants and mix up all.

Step: 4 Divide Eco- Board into three parts. On left side give title “*Strengths*” and right side give title “*Weaknesses*” and middle part as “*Undecided*”.

Step: 5 Take one by one all cards and pin up on appropriate side as majority participants agree. And if they are not able to decide, strengths or weaknesses pin up on undecided part.

Facilitative Questions:

- 1) Why do you think such quality as strength or weakness?
- 2) How do you decide such quality as your strength or weakness?
- 3) Do we all possess equal amount of quality?
- 4) Why qualities possessed by us are different?
- 5) How do you identify each quality as strength or weakness?
- 6) Are you able to reduce your weaknesses? How?
- 7) If you know your weaknesses, then what do you do? Why?

- 8) Which mechanism do you adopt to reduce your weaknesses? How much success do you get?
- 9) How do you accept your weaknesses?

Activity: 9

Title: World of words

Duration: 50 Minutes

Method: Brain Storming

Materials: Alphabet Cards, Puzzle Sheet, Paper, Pen

Life Skills Promoted: Decision Making Skill, Creative Thinking Skill, Problem Solving Skill, Critical Thinking Skill, Self Awareness Skill, Coping with Emotions Skill, Coping with Stress Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader.

Step: 2 Give them alphabet cards and puzzle sheet. Ask them make maximum meaningful words by making use of alphabets cards individually with in 5 minutes.

Step: 3 Ask them to discuss their own creation in the group.

Step:4 Ask group leaders to present their group creation.

Facilitative Questions:

- 1) How many words you have created?
- 2) Did you find any difficulty in creating words? Which kind of difficulty did you have?
- 3) What did you do to overcome such kind of difficulty?
- 4) Did you adopt same kind of strategy to overcome the problem?
- 5) When you take decision at that time which kind of feelings did you experience?
- 6) Which kind of thought process was going on when you took decision in the game?
- 7) Did you all have created same words?
- 8) Which kind of feelings did you experience when the time was about to over?
- 9) Did you experience such kind of situation in earlier life? What did you do?
- 10) What did you say to your self when you took such kind of decision?

Activity: 10

Title: How do I react?

Duration: 45 Minutes

Method: Situational Discussion

Materials: Situation Cards, Papers, Pen

Life Skills Promoted: Coping with Emotions Skill, Self Awareness Skill, Interpersonal Relationship Skill, Decision Making Skill, Problem Solving Skill, Critical thinking skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader for their group. Give them situation cards.

Step: 2 Ask them to write down their feelings and behaviours to the situations individually.

Step: 3 Ask them to discuss their feelings and behaviours to the situation in groups.

Step: 4 Ask group leaders to present feelings and behaviours decided by their group.

Situations

1. You had two good friends. After school education you and your friends had selected different field for carrier and due to that reason slowly your internal contact reduced. Now you and your friends were busy in own life. On your birthday, you received call from your very old school friend after so long time. At that time, what will be your first reaction? What will you feel? Why?
2. You are tenth standard student. Your board examination was good and you expect to score good in examination. But you failed in the examination. In such situation, how will you feel? Why?
3. You are tenth standard student. Your board examination was good. Today at 10:30 a.m. your result will be declared. Before 10:30 a.m. what did your feel? What will be your mental status? Why?

Facilitative Questions:

- 1) Which kind of feeling did you have in each situation?
- 2) What could be reason behind such kind of feelings?
- 3) How did you deal with such kind of feelings?
- 4) How do you react to such situations?
- 5) Do you have same feelings to come out of the situation? Why?
- 6) Did you come across such feelings earlier in your life? How did you behave?

- 7) Was your reaction to the situation appropriate? What else could be done?
Why?

Activity: 11

Title: catch me

Duration: 50 Minutes

Method: Game

Materials: Papers, Pen

Life Skills Promoted: Coping with Stress Skill, Coping with Emotions Skill, Self Awareness Skill, Decision Making Skill, Problem Solving Skill, Critical Thinking Skill

Procedure:

Step: 1 Ask three participants to volunteer to play game. Ask rest of participants to stand in rows with one hand distance both sides (in each row approximately 4 to 5 participants). And ask them to follow direction given by director.

[Direction:

(A) When director say **One (1)**, then open both hands on left and right direction.

(B) When director say **Two (2)**, then turn to left angle side and open both hands on left and right direction.]

Step: 2 From volunteer three participants, ask one to play role of Cat (she or he will catch another participant (Mouse)), ask another to play role of Mouse (she or he will try to save own self from Cat) and ask third participant to play role of Director (she or he will give direction to all participants by closing her or his eyes).

[Rules of the game followed by Cat, Mouse and Director:

(A) Cat will try to catch Mouse without backing rows.

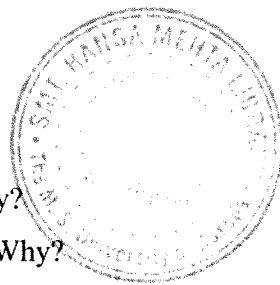
(B) Mouse will run between rows to save own self.

(C) Director will given direction by saying **One (1) or Two (2).**]

Step: 3 As per direction given by director, game will be carry out for 2 to 3 minutes or till the Cat catches the Mouse.

Step: 4 Give chance to all participants to play role of Cat, Mouse, Director and Row members.

Step: 5 Ask all participants to write down their feelings, Mental and Physical status during and after the game (as Cat and Mouse).



Facilitative Questions:

- 1) Which role did you enjoy more in the game? Why?
- 2) Which kind of feelings did you have when you became Cat? Why?
- 3) Which kind of feelings did you have when you became Mouse? Why?
- 4) How did you save yourself from the Cat?
- 5) Which kinds of thinking were going on in your mind when you tried to save yourself from the Cat?
- 6) How did you catch the Mouse? What strategy did you adopt?
- 7) How did you decide strategy to catch the Mouse?
- 8) How did you manage your feelings while playing role of the Cat?
- 9) How did you manage your feelings while playing role of the Mouse?
- 10) Did you have same feelings after game over? Which kind of feelings did you experience?
- 11) Why did you have different feelings during and after game?
- 12) Have you experience such kind of feelings earlier? When? How did you control your feelings in the situation?

Activity: 12

Title: I can find

Duration: 50 Minutes

Method: Brain Storing

Materials: Puzzle Cards, Paper, Pen

Life Skills Promoted: Problem Solving Skill, Decision Making Skill, Critical Thinking Skill, Creative Thinking Skill, Self Awareness Skill, Coping with Stress Skill, Coping with Emotions Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader for their group.

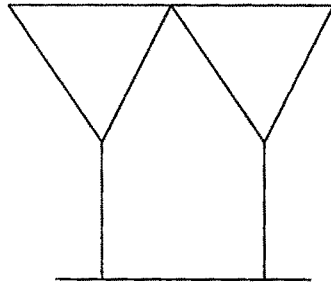
Step: 2 Give them puzzle cards and ask them solve the puzzles individually within 5 minutes.

Step: 3 Ask them to discuss their ways of finding solution of the puzzles in the group.

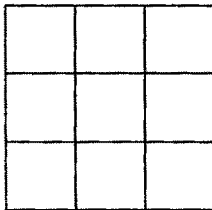
Step: 4 Ask group leaders to present their group ways to solve the puzzles.

Puzzle:

1. Change the position of five arrows to create figure of House.



2. Arrange the numbers 1 through 9 on a board such that the numbers in each row, column, and diagonal add up to 15.



Facilitative Questions:

- 1) How much time did you require to solve puzzles individually?
- 2) How many puzzles you were able to solve individually?
- 3) Did you find any difficulty to solve the puzzles?
- 4) Which kind of difficulty did you experience? How did you come out from the difficulty?
- 5) Which strategy or strategies did you adopt to solve the puzzles?
- 6) How many alternatives did you create to solve the puzzles?
- 7) How did you select appropriate alternative to solve the puzzles?
- 8) Which kind of feelings did you experience when you were not able to solve the puzzles? How did you express your feelings?
- 9) Which kind of feelings did you experience when you were able to solve the puzzles? How did you express your feelings?
- 10) Did you all have adopted same strategy to solve the puzzle? Why?
- 11) What were the different strategies you adopt?

12) Did you experience such kind of difference in your life earlier? What did you do? Why?

Activity: 13

Title: I behave

Duration: 45 Minutes

Method: Brain Storming

Materials: Picture Cards, Papers, Pen

Life Skills Promoted: Empathy Skill, Coping with Emotions Skill, Decision Making Skill, Interpersonal Relationship Skill, Self Awareness Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader. Give them picture cards.

Step: 2 Ask them to analyze each pictures and make selection of picture or pictures on the basis of appropriate behaviour which they find. Ask them to write down reasons for selection of the picture or pictures.

Step: 3 Ask them to discuss their reasons for selection of the picture or pictures in the group and ask group leaders to present their group reflections.

Pictures

A



B



C



D



E



F



G



H



Facilitative Questions:

- 1) Which pictures you have selected?
- 2) What was the reason for the selection of the picture or pictures?
- 3) Why another pictures you have not selected?
- 4) Which kind of feeling you experience when you see both types of pictures?
- 5) Why did you feel differently when you look at the pictures?
- 6) Which kind of feelings did you experiences when you see your rejected pictures?
- 7) Do you behave as selection made by you?
- 8) Do you reflect on you behaviour after or before behaving?
- 9) Do you think that a person needs to reflect on own behaviour before or after behaving with the others? Why?
- 10) Which kind of feelings do you have when you behave inappropriately?
- 11) What do you say to yourself? Why?

Activity: 14

Title: It's my style

Duration: 50 Minutes

Method: Game

Materials: Different objects (Ball, Pencil, Chat Papers, Stone, Flowers, Greeting Cards, etc.), Papers, Pen

Life Skills Promoted: Creative Thinking Skill, Self Awareness Skill, Interpersonal Relationship Skill, Decision Making Skill, Critical Thinking Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader.

Step: 2 Show them different objects and ask them to write down usages of objects individually. (For Example: show them *Pen* and ask them to write down maximum *usages of Pen*)

Step: 3 Ask them to discuss usages of the objects in group. And group leaders to present all usage of the objects.

Facilitative Questions:

- 1) How many usages are you able to write for each object?
- 2) How many usages of each object are same in all group members?
- 3) Why other usages of the objects are different from the others?

- 4) How did you come across such kind of usages of the objects?
- 5) Which process did you have adopted to write these many usages of the object?
- 6) Which kind of thinking you had adopted to write different types of usage of the objects?
- 7) Did you face any problem for writing usages of the object?
- 8) Which kind of problems did you face for writing usages of the object?

Activity: 15

Title: I can solve

Duration: 50 Minutes

Method: Brain Storming

Materials: Puzzle Cards, Paper, Pen

Life Skills Promoted: Critical Thinking Skill, Decision Making Skill, Problem Solving Skill, Self Awareness Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader. Give them puzzle cards.

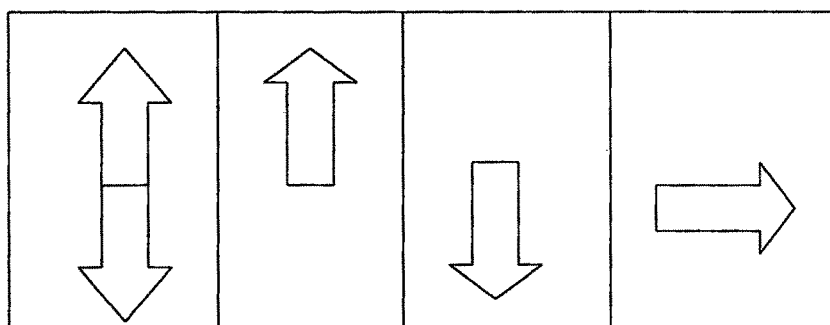
Step: 2 Ask them to solve puzzles individually.

Step: 3 Ask them to discuss their solution of the puzzles in a group.

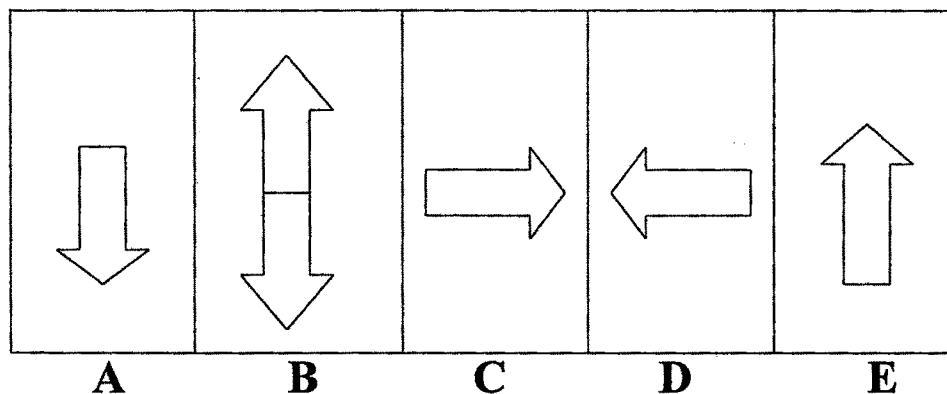
Step: 4 Ask group leaders to present their group reflections on puzzles solving.

Puzzles

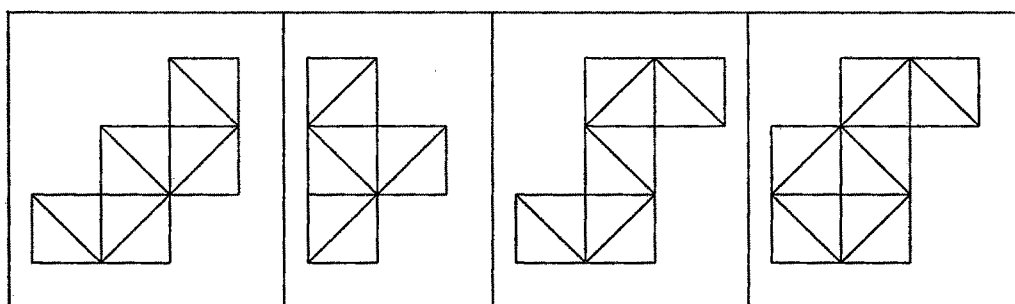
1. What comes next in this match sequence?



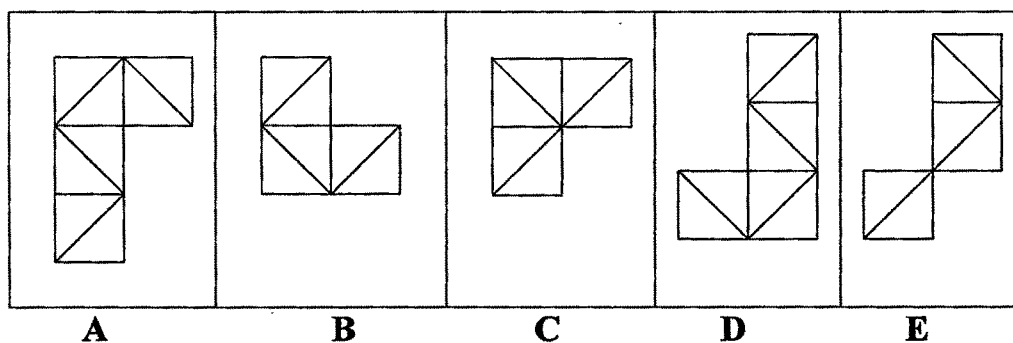
Options:



2. Which figure comes next in the series?



Options:



Facilitative Questions:

- 1) How many puzzles are you able to solve individually?
- 2) What did you do to solve the puzzles?
- 3) Which strategy or strategies did you adopt to solve the puzzles?
- 4) Did you face any difficulty in solving the puzzles individually?
- 5) Did you take any help of others to solve the puzzles?
- 6) What did you do to come out of difficulty to solve the puzzles?
- 7) At the time of solving the puzzles which kind of feeling did you experience?
- 8) When you solve the puzzle then which kind of feelings did you experience?

- 9) What did you say to yourself? Did that help you to solve the puzzles?
- 10) When you did not able to find the solution of the puzzle, which kind of feelings did you experience? How did you react in such situation?

Activity: 16

Title: Correct way to react

Duration: 45 Minutes

Method: Situational Discussion

Materials: Situation Cards, Paper, Pen

Life Skills Promoted: Coping with Emotions Skill, Coping with Stress Skill, Critical Thinking Skill, Self Awareness Skill, Interpersonal Relationship Skill, Effective Communication Skill

Procedure:

Step: 1 Make group of 5 to 7 participants and ask them to select own group leader.

Step: 2 Give them situation cards. Ask them to analyze each situation individually and note down common thing among all situations, what could be the reason for such behaviours or reaction and was the behaviour appropriate with reference to the situation?

Step: 3 Ask them to discuss their reflection on the situations in the group.

Step: 4 Ask group leaders to present their group observation on situations.

Situations

1. Zeel was 20 years old college girl. One day, she came late from college and her parents shouted on her. Due to that reason she committed suicide.
2. Shudha got married to Suresh. Their life was happy. One day Shudha got news that her relative died in boom blast and with this news she became coma patient and died after 3 months.
3. Sudhakar was working as chief accountant in well known firm since 30 years. He regularly purchased lottery tickets. One day he won 10 lacks Rupees lottery and with this news he had heart attack and he died.

Facilitative Questions:

- 1) What was common among all the situations? Why?
- 2) Why did she or he react to the situation in such manner?
- 3) What was impact of such reaction to the situation in his and her family?
- 4) Was his or her behaviour appropriate with reference to the situation? Why?

- 5) What did way she or he need to react to the situation?
- 6) Did you experience same kind of feelings as experience by her or him in the given situations?
- 7) Did you experience same kind of feelings in your life?
- 8) How did you react to the situation?
- 9) Do you find any problem to control your feelings?
- 10) Which kind of problems do you face to control your feelings?
- 11) Did your behaviour affect your relationship?
- 12) Did you feel bad afterwards for your behaviour?
- 13) Which things need to be kept in mind while communicating with the others?

Activity: 17

Title: Am I correct?

Duration: 50 Minutes

Method: Role Play

Materials: Scripps, Paper, Pen

Life Skills Promoted: : Interpersonal Relationship Skill, Effective Communication Skill, Critical Thinking skill, Self Awareness Skill, Decision Making Skill

Procedure:

Step: 1 Make 2 groups of participants. Ask them to select a group leader for their group.

Step: 2 Ask both the group leaders to send a participant from their group.

Step: 3 Give script to both the participants and assign a character of the script to a participant. Ask them to play role of a character assigned.

Step:4 Ask other participants (audience) to note down, how participants were communicating? Was the way of communication of the participants appropriate? What way the participants need to behave? Why? What could be the implication of their behaviours on their relationships?

Step:5 Give chance to all the participant perform role of character in the situations. And ask all the participants to write down their feelings while performing the situation, which kinds of thinking were going on in their mind?

Scripps

1. Rajan: Oh, kirtan. How are you? After long time we meet.

Kirtan: I am fine, how are you? What's up? You are here, every thing is fine!

Rajan: Ya, I came to give interview for the post of higher secondary teacher. And you are here...!

Kirtan: (with smile) O.K., still you are not settled. By the way, I am trusty of the school. You sit and give interview.

2. Ridima: Mom, today I shall come late. We will go to library for reading.

(In the college Shima meets Ridima.)

Shima: Ridima, are you coming for movie?

Ridima: Yes, of course.

Shima: You told your parents about our programme.

Ridima: Ya, I told.

Shima: What did you say to your parents?

Ridima: Ya, I told that we are going to library for reading.

Shima: You need to speak truth to your parents about our movie programme. They definitely permit you.

Ridima: Don't worry. It's OK. It does not matter. Let's go for movie.

Facilitative Questions:

- 1) In first situation, how was Kirtan behaved?
- 2) Was Kirtan's behaviour appropriate? Why?
- 3) What could be the implication of Kirtan's behaviour on his relation with Rajan?
- 4) Which kind of feelings Rajan might have experienced due to behaviour of Kirtan?
- 5) How did Kirtan need to behave with Rajan?
- 6) In second situation, how was Ridima behaved?
- 7) Was Ridima's behaviour appropriate? Why?
- 8) What could be the implication of Ridima's behaviour on her relation with her parents?
- 9) Why did Shima say to Ridima to speak truth to her parents?
- 10) How did Ridima need to behave with her mother?
- 11) Did you experience such kind of situation in your life? Where?
- 12) In relationship, which thing is most important?

- 13) Why do we need to maintain relationship with the others?
- 14) Why do we need to maintain good relationship with the others?

Activity: 18

Title: Passing the pass

Duration: 50 Minutes

Method: Game

Materials: A message

Life Skills Promoted: Effective Communication Skill, Interpersonal Relationship Skill, Self Awareness Skill

Procedure:

Step: 1 Make a group of 9 to 10 members. Ask them to sit in a circle.

Step: 2 Give a message to a group member and ask him to pass that message to another participant sitting beside her or him and this will continue till it will reach to the last participant of the group.

[Give clear instruction that only once a message will be told by participant.]

Step: 3 Ask a last participant to speak loudly in front of the group the message received by him then ask first participant to speak loudly actual message in front of the group.

Step: 4 Ask them to compare actual message with received message.

Message

Dare to dream, dare to try, dare to fail, dare to succeed.

Facilitative Questions:

- 1) What was an original message passed in the group?
- 2) Why does difference arise in message received and message passed?
- 3) How did the message change? What could be the reason?
- 4) Which things need to be taken care while framing, sending and receiving message?
- 5) What could be the implication of miscommunication? How could we reduce miscommunication?
- 6) Did such kind of incidence happen earlier with you? At that time what did you do? What could be consequences of that message?

Activity: 19

Title: I can't control

Duration: 45 Minutes

Method: Situational Discussion

Materials: Situation Cards, Paper, Pen

Life Skills Promoted: Coping with Emotions Skill, Coping with Stress Skill, Problem Solving Skill, Decision Making Skill, Critical Thinking Skill, Creative Thinking Skill, Self Awareness Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader for their group.

Step: 2 Give them situation cards. Ask them write down own reflection to the situations individually.

Step: 3 Ask them to discuss their reflections on the situations in the group.

Step: 4 Ask group leaders to present their group reflections on the situations.

Situations

1. By the permission of your parents, you and your friends have plan for movie for 3.30 p.m. show. You are so excited for movie programme. Suddenly at 3.00 p.m., guests come to your place and only you are at home. In such situation, which kind of feelings will you experience? What will you do?
2. Yesterday, you got the message that your brother is coming from America for a few days. You have planned to spend all days with him because your examination gets over by then. But today, when you reach college, you see that examination gets postponed for week. Now, it will start from that time period when your brother will be coming. In such situation, which kind of feelings will you experience? What will be your first reaction to the situation?

Facilitative Questions:

- 1) Which kind of feelings did you have in both the situations?
- 2) How did you react to such situations? What did you do?
- 3) How did you control your feelings?
- 4) What do you say to yourself in such situations?
- 5) Did you all react in same manner to the situations? Why?
- 6) Did you experience such kind of situation earlier in your life? What did you do?

7) Was your reaction appropriate with reference to the situation?

Activity: 20

Title: My words' power

Duration: 50 Minutes

Method: Brain Storming

Materials: Cross Words Puzzle Cards, Papers, Pen

Life Skills Promoted: Decision Making Skill, Problem Solving Skill, Effective Communication Skill, Interpersonal Relationship Skill, Critical Thinking Skill, Coping with Emotions Skill, Self Awareness Skill

Procedure:

Step: 1 Make a group of 5-7 participants. Ask them to select group leader for their group.

Step: 2 Give them puzzle cards. And Ask them to find out solution for the puzzles individually.

Step: 3 Ask them to discuss their solution of the puzzles in group.

Step: 4 Ask group leaders to present their group solution of the puzzles.

Cross words puzzle:

Find out different word related to education field.

T	E	A	C	H
E	B	C	G	D
A	X	Y	U	P
C	L	A	S	S
H	A	L	M	E
E	B	O	D	S
R	O	L	P	E
V	R	O	O	M
C	A	N	G	E
E	T	C	N	S
D	O	E	X	T
G	R	R	C	E
S	Y	T	U	R

Word Puzzles:

1) H _ _ D W _ _ E

2) W _ _ _ E S _ L _

3) W _ _ F _ _ E

- 4) C _ _ S _ _ O O _
- 5) _ E _ M _ _ R _
- 6) D _ F _ _ C U _ _ Y
- 7) H _ _ E W _ _ K

Facilitative Questions:

- 1) How did you react to the solution of the puzzle?
- 2) Did you face any problem to reach the solution?
- 3) To resolve problem which strategy did you adopt?
- 4) Did you adopt same strategy throughout the game?
- 5) Did you all adopt same strategy to solve puzzle?
- 6) Did you have same kind of thinking throughout the game? Why?
- 7) Do you change your thinking according to the requirement in day to day life?
Give one incidence?

Activity: 21

Title: My self

Duration: 45 Minutes

Method: Self Reporting

Materials: Self Reporting Sheet, Pen, Paper

Life Skills Promoted: Self Awareness Skill, Critical Thinking Skill, Decision Making Skill, Interpersonal Relationship Skill

Procedure:

Step: 1 Give self reporting sheet to the participants and ask them to fill up self reporting sheet individually.

Step: 2 Ask them to write down about other participants' strengths and weaknesses on separate Paper.

Step: 3 Collect all Papers and distribute to respective participants.

Step: 4 Ask them to read on their all strengths and weaknesses as mentioned by other participants and match with own self reporting sheet.

Step: 5 Ask them to write down their feelings on paper which they experience at the time of reading about themselves written by the other participant. Ask them to write down about them selves again on self reporting sheet.

Self Reporting Sheet

My name is _____. I am _____ years old.
I am _____. I am very _____.
I like _____. I hate _____.
I look like _____. I feel happy when _____.
Every body _____ me.
I wish to become _____. My hobbies are _____.
I enjoy _____. I have _____ friends.
Most nearest person in my life is or are _____.
I trust on _____. I look at my life a _____.
I find my life _____. My aim of life _____.
In one word, I am _____.

Facilitative Questions:

- 1) Did you find any difference in your understanding about own self and by the others for you? How much difference did you find?
- 2) Were you reported same earlier and afterwards feedback provided by the others? If No, Why?
- 3) Were you able to write about yourself and others?
- 4) Did you face any difficulty in reporting yourself? Which kind of difficulties did you face?
- 5) Did you face any difficulty while reporting about others? Which kind of difficulties did you face?
- 6) Did others' reporting about yourself helpful to you? How reporting of others about you helpful to you?
- 7) Which common positive and negative qualities did you find in yourself reporting and feedback provided by the others to you?
- 8) What do you do to convert your weaknesses (negatives) into strengths (positives) qualities?

Activity: 22

Title: What shall I do?

Duration: 45 Minutes

Method: Situational Discussion

Materials: Situation Cards, Papers, Pen

Life Skills Promoted: Problem Solving Skill, Decision Making Skill, Critical Thinking Skill, Effective Communication Skill, Interpersonal Relationship Skill, Coping with Emotions Skill, Self Awareness Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader for their group. Give them situation cards.

Step: 2 Ask them to reflect on the situations individually.

Step: 3 Ask them to discuss the situations in the group.

Step: 4 Ask group leaders to present the solutions for the situations decided by their group members.

Situations

1. You got job in Delhi Public School as Higher Secondary Teacher. You joined today and principal asked you to meet him, in his cabin. You went to his cabin he gave you responsibility of supervising all activities for conducting inter school talent competition. You do not have any experience of conducting such kind of activity. In such situation, what was your first response to yourself? What will you do? Which kind of feelings you experienced in such a situation?
2. Your parents went out of station for 2 days to attend a social function and due to your final examination you were at home. On second day, you received call from your cousins that they were coming today evening to your place. In the evening, when you reached at home, you found that gas over and you did not have enough money for taking your cousins out for dinner. In such situation, how will you react to the situation? What will be your first feelings? What will you do?

Facilitative Questions:

- 1) How did you react in the situations?
- 2) Did your behaviours appropriate to the situations?
- 3) Why did you have such a feelings in such the situation?
- 4) What did you say to your self while dealing with such kind of situations?
- 5) How did you take such decision to deal with the situation?

- 6) Which thinking process did you adopt to arrive at decision to deal with the situation?
- 7) Did you experience such feelings earlier in your life? When?
- 8) How did you react to such feelings in the situation?
- 9) Did you come across similar situations in your life?
- 10) How did you behave in such situation?
- 11) What could be out come of your behaviour in such situation?
- 12) If you got success in such a situation then what did you say to your self? Why?
- 13) What could be the possible reason for your success?

Activity: 23

Title: Save me

Duration: 50 Minutes

Method: Game

Materials: Soft Balls, Paper, Pen

Life Skills Promoted: Coping with Stress Skill, Coping with Emotions Skill, Decision Making Skill, Problem Solving Skill, Self Awareness Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants.

Step: 2 select one participant in the group and ask rest of participant to make the circle. Ask selected participant to stand in middle of the circle.

Step: 3 Give numbers of soft balls to all participants standing in circle. Ask them to hit those balls together on middle participant and middle participant has to try to save ownself from the balls.

Step: 4 Continue the game for 2 to 3 minutes or till participant gets out. Change the position of participants to remain in circle and middle of the circle.

Step: 5 Ask them to record their feelings, physical and mental status when they are in circle and middle of the circle.

Facilitative Questions:

- 1) Which role did you enjoy more? Why?
- 2) Which feelings did you experience when you were in middle of the circle? Why?
- 3) How did you control your feelings during the game?
- 4) What did you do to save yourself from balls?

- 5) Which feelings did you experience when you were throwing balls? Why?
- 6) Did you have same feelings while playing both the roles in game? Why?
- 7) Did you experience same feelings in your life earlier? When?
- 8) At that time what did you do to control your feelings? Why?
- 9) Were your behaviour appropriate at that time? What else could be done? Why?

Activity: 24

Title: My feelings

Duration: 45 Minutes

Method: Film Show

Materials: Film Clipping (Tare Zaminpar), Paper, Pen

Life Skills Promoted: Empathy Skill, Self Awareness Skill, Interpersonal Relationship Skill, Effective Communication Skill, Coping with Emotions Skill, Coping with Stress Skill, Critical Thinking Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader for their group.

Step: 2 Show them film clipping and ask them write down own observations and reflections on the film clipping individually.

Step: 3 Ask them to discuss their own observations and reflections in the group.

Step:4 Ask group leaders to present their group observations and reflections on the film clipping.

Film clipping (Peer group teasing a student because of his problem.)

Facilitative Questions:

- 1) What did you observe in the film clipping?
- 2) Which kind of feeling did you have when you saw the film clipping?
- 3) Why did you have such kind of feelings when you saw the film clipping?
- 4) What did you think when you saw the film clipping?
- 5) Do individual need to understand others' feelings and problems?
- 6) Which thing is required to understand others feelings and problems?

Activity: 25

Title: My decision

Duration: 45 Minutes

Method: Situational Discussion

Materials: Situation Cards, Papers, Pen

Life Skills Promoted: Decision Making Skill, Problem Solving Skill, Effective Communication Skill, Interpersonal Relationship Skill, Critical Thinking Skill, Coping with Emotions Skill, Self Awareness Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants and give them situation cards. Ask them to select a group leader for their group.

Step: 2 Ask them to reflect on the situation and find out solution of the problem individually.

Step: 3 Ask them to discuss their reflection and solution of the situation in the group.

Step: 4 Ask group leaders to present solutions for the given situations decided by their group.

Situations

1. You, Shivani and Ridhima are college best friends. Ridhima stays in Surat. By chance Ridhima and Shivani marriage scheduled on same date. You wish to attend both marriages. In such situation, what will you do?
2. You and Rithika are working in Higher Secondary School. She is senior to you. At the time of your joining, she had helped you a lot. One day, Rithika was on leave without informing any one in the school. Next day, when she came to the school, she asked you to tell lie to the principal that she has informed you that she was on principal leave. In such a situation, what will you do?

Facilitative Questions:

- 1) How did you react in the first situation? Why?
- 2) Was your behaviour appropriate to the situation?
- 3) Which kind of thoughts came to your mind while taking decision? Why?
- 4) Which kind of feelings did you experience in that situation?
- 5) How did you react in the second situation? Why?
- 6) Were your behaviours appropriate to the situation?
- 7) Which kind of thoughts came to your mind while taking decision? Why?
- 8) Which kind of feelings did you experience in the situation?

- 9) Did you experience such kind of feelings in your life? When?
- 10) What did you say to your self while dealing with such kind of situations?
- 11) How did you take decision to deal with the situations?
- 12) Which process did you adopt to arrive at decision?

Activity: 26

Title: My reaction

Duration: 45 Minutes

Method: Situational Discussion

Materials: Situation Cards, Papers, Pen

Life Skills Promoted: Critical Thinking Skill, Decision Making Skill, Problem Solving Skill, Effective Communication Skill, Interpersonal Relationship Skill, Coping with Emotions Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants and give them situation cards. Ask them to select a group leader for their group.

Step: 2 Ask them to write down own reaction to the situation individually.

Step: 3 Ask them to discuss their reaction to the situation in the group.

Step: 3 Ask group leaders to present their group reaction to the situation.

Situations

1. Ronak and Ridhi are your friends. One day Ronak says to you that Ridhi is liar. Do not talk to her. She always tells lie for own benefit. She is too much selfish girl. In such a situation, how will you react to Ronak and Ridhi? Why?
2. Ritika is your classmate. She calls you at night and says that she got examination Paper. She is very sure that this Paper will come for tomorrow examination. If you want she can give it to you at her place. In such a situation, what will you do? Why?

Facilitative Questions:

- 1) Which kind of thoughts were coming to your mind? Why?
- 2) How did you react to first situation? Why?
- 3) How did you react to second situation? Why?
- 4) Which kind of thinking going on in your mind when you read the situations?
- 5) Did you face such kind of situation earlier in life?
- 6) How did you react to the situation?

- 7) Why did you react in such a manner to the situation?
- 8) Was your behaviour appropriate to the situation?

Activity: 27

Title: I can do

Duration: 45 Minutes

Method: Brain Storming

Materials: Puzzle Cards, Papers, Pen

Life Skills Promoted: Creative Thinking Skill, Self Awareness Skill, Decision Making Skill, Problem Solving Skill, Critical Thinking Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader for their group. Give puzzle cards in the group.

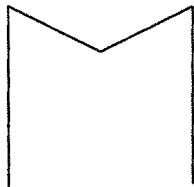
Step: 2 Ask them to solve puzzles individually. Ask them to write down process they adopted to solve the puzzles.

Step: 3 Ask them to discuss their solution of puzzles in the group.

Step: 3 Ask group leaders to present solution of the puzzles decided by their group.

Puzzles

1)



Add two parallel lines, to this letter M to leave a different letter.

2) Fill in the rest of the letters to complete the sequence.



Facilitative Questions:

- 1) What are the solutions of puzzles?
- 2) How many did you able to solve individually?
- 3) How did you arrive at the solution of the puzzle?

- 4) Did you face any problem so solve the puzzle?
- 5) How did you solve that problem to arrive at solution of the puzzle?
- 6) Which process did you adopt to solve the problem to arrive at solution of the puzzle?
- 7) Which kind of feeling did you experience while solving problem?

Activity: 28

Title: My style of communication

Duration: 45 Minutes

Method: Role Play

Materials: Situation Cards, Paper, Pen

Life Skills Promoted: Effective Communication Skill, Interpersonal Relationship Skill, Critical Thinking Skill, Problem Solving Skill, Decision Making Skill, Self Awareness Skill

Procedure:

Step: 1 Ask participants to make pairs by selecting own partner.

Step: 2 Give them situation cards. Ask them to write down own dialogues to deal with the situations individually. And ask them to perform their Scripts.

Step: 3 Ask other participants to observe and note down communication done in the role play.

Step: 4 Ask them to discuss their own observations on the scripts in the group.

Step:5 Ask group leaders to present their group observation on the scripts.

Situations

1. Your younger brother loses big amount of money in share market which he had borrowed from the financial institutes. And just now you come to know about this. In such situation, how will you interact with him?
2. You are college student and your examination will be held in next month. You and your friend are studying for the examination. You and your friend are studying different subjects. After some time, he is continuously forcing you to study same subject which he is studying which you are not interested to do so. In such situation, what will you say to your friend?

Facilitative Questions:

- 1) What did you keep in mind while writing dialogues of the script?
- 2) Was the way of communication of all same to the given situations? Why?

- 3) Why did you write such kind of dialogues of the script?
- 4) Did you find any difference in all ways of writing dialogues of the script?
- 5) According to you whose way of communication was proper in the situations? Why?
- 6) What could be the effect, if do not considers others feelings while communicating to the others?
- 7) Did you face such kind of situation earlier in your life? Which kinds of feelings did you experience at that time?
- 8) How did you react to the situations? Was your reaction appropriate?

Activity: 29

Title: Car and Driver

Duration: 50 Minutes

Method: Game

Materials: Ribbon, Papers, Pen

Life Skills Promoted: Interpersonal Relationship Skill, Effective Communication Skill, Coping with Emotions Skill, Critical Thinking Skill, Decision Making Skill

Procedure:

Step: 1 Make pair of participants to carry out the game.

Step: 2 From pair, tie up ribbon on one participant eyes, that participant is known as Car. And ask another participant to provide direction, is known as Driver. Give some destiny where they have to reach as per the directions provided by the driver within fixed time, with non verbal directions.

Step: 3 Carry out game by changing role of the car and the driver and ask them to write down their own experiences and feelings as the car and the driver.

Facilitative Questions:

- 1) Which role in the game you like more? Why?
- 2) What were your feelings when you were car?
- 3) What were your feelings when you were driver?
- 4) Were the feelings remains same while playing both the roles? Why?
- 5) Did you face any difficulty in playing role of car? What did you do?
- 6) Did you face any difficulty in playing role of driver? What did you do?
- 7) Which strategy did you plan as driver?
- 8) How much your strategy was useful to reach the destiny?

- 9) In real life, did you face such kind of situation? What did you do?
10) Did you experience such feelings earlier? What did you do? Why?

Activity: 30

Title: My comfort

Duration: 45 Minutes

Method: Self Reporting

Materials: Feeling sheet, Paper, Pen

Life Skills Promoted: Self Awareness Skill, Interpersonal Skill, Coping with Emotions Skill, Critical Thinking Skill

Procedure:

Step: 1 Give them feeling sheet. Ask them to write down their feelings and behaviour to the situation individually.

Step: 2 Ask them to read again and write down their reflection on their own behaviour and feelings they want to change.

Feeling sheet

When I am in group, I find my self _____.

When I am watching television, I find my self as _____.

When I am alone, I find my self _____.

When I read any book or magazine, I find my self _____.

When my friends come to my home, I feel _____.

When I go to my friend's home, I feel _____.

When parents ask me to visit relatives home, I feel _____.

I find my self more comfortable, when I am _____.

I like to do my work _____.

When some body around me, I feel _____.

When I help some body, I feel _____.

When some body hurt me, I feel _____ and

say my self _____.

Happiest moment of my life, when I _____.

I feel very sad, when _____. In one word,

I am _____ person.

Facilitative Questions:

- 1) When you filled feelings sheet which kind of thinking was going on in your mind?
- 2) When you again read feelings sheet which kind of feelings did you experience?
- 3) Did you face any problem in identifying your feelings in any given situations?
- 4) What could be the reason for such kind of feelings you have in given situations?
- 5) Which things do you want to change in your self? Why?
- 6) How do you make change in yourself?
- 7) Do you require help of any body to change yourself? Why?
- 8) Did your present personality have affected your relationship in your life?

Activity: 31

Title: What do I do?

Duration: 45 Minutes

Method: Situational Discussion

Materials: Situation Cards, Paper, Pen

Life Skills Promoted: Coping with Stress Skill, Coping with Emotions Skill, Critical Thinking Skill, Decision Making Skill, Problem Solving Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader for their group.

Step: 2 Give them situational cards. Ask them write down their own reflection to the situation.

Step: 3 Ask them to discuss their own reflects to the situation in the group.

Step: 4 Ask group leaders to present their group reflection on the situation.

Situations

1. You are preparing for Navodaya written test for the post of Higher Secondary Teacher from last six months. Next week, you have to appear for written test. Today, you come to know that the government has announced that post of reservations has increased by reducing post of open category and also planning to reduce number of schools. You belong to open category and you have more hope

from this post. In such situation, which kind of thinking coming to your mind? What will you do? Why?

2. Your relatives are coming to your home by train to spend vacation. You are waiting for them and you have planned how you will spend vacation with them. You are watching television and by surfing on television you see breaking news on news channel that train accident took place near to your place in which your relatives are coming. In such situation, what is your first feeling? How do you react? Which kind of thinking is coming to your mind? What will you do?

Facilitative Questions:

- (1) What was your first feeling when you read first situation? Why?
- (2) What was your first feeling when you read second situation? Why?
- (3) Which first thinking came to your mind when you read the situations?
- (4) Which kind of thinking was going on in your mind?
- (5) Which kind of feeling did you experience in such situation?
- (6) Did you experience such kind of feeling earlier?
- (7) What did you do at that time?
- (8) Was your behaviour appropriate to the situation?
- (9) What else you need to do in such situation?
- (10) Were your reflections to the situations similar to the group reflections?
- (11) What was the difference? Why does difference occur?
- (12) What could be the appropriate behaviour in the given situation? Why?

Activity: 32

Title: I need them

Duration: 45 Minutes

Method: Self Reporting

Materials: Paper, Pen

Life Skills Promoted: Interpersonal Relationship Skill, Effective Communication Skill, Self Awareness Skill, Empathy Skill, Coping with Emotions Skill, Decision Making Skill, Critical Thinking Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants.

Step: 2 Ask them write down individually name and relation of persons around them, how she or he behaves with them, how they behave with she or he, do they like or dislike she or he and why.

Step: 3 Ask them to discuss their relations in the group.

Facilitative Questions:

- 1) From birth till today how many relationships you have in your life?
- 2) Are these relationships important for you?
- 3) How do they behave with you?
- 4) Do you like them? Why?
- 5) How do you behave with them?
- 6) Do you have same kind of expectations from all your relationships? Why?
- 7) Do they have some expectations from you?
- 8) Do you have any responsibilities towards them?
- 9) Do you try to fulfill those responsibilities?
- 10) Do you find any change in them and yourself when you fulfill their expectations?
- 11) Which relationship do you enjoy more in your life? Why?

Activity: 33

Title: It's my creation

Duration: 45 Minutes

Method: Game

Materials: Different type of Shapes, Pen, Color, Paper, Gum Stick, etc.

Life Skills Promoted: Creative Thinking Skill, Decision Making Skill, Problem Solving Skill, Self Awareness Skill

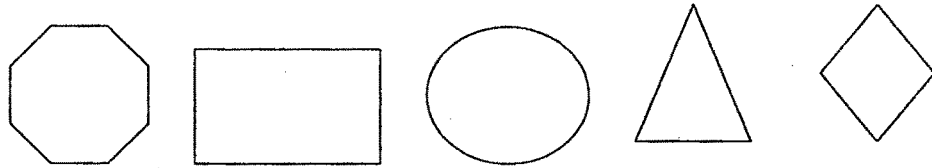
Procedure:

Step: 1 Make group of 5 to 7 participants. Ask them to select a group leader. Provide them all materials in the group.

Step: 2 Ask them to prepare whatever they want to create from the available materials.

Step: 3 Ask group leaders to present their group creation.

Shapes



Facilitative Questions:

- 1) What did you create from available materials?
- 2) What was reason for creating this thing only?
- 3) How do you create different things from same materials?
- 4) How did you decide to prepare such articles?
- 5) Which procedure did you follow to prepare such articles?
- 6) Did you face any problem while preparing articles? If yes, what did you do?
- 7) To make this article more effective which other materials do you require?

Activity: 34

Title: My solution

Duration: 50 Minutes

Method: Brain Storming

Materials: Puzzle Cards, Papers, Pen

Life Skills Promoted: Critical Thinking Skill, Decision Making Skill, Problem Solving Skill, Effective Communication Skill, Interpersonal Relationship Skill, Coping with Emotions Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader for their group.

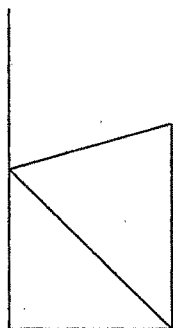
Step: 2 Give them puzzle cards. Ask them to find out solution for the puzzles individually.

Step: 3 Ask them to discuss their solution of the puzzles in the group.

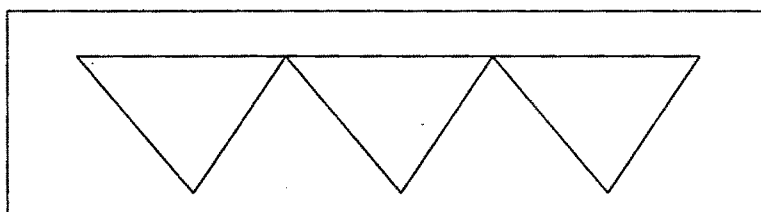
Step: 4 Ask group leaders to present solution of the puzzles decided by their group.

Puzzles

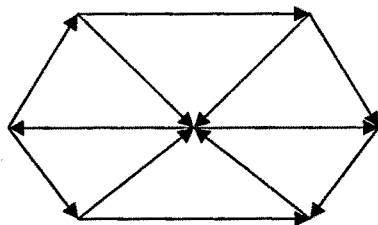
1. Make Key by moving one line.



2. Change positions of three lines in such a way that it creates five triangles.



3. Change position of four arrows in such a way that it creates three triangles.



Facilitative Questions:

- 1) What is the solution to the puzzles?
- 2) How much were you able to solve the puzzles individually?
- 3) How did you arrive at the solution of the puzzles individually?
- 4) Did you face any problem to solve the puzzles?
- 5) How did you solve that problem?
- 6) Which process did you adopt to solve the problem?
- 7) Which kind of feeling did you experience while solving the problem?
- 8) Did you feel to have help of others to solve the puzzles?
- 9) Which feelings did you experience when you were able to solve the puzzles?

- 10) Which feelings did you experience when you were not able to solve the puzzles?

Activity: 35

Title: What can I do?

Duration: 45 Minutes

Method: Situational Discussion

Materials: Situation Cards, Paper, Pen

Life Skills Promoted: Problem Solving Skill, Critical Thinking Skill, Decision Making Skill, Coping with Emotions Skill, Interpersonal Relationship Skill

Procedure:

Step: 1 Make a group of 5 to 6 participants. Ask them to select a group leader for their group and give them situational card.

Step: 2 Ask them to write down their solution of the problems individually.

Step: 3 Ask them to discuss their solution of the problem in the group.

Step: 4 Ask group leaders to present their group strategy to solve the problems.

Situation

1. You got interview call letter for the post of Higher Secondary Teacher in Delhi Public School, Delhi. You planned to go there for giving interview. You reached New Delhi on interview date and when you got ready for giving interview at that time you realize that you forgot to bring your original certificates. Then in such situation, how will you feel? What will you do?
2. You are appearing for NET Exam in your subject. You have to reach at venue before 9.30 a.m. and you reach at 9.35 a.m. When you reach venue, you find that you do not have admit card of examination and you do not remember your examination number. In such situation, what will you do? How will you feel?

Facilitative Questions:

- 1) What was your strategy to deal with first situation?
- 2) What was your strategy to deal with second situation?
- 3) Was your strategy same as group strategy to deal with the situation?
- 4) Did you adopt same strategy to deal with both situations? Why?
- 5) According to you, which strategy was better? How?
- 6) How could you arrive at one strategy to deal with the situation in group?
- 7) Which process did you adopt to arrive at one strategy to solve the problem?

- 8) In such situation, which feeling did you experience? Why?
- 9) Did you face such kind of situation in your life? What did you do?
- 10) How did you feel in such situation?

Activity: 36

Title: I feel

Duration: 45 Minutes

Method: Self Reporting

Materials: Feeling Sheets, Pen

Life Skills Promoted: Coping with Emotions Skill, Coping with Stress Skill, Critical Thinking Skill, Self Awareness Skill, Interpersonal Relationship Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader for their group.

Step: 2 Give them feelings sheet. Ask them to write down their feelings in feeling sheet, individually.

Step: 3 Ask them to discuss their own feelings in the group.

Feeling Sheet

When some body gets angry on me- _____

When some body gives flowers to me- _____

When I have to appear for examination- _____

When I see comedy movie- _____

When some body appreciates my work- _____

When I tell lie to my parents- _____

When some body tease me- _____

When my friends give importance to my presence in the group- _____

When my parents accept my ideas- _____

When my elder sister stops me to go out of home- _____

When I get first prize- _____

When I lose money in the market- _____

When I get less mark in the examination- _____

When I am with my friends- _____

Facilitative Questions:

- 1) Do you have same kind of feelings in all situations given in feeling sheet?
- 2) Why do you have different kind of feelings?
- 3) Do you have same kind of feelings to different situation with same reasons?
Why?
- 4) Why do you experience such kind of feelings in such situation?
- 5) Do you all have same kind of feelings in all situations? Why?
- 6) Do you have same reasons for same kind of feelings?
- 7) Did you experience such kind of feelings earlier in your life? What was the reason?
- 8) How did you deal with such feelings?
- 9) When you have bad feelings at that time how did you react to the situation?
- 10) Did such kind of your reaction affect your relationship?
- 11) Do you feel bad afterwards for your behaviour in the situation?

Activity: 37

Title: What could be my decision?

Duration: 45 Minutes

Method: Situational Discussion

Materials: Situation Cards, Papers, Pen

Life Skills Promoted: Decision Making Skill, Problem Solving Skill, Effective Communication Skill, Interpersonal Relationship Skill, Critical Thinking Skill, Coping with Emotions Skill, Self Awareness Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants and ask them to select a group leader for their group. Give them situation cards.

Step: 2 Ask them to decide their ways to deal with the situations individually.

Step: 3 Ask them to discuss their ways to deal with the situations in the group and find out solutions.

Step: 4 Ask group leaders to present their solution for the situations decided by their group.

Situations

1. For the benefit of students school has a plan to take them to educational tour for one day. All students and teachers are so excited for the educational tour. The parents of a girl student from your class are not allowing her to join educational tour. You know that this educational tour is helpful to her for her educational and social development. In such a situation, what will you do?
2. You and your younger sister went to market for shopping. You have purchased almost all things. Suddenly, your sister show one pretty dress and she wanted to purchase that dress. Both of you went their and ask price of that dress. But you did not have that much amount to purchase a dress. In such a situation, what will you do? Why?

Facilitative Questions:

- 1) How did you decide to react in such manner to the situations?
- 2) Was your behaviour appropriate to the situations? Why?
- 3) Which kind of thoughts came to your mind at the time of taking decision?
Why did you think for all these different aspect to take decisions?
- 4) Which kind of feelings did you experience in given situations?
- 5) Why did you have such kind of feelings in the situations?
- 6) What did you say to your self while dealing with such kind of situations?
- 7) How did you take such decision to deal with the situations?
- 8) Which process did you adopt to arrive at decision to deal with the situations?
- 9) Did you have such kind of feelings earlier in your life? When? What did you do?
- 10) Did you come across similar situation in your life?
- 11) How did you behave in the situation?
- 12) What could be out come of your behaviour in the situation?
- 13) If you got success in such a situation then what do you say to your self? Why?
- 14) What could be the possible reason for your success?

Activity: 38

Title: I understand you

Duration: 50 Minutes

Method: Film Show

Materials: Film clipping (Tare Zaminpar), Paper, Pen

Life Skills Promoted: Empathy Skill, Self Awareness Skill, Interpersonal Relationship Skill, Coping with Emotions Skill, Decision Making Skill, Problem Solving Skill, Critical Thinking Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader for their group.

Step: 2 Show them film clipping. And ask them write down their observations on film clipping individually.

Step: 3 Ask them to discuss their observations in the group.

Step:4 Ask group leaders to present their group observations.

Film clipping: (See same kind of student in the school.)

Facilitative Questions:

1. What did you observe in the film?
2. Why was a teacher shown concern about a student?
3. According to you, which kind of feelings did teacher had experience, when he look to the student?
4. Did he experience same kind of feeling for all students? Why?
5. Why did teacher worry for a student?
6. Why was a particular teacher able to understand that student's problem?
7. Do individual need to understand others' feelings and the problems?
8. Which thing is required to understand others feelings and problems?
9. Did you experience same kind of feelings as teacher has experience in the film earlier in your life? When?
10. What did you do in such situation?

Activity: 39

Title: I want to become

Duration: 45 Minutes

Method: Self Reporting

Materials: Papers, Pen

Life Skills Promoted: Self Awareness Skill, Interpersonal Relationship Skill, Empathy Skill, Critical Thinking Skill

Procedure:

Step: 1 Make a group of 5 to 6 participants. Ask them to close their eyes and recall their ideal person or persons in their life (like her or him or them, they want to be).

Step: 2 Ask them to write down qualities possessed by their ideal or ideals (Strengths and Weaknesses) with reason (why she or he or they is or are become ideal or ideals for them?).

Step: 3 Ask them to write down on another Paper same qualities possessed by them as their ideal or ideals possessed.

Step: 4 Ask them to write down individually strategy to develop remaining qualities of their ideal or ideals and then discuss their strategy in the group.

Facilitative Questions:

- 1) Who is or are your ideal or ideals? Why?
- 2) Why do you want to be like her or him or them?
- 3) Which qualities make her or him or them special for you?
- 4) How many qualities did you possess as compared to the qualities possessed by your ideal or ideals?
- 5) How will you develop other qualities as possessed by your ideal or ideals in your self?
- 6) What is their contribution to the society?
- 7) How much do you contribute to the society?
- 8) What are your duties towards your family, the society, friends and relatives?

Activity: 40

Title: what shall I do?

Duration :45 Minutes

Method: Situational Discussion

Materials: Situation Cards, Paper, Pen

Life Skills Promoted: Empathy Skill, Self Awareness Skill, Interpersonal Relationship Skill, Effective Communication Skill, Coping with Emotions Skill, Coping with Stress Skill, Critical Thinking Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader for their group.

Step: 2 Give them situation cards. Ask them to write down their feelings about each situation and their behaviours in such situations.

Step: 3 Ask them to discuss their feelings and behaviours in such situations in the group.

Step: 4 Ask group leaders to present their group reflections on the situations.

Situations

1. You are waiting for bus for you office. Today bus is already late. You see that one old lady tries to cross the road and at that time your bus is also coming. In such situation, what will you do? Why?
2. You went to hospital for regular medical check up. In hospital, you saw that one child was admitted in ICU and his body was punched for different medical treatment. In such situation, which kind of feeling will you experience? Why?

Facilitative Questions:

- 1) Which kind of feeling did you experience in both the situations?
- 2) Why did you experience such kind of feelings in such situations?
- 3) How did you react to the situations? Why?
- 4) Which kind of thoughts came to your mind when you were in such situation?
- 5) Do you experience same kind of feelings as given in the situations?
- 6) How did you react to the situation?

Activity: 41

Title: My roles

Duration: 45 Minutes

Method: Self Reporting

Materials: Story Cards, Paper, Pen

Life Skills Promoted: Interpersonal Relationship Skill, Effective Communication Skill, Self Awareness Skill, Empathy Skill, Coping with Emotions Skill, Decision Making Skill, Critical Thinking Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader for their group.

Step: 2 Give them story cards. Ask them write down own reflections on story individually.

Step: 3 Ask them to discuss their own observations and reflections in the group.

Step: 4 Ask group leaders to present their group observations / reflections.

Story

Rima and Roshani were good friends and they belong to middle class family. They completed 12th standard (Science) from Navasari and got admission in B. Sc. Course in different subjects in Ahmedabad. Due to different subjects admission their timing of college are also different. Both have new friends in new city. Rima's some friends were from high economical background. They planed for movies, parties in every week. These all things were new for Rima. She liked to be a part of them and she had started asking more money from home by telling lie that she had to pay practical feels, wants to purchase new text books, stationary, etc. And whenever Roshani asked her where she went or why she came late, Rima refuses to answer. Due to Roshani has reduced her friendship with Rima.

Write down, how Rima's behaviour affected her life and her relations?

Facilitative Questions:

- 1) Who was related with Rima?
- 2) Was behaviour of Rima appropriate according to the situation? Why?
- 3) How Rima's behaviour affected her life and her relations?
- 4) What could be the impact of her behaviour on her relations?
- 5) What did Rima need to do? Why?
- 6) Why Roshani had reduced her friendship with Rima?

- 7) Was Roshani's behaviour appropriate to the situation?
- 8) What could Roshani do in such situation?
- 9) Which roles are played by you in your life? Do you perform those roles honestly in your life?
- 10) Are those relationships important for you in your life?
- 11) Do individuals need to reflect on their own behaviour before behaving? Why?
- 12) Did you come across such kind of situation? What did you do? Why?

Activity: 42

Title: What to do?

Duration: 45 Minutes

Method: Situational Discussion

Materials: Situation Cards, Paper, Pen

Life Skills Promoted: Coping with Stress Skill, Effective Communication Skill, Interpersonal Relationship Skill, Critical Thinking Skill, Decision Making Skill, Problem Solving Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants and ask them to select a group leader for their group. Give them situation cards.

Step: 2 Ask them write down their own reflection on the situations.

Step: 3 Ask them to discuss their own reflection on the situation in the group.

Step: 3 Ask group leaders to present their group reflection on the situations.

Situations

1. You are working as Higher Secondary Teacher in Zeal Vidyalaya. You are the only earning member in your family. This month you come to know that your school construction is illegal. And management is not able to arrange new school building for running the school. Due to management may close down the school this month. In such situation, which kind of thoughts coming to your mind? What will you do? Why?
2. Tomorrow you have periodical examination. You are studying in your room and guests come at your home. You come to meet them. After 15 minutes you go to your room, you see that 3 years old child of your guest is destroying your notes. In such situation, which kind of feelings will you experience? What will be your first reaction? Why? What will you do?

Facilitative Questions:

- 1) What was your first feeling when you read the situations? Why?
- 2) In such situation, what do you feel as individual? Why?
- 3) Which first thought came to your mind when you read the situations?
- 4) Which kind of thinking was going on in your mind in such situations?
- 5) Which kind of feelings did you experience in such situations?
- 6) Did you experience such kind of feeling earlier in your life?
- 7) What did you do at that time?
- 8) Was your behaviour appropriate to the situation?
- 9) What else you need to do in such situation?
- 10) Was your reflection to the situation similar to the group reflections?
- 11) What was the difference?
- 12) Why does difference occur? Whose reflection was most appropriate to the situation? Why?

Activity: 43

Title: I will win

Duration: 50 Minutes

Method: Game

Materials: Game Sheets, Balls, Paper, Pen

Life Skills Promoted: Coping with Emotions Skill, Coping with Stress Skill, Problem Solving Skill, Decision Making Skill, Critical Thinking Skill, Creative Thinking Skill, Self Awareness Skill

Procedure:

Step: 1 Make 2 group of participants. Ask them to select a group leader for their group.

Step: 2 Give them game sheets. Ask one group leader to send one participant and another group leader to send 4 to 5 participants to play the game.

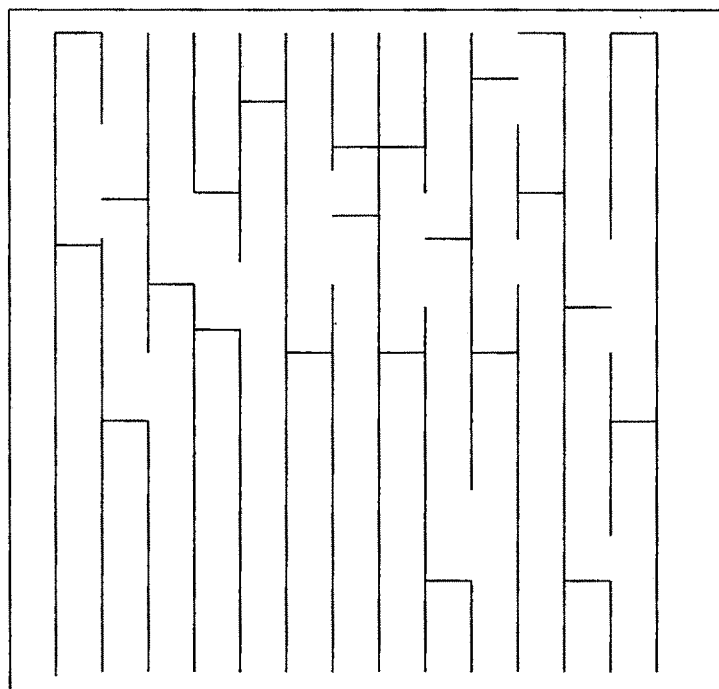
[Directions: from first group, one participant collect balls from the game sheet before they drop down to the game sheet. From another group, the participants drop balls together continuously on the game sheet.]

Step: 3 Continue the game for 2 to 3 minutes. Give chance to all the participants to collect and drop balls in the game.

Step: 4 Ask each participants to write down their feelings and strategy adopted by them during the game (when they collect and drop balls).

Step: 5 Ask them to discuss their strategy and feelings in the group.

Game Sheet



Facilitative Questions:

- 1) Which part of game did you enjoy more?
- 2) How many balls were you able to collect?
- 3) What strategy did you adopt to collect maximum balls in the game?
- 4) What were your feelings during game (at the time of collecting balls or dropping balls)?
- 5) What was difference in your feelings at the time of collecting balls and dropping balls in the game? Why?
- 6) Did you experience such kind of feelings earlier in your life? When?
- 7) How did you react to such feelings in the situation?
- 8) Did such kind of feelings affect you and your relations?

Activity: 44

Title: Treasure Hunt

Duration: 50 Minutes

Method: Game

Materials: Some objects (Ball, Pen Stone, Flowers, Thermo Call Sheet, Puzzle Box, etc.), Papers, Pen

Life Skills Promoted: Problem Solving Skill, Decision Making Skill, Self Awareness Skill, Interpersonal Relationship Skill, Coping with Emotions skill, Critical Thinking Skill, Creative Thinking Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader for their group.

Step: 2 Give lists of objects to the group leaders and ask them to find out those objects within 15 minutes time duration.

[Give clear instruction that the group will win who find maximum objects within given time.]

Step: 3 Ask them write down their strategy or strategies to win the game. Ask the group leaders to submit found objects when time gets over.

Facilitative Questions:

- 1) How many objects are you able to find out?
- 2) Which strategy or strategies did you adopt to win the game?
- 3) How did you develop such strategy or strategies? Who participated in deciding strategy or strategies for winning the game?
- 4) Which things did you keep in mind while developing strategy or strategies for winning the game?
- 5) Did all groups adopt same strategy or strategies to win the game? Why?
- 6) Which strategy was better? Why?
- 7) Do such a strategy we adopt in our life? Where?
- 8) Why do we need to adopt such kind of strategy in our life?
- 9) Did you required help of others to decide your strategy to come out of the problem in your life?
- 10) According to you, what could be the weaknesses of your strategy or strategies? How do you rectify?

Activity: 45

Title: What to do?

Duration: 45 Minutes

Method: Situational Discussion

Materials: Situation Cards, Paper, Pen

Life Skills Promoted: Decision Making Skill, Problem Solving Skill, Critical Thinking Skill, Self Awareness Skill, Coping with Emotions Skill, Coping with Stress Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader for their group.

Step: 2 Give them situation cards. Ask them write down own ways / strategies to deal with situations individually.

Step: 3 Ask them to discuss their own ways / strategies to deal with situations in the group.

Step: 4 Ask group leaders to present their group ways / strategies to deal with situations.

Situations:

- 1) Every month you get Rs. 500 for your monthly expenses. In 3rd week of the month is going on and you have a balance of Rs. 75. Tomorrow is your friend's birthday and you wish to give gift to him and you have to save money for next week expenses also. In such a situation, what will you do? Why?
- 2) You are working as primary school teacher. Your brother is studying in 9th standard and his annual examination will be beginning from next week. You help him regularly for his study but due to some reason this month you are not able to help your brother in his study and you have promise him to help him this week in his study. Today, your school principle informs you that day after tomorrow you have to go for orientation programme for a week at Gandhinagar. In such situation, what will you do?

Facilitative Questions:

- 1) How did you react to the situations?
- 2) Which kind of feelings did you experience in both the situations?
- 3) Which kind of thinking were going on when you deal with the situations?
- 4) How many alternatives were you able to find out to deal with the situations?

- 5) Did you all have thought of same alternatives to deal with the situations?
- 6) Which alternative did you select to deal with the situation? Why?
- 7) How did you arrive at such alternatives to deal with the situation?
- 8) When you arrive at such kind of alternative as final decision which kind of feelings did you experience? Why?
- 9) Did you experience such kind of situation in earlier life? What did you do?
- 10) What did you say to your self when you took such kind of decisions?

Activity: 46

Title: Dum Saraz

Duration: 50 Minutes

Method: Game

Materials: Messages, Paper, Pen

Life Skills Promoted: Effective Communication Skill, Interpersonal Relationship Skill, Critical Thinking Skill, Creative Thinking Skill, Problem Solving Skill, Decision Making Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader for their group.

Step: 2 From the group, ask a group leader to send a participant who explain the message or word non-verbally.

[One participant can explain one message in the game.]

Step: 3 Ask a participant to take a message or word from message box and explain message or word non-verbally to all the groups with in 2 minutes. Give first chance to the participant's own group and then other groups respectively.

[**For example:** Give name to the groups like ridham, tal, lay, etc. Call a participant from ridham group to act to explain message or word non-verbally to all the groups. Give first chance to identify or tell message to ridham and then tal and lay respectively.]

Step: 4 Give change to all participants to act to explain message non- verbally. Ask them to note down their feelings during game and strategy to act to explain message.

Messages or Words

1. Teacher
2. I love my country
3. Save girls
4. friendship
5. Winter
6. I understand you
7. You are my best friend
8. We are sisters
9. She is singer
10. Unity

Facilitative Questions:

- 1) When you read the message, at that time, what were your first feelings?
- 2) What was your first reaction to the message or word?
- 3) What did you say to yourself?
- 4) Which strategy or strategies did you frame to convey the message or word?
- 5) Did you face any difficulty while conveying message or word? What did you do?
- 6) Why did you face difficulty in conveying message or word?
- 7) When you were not able to convey the message at that time which kind of feelings did you experience?
- 8) How did you cope up with your feelings?
- 9) Did your work performance get affected due to time bound? How?
- 10) Do you use such kind of communication channel? When?
- 11) Do you find any difficulty to communicate non-verbally? Which kind of difficulties do you experience?
- 12) Are you able to understand message or word correctly within time duration? Why?
- 13) Which kind of difficulties do you face to understand the message?

Activity: 47

Title: I can't understand

Duration: 50 Minutes

Method: Game

Materials: Paper, Pen

Life Skills Promoted: Effective Communication Skill, Interpersonal Relationship Skill, Critical Thinking Skill, Decision Making Skill, Problem Solving Skill

Procedure:

Step: 1 Ask participants to stand in 2 Row facing each other.

Step: 2 Ask all the participants to speak out name of participants standing in front row. [They have to speak all together.]

Step: 3 Continue this game for 5 to 10 minutes and ask them to write down how much time they have heard own name? How much time they repeated other participants name?

Step: 4 Ask all participants to respond how much time they repeated other participants name.

Facilitative Questions:

- 1) Did you hear same number of time your name from all the participants?
- 2) Why were you not able to hear your name repeated by the other participants?
- 3) Did you face any problem to hear your name? Which problem did you face?
- 4) Did you face same kind of problem earlier in your life? When?
- 5) What was the impact of such kind of communication problem?
- 6) What care needs to be taken when we communicate message to others?

Activity: 48

Title: My diary

Duration: 45 Minutes

Method: Self Reporting

Materials: Picture Cards (Different facial expression), Diaries, Paper, Pen

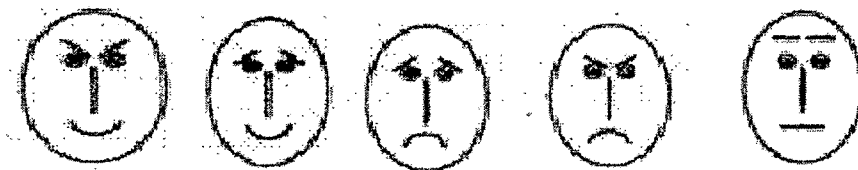
Life Skills Promoted: Self Awareness Skill, Critical Thinking Skill, Coping with Emotions Skill, Decision Making Skill

Procedure:

Step: 1 Give picture cards to participants and ask them to prepare own picture diary (Biography).

[If some pictures are not available they can prepare own self those pictures and prepare diary. Give instruction that all things remain confidential.]

Step: 2 Ask them to read out own diary once again and then write down on separate Paper, which things they like most about ownself?

Picture cards:**Facilitative Questions:**

- 1) How much time did you take to start writing about ownself? Why?
- 2) Do you feel that you have described yourself properly? Why?
- 3) Did you face any problem while writing own diary? What difficulty did you face?
- 4) Why did you face such problems?
- 5) Did you get all pictures to express yourself? If no, which pictures you did not get?
- 6) When you read your diary again which kind of feelings did you have?
- 7) Why did you have such kinds of feelings?
- 8) Do you want to change some part of yourself? Why?
- 9) Which part do you want to change?
- 10) On 10 point scale i.e. 1 is lowest and 10 is maximum, rank yourself with respect to satisfaction you have from your life?

Activity: 49

Title: I can find solution

Duration: 50 Minutes

Method: Brain Storming

Materials: Puzzle Cards, Papers, Pen

Life Skills Promoted: Critical Thinking Skill, Decision Making Skill, Problem Solving Skill, Effective Communication Skill, Interpersonal Relationship Skill, Coping with Emotions Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants and ask them to select group leader for their group.

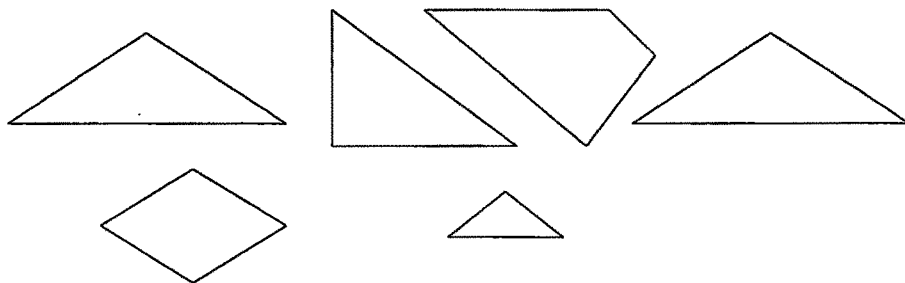
Step: 2 Give them puzzle cards. Ask them to find out solution for the puzzles individually within 10 minutes.

Step: 3 Ask them to discuss their solution of the puzzles in the group.

Step: 4 Ask group leaders to present their group solution of the puzzles.

Puzzles:

- 1) In these puzzles, you are given a number that you must construct out of several other numbers. You do this by taking the numbers and performing addition, subtraction, multiplication, and/or division operations on them. Each number must be used in the calculations exactly once, and only these four operations listed may be used.
 - a) Make 42 out of 2, 3, 4, and 9.
 - b) Make 40 out of 4, 6, 8, and 8.
 - c) Make 17 out of 1, 2, 6, and 7.
 - d) Make 32 out of 1, 2, 6, and 7.
- 2) Make a square out of the figures given.



Facilitative Questions:

- 1) What was the solution to the puzzles?
- 2) How many puzzles were you able to solve individually?
- 3) How did you arrive at the solution of the puzzles?
- 4) Did you face any problem to solve the puzzles?
- 5) How did you able to solve difficulty to solve the puzzles?
- 6) Which kind of feeling did you experience while solving the problem?
- 7) When you were able to solve the puzzle at that time which feelings did you experience?

Activity: 50

Title: Let's show our talents

Duration: 50 Minutes

Method: Brain Storming

Materials: Colors, Papers, Pen, Eraser

Life Skills Promoted: Creative Thinking Skill, Self Awareness Skill, Decision Making Skill, Problem Solving Skill, Critical Thinking Skill

Procedure:

Step: 1 Make a group of 5 to 7 participants. Ask them to select a group leader for their group. Give all materials in the group.

Step: 2 Ask them to draw picture or create poem or any thing to express their experience from the program.

Step: 3 Ask group leaders to present whatever they have prepared.

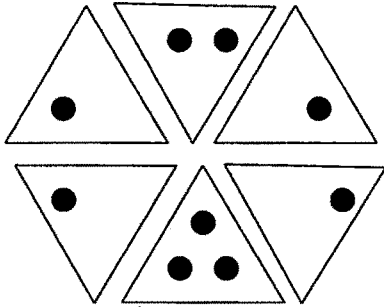
Facilitative Questions:

- 1) How did you prepare such kind of picture or poem, etc.?
- 2) Which things you kept in mind to prepare such pictures or poems, etc.?
- 3) Did you face any difficulty in preparation of picture or poem, etc.?
- 4) What did you do to solve the problem at the time of creating picture or poem, etc.?
- 5) How did you feel while preparing picture or poem, etc.? Why?

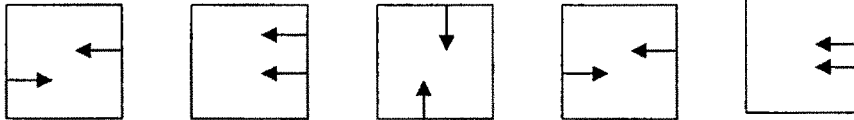
Answer of the Puzzles

Activity No: 4

1. Arrange the triangles like this to create a view showing just two sides of the die.

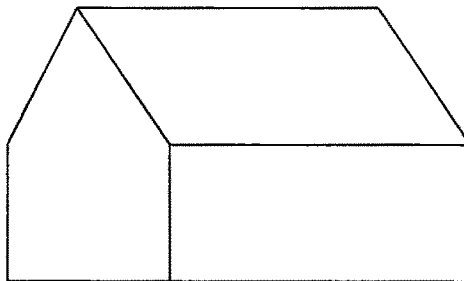


2. Select 'D' option to complete the word "SENSE".

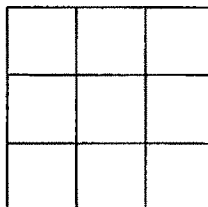


Activity No: 12

1. Arrange five lines in this manner to create House.

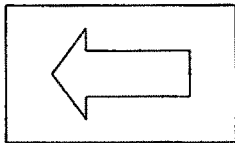


2. To make sum of 15 in each column, row and diagonal different solutions are possible on of them is as under.

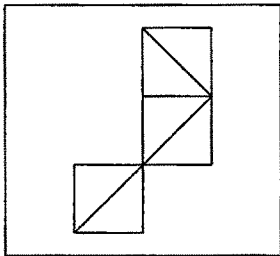


Activity No: 15

1. Select 'D' option to match sequence.



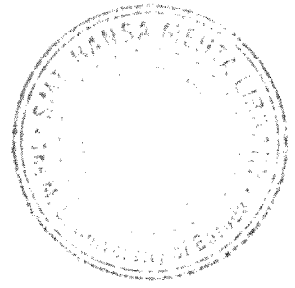
2. Select 'E' option in the series.



Activity No. 20

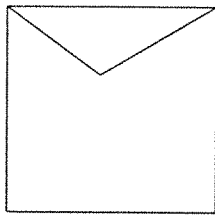
1.educational words are as under.

T	E	A	C	H
E			G	
A	X		U	
C	L	A	S	S
H	A		M	
E	B		D	S
R	O		P	E
V	R	O	O	M
C	A	N		E
E	T	C	N	S
D	O	E		T
	R	R		E
	Y	T		R



Activity No: 27

1. Add to parallel lines to find this latter.

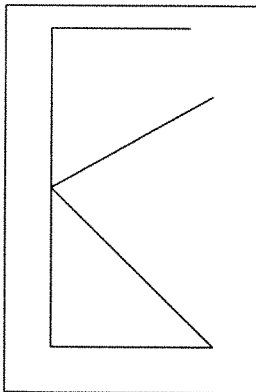


2. To complete the sequences as lines to make letter 'A'.

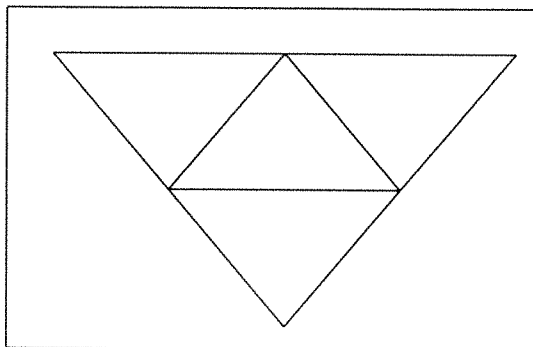


Activity No: 34

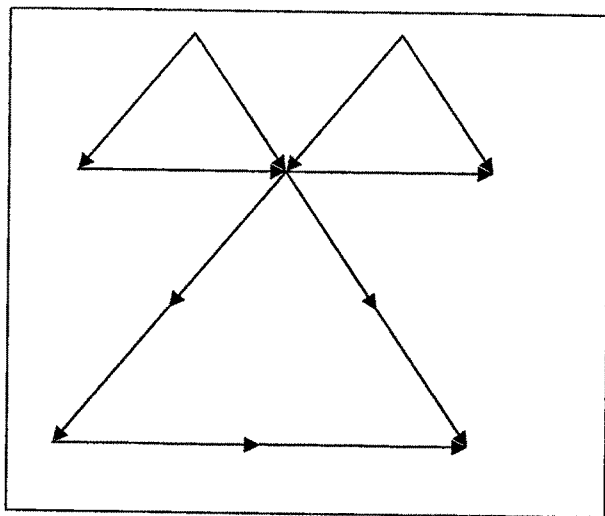
1. Move one line to make this kind of key.



2. Change the position of lines in this ways to make five triangles.



3. Change the positions of arrows in this ways to create three triangles.



4.3 Analysis of the Objective 3 (To Study Effectiveness of the Life Skills Programme for the Student – Teachers)

Before implementing the Life Skills Programme the Situational Test and the Life Skills Inventory were implemented on Student - Teachers to know the level of the Life Skills possessed by them. At the end of each activity, the Activity Feedback Sheet was administered to know their opinion about each activity. In between, to know the Life Skills development again the same Life Skills Inventory was administered after 21 days of the beginning of the Life Skills Programme. And at the end of the Life Skills Programme, a parallel Situational Test and same Life Skills Inventory were administered to know the development of the Life Skills among them. The Programme Feedback Sheet was administered to know their opinion about the Life Skills Programme.

Parallel Situational Tests were constructed by the investigator. In each Situational Test 10 items were given. In 10 items some situations were given followed by questions related Life Skills. The Life Skills Inventory was constructed on five point scale, namely, *Always, Very Often, Sometimes, Rarely and Never*. The Life Skills Inventory consisted of 80 items related to behaviours on each Life Skill. In the Life Skills Inventory, on each Life Skill ten items were constructed and each Life Skill was having five negative and five positive items. The Life Skills Inventory was implemented 3 times to know the development of the Life Skills in the Student - Teachers in the beginning of the Life Skills Programme, during the Programme and at the end of the Programme.

The effectiveness of the Life Skills Programme for Student- Teachers has been presented Case- wise and Skill-wise.

4.3.1 Case 1 (24 years, Master Degree in Commerce (Financial Accounting and Management), unmarried and six months teaching experience at pre-primary level)

Table: 4.3.1 Pre- Status and Post- Status on the Ten Life Skills
Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Did not pay attention to her capacity for deciding task	Pays attention to her capacity for deciding task
	Did not pay attention to others' views, opinions for her improvement	Pays attention to others' views, opinions for her improvement
	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Independent	Followed directions provided by others	Does work as per her direction confidently
	Performed task decided by others	Accepts task as per her capacity

	Was not able to pay attention to her capacity	Behaves by considering her capacity in the situation
		Has positive attitude for any task in her life
	Hesitated to perform task independently	Performs task independently
Open Minded	Did not have clarity regarding her goals of life	Has clarity regarding her goals of life
	Did not accept opinions, views of others for her improvement	Accepts opinions, views of others for her improvement
	Felt her life meaningless	Feels her life meaningful
	Hesitated to accept her mistakes and weaknesses	Accepts her mistakes and weaknesses
		Brings change in her behaviours as per requirement of the situation
		Tries to reduce her weaknesses
Clear Visionary	Did not have clarity regarding her goals of life	Has clarity regarding her goals of life
	Followed decisions taken by others	Has clarity regarding her decisions
Empathy Skill	Pre- Status	Post- Status
Dependable	Did not help others	Tries to help others
	Did not have concern for others having pain	Has concern for others having pain
	Did not stand with others to help them	Stands with others to bring them out of painful situation
	Did not experience same feeling as experienced by others in the painful situation	Experiences same feeling as experience by others in the painful situation
	Did not able to take action to help others	Takes action to help others
Responsible	Showed concerns for others with her benefits	Shows concerns for others without her benefits
	Sometimes felt bad for others having pain	Feels bad for others having pain
	After sometimes forgot pain of others	Does not forget pain of others
	Did not feel her responsibility to help others	Realizes her responsibility towards them
	Sometimes unknowingly hurt others' feelings	Does not hurt others' feelings
	Made show off of her concern for others	Does not make show off of her concern for others
		Acknowledges feeling of others having pain
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not link feelings of others with her feelings	Links feelings of others with her feelings
Rational Thinker	Did not try to understand the painful situation of others	Tries to understand the painful situation of others
	Did not try to find out solution to bring them out of the painful situation	Tries to find out solution to bring them out of the painful situation
		Analyses the painful situation to find out solution
		Does planning to bring others out of painful situation
	Negates others having pain	Not able to stop herself to think for others' pain
Interpersonal Relationship Skill	Pre- Status	Post- Status
Open Minded	Did not listen to others' views, opinions	Listens to others' views, opinions
	Did not understand feelings of relations	Tries to understand feelings of relations
		Enjoy each relations in her life
	Felt more comfortable with her mother and few friends	Finds comfortable with all relations
	Shared own feelings, ideas, opinions with her mother and a few friends	Shares own feelings, ideas, opinions with all relations
Dependable	Felt comfortable by the presence of her mother	Makes relations to feel comfortable by her presence
	Depended on relations	Allows relations to depend on her
	Hesitated to work for welfare of relations	Ready to work for welfare of relations
Responsible	Gave importance to her mother and a few friends in her life	Acknowledge importance of all relations in her life
	Took care of her family members	Takes care of her all relations
	Devotion towards family members only	Devotion towards all relations
	Ready to work for the welfare of her family members only	Ready to work for the welfare of all relations

		Pays attentions to all relations in her life
		Does not feel burden of relations
Honest	Shared feelings, ideas, opinions with her mother and a few friends	Shares feelings, ideas, opinions with all relations
	Gave more importance to her family relations than the other relations	Gives importance to each relations in her life
	Hesitated to accept her mistakes	Accepts her mistakes and weaknesses in front of all relations
	Hesitated to tell relations mistakes	Tries to tell relations mistakes
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Spontaneously reacted to the situation	Behaves as per requirement of the situation
	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes was not able to understand ideas, views, opinions of others	Understands ideas, views, opinions of others
Independent	Hesitated to communicate to her father	Tries to communicate to her father independently
	Did not present her ideas, views, opinions in front of others	Confident to present her views, opinions, ideas in front of others
	Got confused while presenting her ideas, views, opinions	systematically presenting her ideas, views, opinions
	Spontaneously reacted to the situation	Does planning before communicating to others confidently
Rational Thinker	Spontaneously reacted to the situation	Does planning before communicating to the others
	Did not pay attention to her tone and language while communicating to others	Makes appropriate use of tone and language while communicating to others
	Sometimes not arranged her ideas systematically	Systematically presents her ideas, views, opinions
	Accepted all information provided by her family members	Accepts only relevant information provided by others
Open Minded	Did not pay attention to others' views, ideas, opinions for her improvement	Pays attention to others' views, ideas, opinions for her improvement
	Accepted all information provided by her family members	Accepts only relevant information provided by others
	Was not able to bring change in her ways of communication	Tries to bring change in her ways of communication
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not reflect after accepting information provided by family members	Reflects on information after accepting information provided by others
Rational Thinker	Never analysed information provided by family members	Analyses information provided by others
	Analysed all aspects of information before generalising	Analyses all aspects of information before generalising
		Collects relevant information provided by others
	Accepted only relevant part of information provided by outsiders	Accepts only relevant part of information provided by others
Independent	Depend on family members for taking decisions	Tries to take decisions independently
	Followed directions provided by family members to perform task	Follows her direction to perform task
	Never analysed information provided by family members	Analyses information provided by others
	Analysed all aspects of information before generalising	Analyses all aspects of information before generalising
		Collects relevant information provided by others

	Sought support from parents to take decisions	Does not seek support from parents to take decisions
	Accepted information provided by family members	Registers her disagreement related to information provided by others confidently
Non- conformist	Accepted information provided by family members	Registers her disagreement related to information provided by others confidently
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Hesitated to perform task in innovative ways	Applies own innovative ideas to perform task
	Liked to do the task differently	Likes to do the task differently
	Thought differently than others	Thinks differently than others
	Enjoyed doing task in different manner	Enjoys doing task in different manner
	Got bored to do the task in same manner	Gets bore to do task in same manner
Independent	Hesitated to do task as per her direction	Does task as per her direction
		Does task in different manner confidently
	Did task as per direction provided by others	Enjoys doing task as per her directions
	Hesitated to apply her innovative ideas to solve the problem	Applies her innovative ideas to solve the problem
Original ideas creator	Created different ideas than the others	Creates different ideas than others
	Hesitated to present her innovative ideas in front of others	Confidently presented her innovative ideas in front of others
	Remained engaged in generating innovative ideas	Remains engaged in generating innovative ideas
Clear Visionary	Had clarity regarding her innovative ideas	Has clarity regarding her innovative ideas
	Able to elaborate her innovative ideas	Able to elaborate her innovative ideas
	Was not able to explain her ideas as solution of the problem	Able to explain her ideas as solution of the problem
		Brings change as per the requirement to solve the problem
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Followed directions provided by others	Has clarity regarding result of decisions
		Has clarity to take decision her self
		Has clarity regarding her decision
Risk Taker	Depended on her family members for taking decisions	Analyses each alternatives to take decisions
		Ready to bear consequences of her taken decisions
		Ready to bring change in her ways for taking decisions
	Hesitated to face challenges in her life	Tries to face challenges in her life
Rational Thinker	Depended on her family members for taking decisions	Collects relevant information for taking decisions
	Followed directions provided by others	Analyses all alternatives before taking decisions
		Tries to bring change as per requirement
		Does planning for taking decision
Independent	Depended on her family members for taking decisions	Confidently take her decisions
		Follows her directions to perform task confidently
		Reduced hesitation to tell her decisions to her father
		Does planning for taking decision independently
	Hesitated to face challenges in her life	Tries to face challenges in her life
Optimistic	Followed directions provided by others	Thinks positive while taking decisions
	Hesitated to face challenges in her life	Tries to face challenges in her life
		Ready to bring change in her ways of taking decisions
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Followed direction provided by her family members to solve the problem	Follows her directions to solve the problem
		Analyses all aspects of the problem

		Incorporates all aspects of the problem to solve the problem
		Tries to apply her innovative ideas to solve the problem
		Does planning for solving the problem
		Collects relevant information provided by others to solve the problem
Independent	Required help of others to solve the problem	Tries to solve the problem independently
	Withdrew her self to solve the problem	confidently takes decisions to solve the problems
		Does planning for solving the problem independently
Optimistic	Hesitated to solve the problem independently	Has positive thinking while solving the problem
	Withdrew own self to solve the problem	Thinks positive for result of the solution applied to the problem
		Thinks positive while solving the problem
		Does not lose confidence while facing challenging situation in her life
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not reflect on result of solution after applying to the problem	Reflects on result of solutions after applying to the problem
Coping with Emotions Skill	Pre- Status	Post- Status
Self Controleed	Spontaneously reacted to the situation	Behaves as per requirement of the situation
	Expressed her feelings to her mother and few friends	Expresses her feelings at right time to right person
	Hesitated to express her feelings to her father	
		Does not make show off of her feelings in front of others
	Sometimes unknowingly hurt feelings of others	Does not hurt others' feelings
Open Minded	Was not able to understand others' feelings	Tries to understand others' feelings
		Thinks positive for all the situations in her life
	Hesitated to change her behaviour as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Hesitated to express her feelings to her father	Tries to express her feelings to her father
Rational Thinker	Did not think before reacting to the situation	Does planning before behaving in the situation
	Was not able to understand the situation	Tries to understand the situation
		Analyses the situation before behaving in the situation
Reflective Thinker	Did not reflect her behaviours with reference to the situation	Reflects her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Spontaneously reacted to the situation	Analyses the situation before reacting
		Collects relevant information to find out solution to come out of stressful situation
	Was not able to understand the situation	Tries to understand the situation
		Tries to understand feelings of the others with reference to the situation
		Does planning to come out of stressful situation
		Tries to concentrate on stressor
Independent	Required help of others to come out of stressful situation	Confidently tries to manage her stress
	Spontaneously reacted to the situation	Able to concentrate on the stressor
		Does planning to come out of stressful situation

Optimistic	Had negative thinking whenever faced the problem	Thinks positive to come out of the situation
		Does not feel helpless whenever feels stress
		Thinks positive for all situations in her life
		Tries to bring change in her behaviours with reference to the situation
	Sometimes felt her life stressful	Feels her life meaningful
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviour with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviour with reference to the situation

She was good in some of Life Skills, namely, Creative Thinking Skill, Critical Thinking Skill and Coping with Stress Skill as compared to others Life Skills. She was very weak in Effective Communication Skill. She spontaneously reacted to the situation without proper understanding regarding the situation. She was not able to control her emotions and behaved inappropriately in the situation. She was a creative person but was not able to share her creation with others. She was a critical thinker. She was more close to her mother, shared her feelings with the mother and a few friends. She was afraid of her father. She was not able to express her feelings to him. She was little bit aware regarding herself, but, depended on her family members for taking decision for her life. She hesitated to solve the problems.

After experiencing the intervention programme, she has improved her Life Skills. She has realized importance of all relations in her life and she has started sharing her feelings with all relations. Now, she is not afraid of her father and tries to express her feelings and communicates to him confidently. She has reduced reacting spontaneously to the situations and analyses the situations before behaving. She has started applying her Critical Thinking Skill and Creative Thinking Skill for solving the problem and taking decision for her life. She has reduced taking help of others to solve the problem. Now, she finds her life more meaningful and enjoyable.

About the programme, she has mentioned that it helped her to understand herself and others. She has improved her relations with others. She found that it has enriched her life.

4.3.2 Case 2 (23 years, Master Degree in Commerce (Financial Accounting and Management), unmarried and does not have any teaching experience)

Table: 4.2 Pre- Status and Post- Status on the Ten Life Skills

Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Did not pay attention to others' views, opinions for her improvement	Pays attention to others' views, opinions for her improvement
	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not acknowledge importance of others' views, opinions, ideas for her improvement	Acknowledge importance of others' views, opinions, ideas for her improvement
	Hesitated to reduce her weaknesses	Tries to reduce her weaknesses
	followed directions provided by others to perform task	Follows her directions to perform task as per her capacity
Independent	followed directions provided by others to perform task	Follows her directions to perform task as per her capacity
	Withdrew herself to perform challenging task	Tries to perform challenging task independently
	Did not try to improve herself	Tries to improve herself
	Depended on family members for taking decisions	Confidently takes decisions as per her capacity
	Did not know her goals of life	Has decided her goals of life
	Hesitated to reduce her weaknesses	Tries to reduce her weaknesses
Open Minded	Did not pay attention to others' views, opinions for her improvement	Pays attention to others' views, opinions for her improvement
		Feels own life meaningful
	Did not know her goals of life	Has decided her goals of life
	Did not like bring change in herself	Ready to bring change in herself for her improvement
		Never hesitated to accept her weaknesses
Clear Visionary	Did not know her goals of life	Has clarity about her goals of life
		Has clarity regarding path to achieve her goals of life
	Hesitated to reduce her weaknesses	Has clarity and decide plan to reduce her weaknesses
	Lacked confident to present her strengths in front of others	Has confidence to present her strengths in front of others
		Behaves as per her capacity
Empathy Skill	Pre- Status	Post- Status
Dependable	Did not help the others to bring them out of the painful situation	Helps the others to bring them out of the painful situation
	Did not stand with others to bring them out of painful situation	Stands with others to bring them out of painful situation
	Had concerned for others without her benefits	Has concerns for others without her benefits
		Does not able to stop herself to help others
	Did not have confidence to help others	Confident to help others
	Experienced same feelings of others	Experiences same feelings of others
Responsible	Felt bad for others' pain	Feels bad for others' pain
	Felts her responsibility to help others	Feels her responsibility to help others
	Did not able to hurt others' feelings	Does not able to hurt others' feelings
	Sometimes felt guilty for not helping others	Feels satisfied and happy after helping others
	Sometimes did not able to forget pain of others	Does not able to forget pain of others
	Did not make show her concern for others	Does not make show of her concern for others
	Acknowledged feelings of others having pain	Acknowledges feelings of others having pain
Reflective Thinker	Sometimes reflected on all aspect of the situation	Reflects on all aspects of the situation
	Did not reflect on her behaviours with reference to	Reflects on her behaviours with reference to

	the situation	the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Linked her feelings with the others' feelings	Links her feelings with the others' feelings
Rational Thinker	Did not able to find out solution to bring them out of painful situation	Tries to find out solution to bring them out of painful situation
	Did not able to stop herself to think from the others' pain	Does not able to stop herself to think from the others' pain
	Did not able to plan to help the others	Plans to help the others
Interpersonal Relationship Skill	Pre- Status	Post- Status
Open Minded	Listen to family members only	Listen to all relations
	Understood feelings of family members only	Understands feelings of all relations
	Enjoyed all relations in her life	Enjoyed all relations in her life
	Felt more comfortable with family members	Feels comfortable with all relations
	Expressed her feelings to family members only	Expresses her feelings to all relations
	Hesitated to share her ideas, views, opinions with outsiders	Shares her ideas, views, opinions with all relations
Dependable	Depended on her family members	Makes all relations feel comfortable by her presence
		Allows all relations to depend on her
	Hesitated to do for welfare of all relations	Readiness to do for welfare of all relations
Responsible	Took care of family members only	Takes care of all relations
	Tried to fulfill expectations of family members	Tries to fulfill expectations of all relations
	Did not have clarity regarding her responsibility towards relations	Feels her self responsible for welfare of all relations
	Acknowledged importance of only family relations in her life	Acknowledges importance of all relations in her life
	Devoted towards family relations	Devotes towards all relations
	Had concern for family relations in her life	Has concern for all relations in her life
	Paid more attentions to family relations	Pays attentions to all relations
	Did not feel burden of responsibility of relations in her life	Does not feel burden of responsibility of relations in her life
	Sometimes spontaneously reacted to the situation	Behaves as per requirement of the situation
Honest	Hesitated to share her ideas, views, opinions with outsiders	Shares her ideas, views, opinions with all relations
	Expressed her feelings to family members	Expresses her feelings to all relations
	Gave more importance to family relations in her life	Gives importance to all relations in her life
	Hesitated to tell mistakes and weaknesses of relations	Confidently tells mistakes and weaknesses of all relations
	Sometimes accepted her mistakes in front of family members	Accepts her mistakes in front of all relations
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes did not able to understand ideas, views, opinions presented by outsiders	Understands ideas, views, opinions presented by others
Independent	Hesitated to communicate her opinions, ideas, views to outsiders	Confidently communicate her opinions, ideas, views to others
	Confident to express her feelings to her family members	Confidently expresses her feelings to right person at right time
	Got confused while presenting her opinions, ideas, views in front of outsiders	Systematically presents her opinions, ideas, views in front of others
Rational Thinker	Sometimes spontaneously reacted to the situation	Makes appropriate use of tone and language while communicating to others
		Behaves as per requirement of the situation
		Does planning before communicating to others
		Organises information before communicating to others
	Sometimes did not able to understand ideas, views,	Understands ideas, views, opinions of others

	opinions presented by outsiders	
Open Minded	Did not pay attention to others' views, opinions, ideas for her improvement	Pays attention to others' views, opinions, ideas for her improvement
	Listen views, opinions, ideas of family members only	Listen views, opinions, ideas of others
	Hesitated to bring change in her ways of communication	Tries to bring change in her ways of communication
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on information provided by family members	Reflects on information provided by others
	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Rational Thinker	Accepted opinions, ideas, views provided by family members	Analyses opinions, ideas, views provide by others
		Compares information with her previous knowledge before accepting
		Analyses all aspects of information before accepting
		Collects relevant information to arrive at generalization
		Pays attention to all aspects of information for analyzing
Independent	Accepted opinions, ideas, views provided by family members	Analyses opinions, ideas, views provide by others
	Followed direction provided by family members to carry out task	Compares information with her previous knowledge before accepting confidently
		Analyses all aspects of information before accepting independently
Non-conformist	Accepted opinions, ideas, views provided by family members	Evaluates all information before accepting
		Registers her disagreement with information provided by others
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Did not have different ideas than others	Has different ideas than others
		Tries to incorporate all aspects to generate ideas
	Did not able to look abstract things	Able to look abstract things
		Has innovative ways to perform task
Independent	Follows directions provided by family members	Does task as per her direction
		Confidently carry out task as per her directions
		Applies her innovative ideas to solve the problem
		Confidently present her innovative ideas in front of others
	Got disturb to perform task in different manner	Enjoys performing task in different manner
Original ideas Creator	Did not stand different by presenting her innovative ideas	Stands differently by presenting her innovative ideas
		Creates different ideas than others
	Did not like to perform task differently	Tries to bring change in her ways of performing task
		Enjoys carry out task in different manner
Clear Visionary	Did not have clarity regarding her innovative ideas	Has clarity regarding her innovative ideas
		Able to elaborate her innovative ideas
		Able to explain her innovative ideas as solution to the problem
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Followed decisions taken by others	Takes decisions herself
	Did not have clarity regarding decision taken by her family members	Has clarity regarding her decision
		Has the knowledge regarding result of her decisions

		Has clarity regarding while taking decision
Risk Taker	Hesitated to bare consequences of her decision	Ready to bare consequences of her decision
	Hesitated to take new challenges in her life	Ready to take up new challenges in her life
	Followed direction provided by her family members to perform task	Follows own direction to perform task
Rational Thinker	Did not analyse decisions taken by her family members	Analyses all aspects to take decision
	Did not listen to outsider	Pay attention to others' ideas, views. Opinions for taking decision
		Collects relevant information for taking decision
	Depended on her family members for taking decisions	Follows own direction to perform task
		Does planning for taking decision
Independent	Depended on her family members for taking decisions	Confidently takes her decision
		Does planning for taking decision confidently
		Collects relevant information for taking decision independently
		Confidently communicate her decisions to others
Optimistic	Depended on her family members for taking decisions	Thinks positive while taking decision
		Thinks positive for result of her decisions
		Tries to bring change in her ways of taking decision as per requirement of the situation
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Depended on her family members for solving the problems in her life	Collects information related to the problem to find out solution
	Followed the directions provided by her family	Analyses all aspects of the problem to find out solution
		Incorporates all aspects information to find out solution to the problem
		Takes decision to solve the problem
Independent	Depended on her family members for solving the problems in her life	Confidently tries to solve the problem
	Followed the direction provided by her family members	Follows her direction to solve the problem
		Does planning to solve the problem
	Hesitated to take decision to solve the problem	confidently takes decision to solve the problem
Optimistic	Depended on her family members for solving the problems in her life	Thinks positive result of solution of the problem
		Thinks positive while solving the problem
		Does not lose confidence at the time of facing the problem
		Tries to bring change in her ways of solving the problem as per requirement of the situation
Reflective Thinker	Did not reflect on the solution after applying to the problem	Reflects result of solution after applying to the problem
	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
		Reflects on others' behaviours with reference to the situation
Coping with Emotion Skill	Pre- Status	Post- Status
Self Controlled	Sometimes spontaneously reacted to the situation	Behaves as per requirement of the situation
	Hesitated to express her feelings to outsiders	Expresses her feelings to right person at right time
	Sometimes hurt others' feeling unknowingly	Does not hurt others' feelings
Open Minded	Did not try to understand feelings of outsiders	Understand others' feelings
		Thinks positively before behaving in the situation

	Sometimes felt inferior for herself	Does not feel inferior for herself
	Hesitated to bring change in her behaviours with reference to the situation	Tries to bring change in her behaviours with reference to the situation
		Confidently express her feelings to appropriate person
Rational Thinker	Sometimes spontaneously reacted to the situation	Does planning before behaving in the situation
		Analyses the situation for deciding her behaviour
		Pays attention to ideas, opinions, views provided by others for deciding her behaviours
		Understands others' feelings
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Sometimes spontaneously reacted to the situation	Behaves as per requirement of the situation
	Got angry on others when felt stress	Analyses the situation to find out solution to come out of situation
		Does planning to come out of stressful situation
	Did not able to concentrate on the stressor to come out of situation	Tries to concentrate on stressor to come out of situation
		Collects relevant information to find out solution
Independent	Sometimes spontaneously reacted to the situation	Does planning to come out of stressful situation confidently
	Did not able to concentrate on the stressor to come out of situation	Able to concentrate on the stressor to come out of situation
		Collects relevant information to find out solution independently
Optimistic	Withdrew herself whenever face the stressful situation	Thinks positive while facing stressful situation
		Does not withdraw herself to face challenging situation
		Tries to bring change in her behaviours with reference to the situation
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation

She was confused regarding owns self and depended on her family for taking decisions for her life. Through she was critical thinker, but, due to lack of confidence she was not able to apply her Critical Thinking Skill for taking decisions and solving problems in her life. She was more close to her family members and gave more importance to them in her life. She depended on her family members for taking decisions for her life. She followed directions provided by her family members. She withdrew herself to face challenging situation in her life. It shows that she was lacking Decision Making Skill and Problem Solving Skill. She had concern for others having pain as she possessed Empathy Skill but due to lack of confidence she was not

able to help others. Sometimes she was spontaneously reacting to the situation which indicates that she was not able to cope up with emotions and stress in her life.

After experiencing the intervention programme, she has improved herself. She has developed Self Awareness Skill which helps her in Decision Making Skill, Problem Solving Skill, Coping with Emotions Skill and Effective Communication Skill. She has improved her relations with outsiders and shares her ideas, views, opinions with them by using appropriate ways of communication in the situation. She expresses her feelings to right person at right time and behaves as per the requirement of the situation by analyzing situation before hand. She tries to carry out difficult task on her self and applies her Critical Thinking Skill and Creative Thinking Skill for solving problems in her life. She confidently takes decision for her life. Now, she has become more confident and independent. She confidently faces challenging situation in her life.

She also mentioned that the Life Skills Programme is helpful to her. By this programme, she gets more clarity about herself and has learned how to cope up with different situations and realized the importance of each relation in her life.

4.3.3 Case 3 (24 years, Master in Commerce (Accounting and Financial Management), unmarried, did not have teaching experience)

Table: 4.3 Pre- Status and Post- Status on the Ten Life Skills

Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Did not pay attention to others' opinions, views, ideas	Pays attention to others opinions, views, ideas
	Did not take into consideration her capacity to perform out task	Takes into consideration her capacity to perform out task
	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Independent	Followed directions provided by others to perform task	Follows her direction to perform task
	Dependent on others to take decision	Tries to take decision as per her capacity
	Had negative thinking to do the task independently	Tries to think positive to do task independently
	Did not have clarity regarding her goals of life	Has clarity regarding her goals of life
		Tries to achieve her goals of life
	Hesitated to reduce her weaknesses	Tries to bring change in herself to reduce her weaknesses
		Behaves as per requirement of the situation
Open Minded	Listen others' views, opinions, ideas	Pays attention to others' views, opinions, ideas
	Hesitated to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviour as per requirement of the situation
	Hesitated to reduce her weaknesses	Tries to bring change in herself to reduce

		her weaknesses
Clear visionary	Hesitated to reduce her weaknesses	Tries to bring change in herself to reduce her weaknesses
	Followed directions provided by others	Has clarity regarding her direction to perform task
		Has clarity regarding her plan to achieve her goals of life
Empathy Skill	Pre- Status	Post- Status
Dependable	Did not able to help others to bring them out of painful situation	Tries to help others to bring them out of painful situation
	Did not stand with others having pain	Stands with others having pain
	Showed concern for others without her benefits	Has concerns for others without her benefits
		Does not able to stop herself to help others
Responsible	Showed concern for others without her benefits	Has concerns for others without her benefits
	Felt bad for others having pain	Feels bad for others having pain
	Did not feel her responsibility to help others	Realized her responsibilities to help others
	Did not able to forget pain of others	Does not able to forget pain of others
	Acknowledged feelings of others having pain	Acknowledges feelings of others having pain
Reflective Thinker	did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others behaviours with reference to the situation	Reflects on others behaviours with reference to the situation
	Linked others feelings with her feelings	Links others feelings with her feelings
		Reflects on all aspect of painful situation
Rational Thinker	Did not able to understand painful situation of others	Tries to understand painful situation of others
	Did not able to find out solution to bring them out of painful situation	Tries to find out solution to bring them out of painful situation
		Does planning to find out solution to bring them out of painful situation
	Understood feelings of others	Understands feelings of others
Interpersonal Relationship Skill	Pre- Status	Post- Status
Open Minded	Listen others' ideas, views, opinions	Pays attention to others' ideas, views, opinions
	Understood feelings of all relations	Understand feelings of all relations
	Sometimes found herself uncomfortable with outsiders	Finds herself comfortable with all relations
	Hesitated to share her ideas, views, opinions with outsiders	Shares her ideas, views, opinions with all relations
	Enjoyed more family relations	Enjoys all relations in her life
	Hesitated to bring change in her behaviours with reference to the situation	Tries to bring change in her behaviours with reference to the situation
Dependable	Hesitated to do for welfare of her relations	Ready to do for welfare of her relations
	Made family relations comfortable by her presence	Makes relations to feels comfortable by her presence
	Allowed family relations to depend on her	Allows relations to depend on her
Responsible	Took care of family relations	Takes care of all relations
	Tried to fulfill expectations of family members	Tries to fulfill expectations of all relations
	Had concerned for family relations	Has concern for all relations
	Paid attentions to family relations	Pays attention to all relations
	Felt her responsibilities towards family members only	Feels her responsibilities towards all relations
	Showed devotion towards family relations	Showed devotion towards all relations
Honest	Hesitated to share her ideas, views, opinions with outsiders	confidently shares her ideas, views, opinions with all relations
	Gave more importance to family relations in her life	Gives importance to all relations in her life
	Hesitated to express her feelings to outsiders	Expresses her feelings to all relations
	Hesitated to tell mistakes of all relations	Tells mistakes of all relations
	Accepted her mistakes in front of family relations	Accepts her mistakes in front of all relations
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to	Reflects on her behaviours with reference to

	the situation	the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Listen ideas, views, opinions of others	Understands ideas, views, opinions of others
Independent	Hesitated to present her views, ideas in front of outsiders	Confidently presents her ideas, opinions in front of others
	Confident while communicating to family members	
	Sometime got confused while presenting her ideas, views	Systematically presents her opinions, ideas, views in front of others
	Listen ideas, views, opinions of others	Understands ideas, views, opinions of others
	thought negative while presenting her ideas, views, opinions in front of others	Thinks positively while presenting her ideas, views, opinions in front of others
Rational Thinker	Sometimes did not plan before communicating to others	Does planning before communicating to others
		Makes appropriate use of tone and language while communicating
		Organizes information before communicating to others
		Accepts relevant information provided by others
Open Minded	Listen others views, ideas, opinions	Pays attention to others' views, ideas, opinions
		Accepts relevant views, ideas, opinions provided by others
		Ready to bring change in her ways of communication as per the requirement
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflects on her behaviours as per requirement of the situation	Reflects on her behaviours as per requirement of the situation
	Did not reflects on others behaviours as per requirement of the situation	Reflects on others behaviours as per requirement of the situation
		Reflects on information after accepting
Rational Thinker	Accepted information provided by family members	Analyses all aspects of information provided by others before accepting
		Compares information with her previous knowledge before accepting
		Pays attention to all aspects of information before arrive at generalization
		Organizes information to arrive at generalization
Independent	Followed directions provided by her family members	Follows her directions to perform the task
	Accepted ideas, opinions, views provided by family members	Confidently analyses information provided by others before accepting
		Compares information with her previous knowledge before accepting confidently
Non-Conformist	Accepted ideas, opinions, views provided by family members	Registers her disagreement with information provided by others
		Evaluated all aspects of information before accepting
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Perceived things differently than the others	Perceives things differently than the others
	Thought differently than other	Thinks differently than others
		Able to imagine abstract things
	Hesitated to perform task differently	Has innovative ways to perform task
	Incorporated all aspects to generate innovative ideas	Incorporates all aspects to generate innovative ideas
Independent	Followed directions provided by her family members	Confidently does task as per her directions
	Hesitated to present her innovative ideas	Confidently presents her innovative ideas
		Applies her innovative ideas to solve the problem
Original ideas creator	Created different ideas than others	Creates different ideas than others

	Remained engaged in generating innovative ideas	Remains engaged in generating innovative ideas
	Follows directions provided by her family members	Applies her innovative ideas to perform task
		Gets bored by performing task in same manner
		Tries to bring change in her ways of performing task
Clear Visionary	Had clarity regarding her innovative ideas	Has clarity regarding her innovative ideas
		Able to elaborate her innovative ideas
	Did not able to explain her ideas as solution of the problem	Able to explain her ideas as solution of the problem
		Has clarity regarding her creation
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary		Has clarity regarding her decisions
		Has clarity regarding result of decisions
Risk Taker	Depended on her family members for taking decisions on her behalf	Ready to bare consequences of her decisions
	Seek support of others to take decisions	Confidently take decisions herself
		Ready to bring change in ways of taking decisions
	Hesitated to face challenges	Tries to face challenges herself
Rational Thinker	Depended on her family members for taking decisions on her behalf	Analyses all alternatives before taking decisions
	Accepts decisions taken by her family members	Does planning for taking decision
		Pays attentions to all aspects of alternatives to take decisions
		Collects relevant information to take decisions
		Brings changes in her ways of taking decisions as per the requirement
Independent	Depended on her family members for taking decisions	Tries to take decisions her self confidently
	Seek support of others to provide direction to perform task	Confidently follows her directions to perform task
	Followed directions provided by others to perform task	Collects relevant information to take decisions independently
		Does planning for taking decisions independently
Optimistic	Hesitated to take decisions herself	Thinks positive while taking decisions
	Had fear to take decisions	Thinks positive for result of decisions
		Tries to bring change in her ways of taking decisions
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Depended on her family to solve the problem	Collects relevant information to solve the problem
		Analyses all aspects of the problem for understanding the problem
		Pays attention to all aspects of the problem to find solution of the problem
		Incorporates all information to find out solution to the problem
		Does planning for solving the problem
		Takes decision to solve the problem
Independent	Decisions taken by her family members	Confident solve the problem
	Followed directions provided by others	Follows her directions to solve the problem
	Sought support of others to solve the problem	Does not seek support of others to solve the problem
		confidently takes decisions to solve the problem
		Does planning for solving the problem independently
Optimistic	Hesitated to solve the problem independently	thinks positive while solving the problem
		Thinks positive for result of solution of the problem

		Confidently tries face challenges in her life
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
		Reflects on result of solution of the problem after applying to the problem
Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Sometimes spontaneously reacted to the situation	Behaves as per requirement of the situation
	Hesitated to express her feelings to outsiders	Expresses her feelings to right person at right time
	Did not able to hurt others' feelings	Does not able to hurt others' feelings
Open Minded	Sometimes did not able to understand others' feelings	Understands feelings of others
	Did not think positive in challenging situation in her life	Tries think positive in all situation in her life
		Tries to changes her behaviours as per requirement of the situation
Rational Thinker	Sometimes spontaneously reacted to the situation	Does planning before behaving in the situation
		Analyses situation before behaving in the situation
	Sometimes did not able to understand others' feelings	Understands feelings of others
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Sometimes spontaneously reacted to the situation	Behaves as per requirement of the situation
	Did not able to concentrate on stressor	Tries to concentrate on stressor to find out solution to come out of stressful situation
		Does planning to find out solution to come out of stressful situation
		Analyses the situation to find out solution
		Collects relevant information to find out solution to come out of stressful situation
Independent	Followed directions provided by her family members	Follows her direction confidently
	Depended on her family members for help	Confidently tries to find out solution to come of stressful situation
		Does not feel helpless when no body available to her for help
		Does planning to find out solution to come out of stressful situation independently
		Confident to face challenging situation in her life
Optimistic	Think negative whenever face challenging situation in her life	Thinks positive whenever face challenging situation in her life
		Does not find her life meaningless
		Tries to bring change in her behaviours as per requirement of the situation
Reflective Thinker	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation

She was lacking in some of Life Skills. She was introvert and pessimistic person. She was lacking self confidence. She was not able to take decisions in herself and depended on her family members. She had good relations with her family members

and took care of them. She hesitated to express her feelings to outsiders. She was a creative thinker but due to lack of confidence she was not able to share her creations with others. She was not able to think critically for deciding her behaviours in the situation and simply followed directions received from others. She did not have clarity regarding her goals of life. Sometimes, she reacted spontaneously to the situation and she never felt bad for her misbehaviours with others because she did not reflect on her behaviours with reference to the situation. She had concern for others having pain but was not able to do any thing for them as she was lacking Decision Making Skill and Problem Solving Skill.

Through experiencing the programme, she has improved a lot. She has developed self confidence and started thinking positively for her life. She has started taking decision independently. For taking decision to solve the problem, she makes use of Critical Thinking Skill and Creative thinking Skill. She has decided her goals of life and does planning for achieving her goals of life. She has become more optimistic. She tries to behave as per requirement of the situation. She understands feelings of others and she has realized her responsibility towards them. She acknowledges importance of all relations in her life. She tries to manage her stress by concentrating on stressor. She shares her feelings with right person at right time.

She has mentioned about the programme that she has gained more clarity regarding her self and has developed self confidence. She is able to take her decisions independently and also thinks positive for her life.

4.3.4 Case 4 (25 years, Master in Commerce (Accounting and Financial Management), married and does not have teaching experience)

Table: 4.4 Pre- Status and Post- Status on the Ten Life Skills
Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not pay attention to her capacity for deciding task	Pay attention to her capacity deciding task
	Listen others' views, opinions, ideas	Pays attention to others' views, ideas, opinions for her improvement
Independent	Depended on her family members	Tries to take her decisions independently
	Listen others' views, opinions, ideas	Pays attention to others' views, ideas, opinions for her improvement
		Tries to bring change in her behaviours as per requirement of the situation
Open Minded	Did not have clarity regarding her goals of life	Has decided her goals of life
	Did not share own ideas, views with others	Tries to share her ideas, views, opinions with others
	Hesitated to express her feelings to others	express her feelings to right person at right

		time
	Listen others views, opinions, ideas and directions	Pays attention to others' views, ideas, opinions for her improvement
		Tries to bring change in her behaviours as per requirement of the situation
		Tries to reduce her mistakes and weaknesses
Clear Visionary	Did not have clarity regarding her goals of life	Has clarity regarding her goals of life
		Does planning for achieving her goals of life
		Tries to reduce her mistakes and weaknesses
Empathy Skill	Pre- Status	Post- Status
Dependable	Did not able to help others to bring them out of painful situation	Tries to help others to bring them out of painful situation
	Did not able to stand with others to bring them out of painful situation	Stands with others to bring them out of painful situation
	Showed concern for others without her benefits	Shows concern for others without her benefits
	Got emotional when show others in painful situation	Able to control her emotions when show others in painful situation
Responsible	Did not feel her responsibility to help others to bring them out of painful situation	Realized her responsibilities towards others to bring them out of painful situation
	Showed concern for others without her benefits	Shows concern for others without her benefits
	Did not able to hurt others' feelings	Does not able to hurt others' feelings
	Did not able to help others to bring them out of painful situation	Tries to help others to bring them out of painful situation
	Felts bad for others having pain	Feels bad for others having pain
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others behaviours with reference to the situation
	Linked her feelings with others' feelings	Links her feelings with others' feelings
Rational Thinker	Did not able to help others to bring them out of painful situation	Tries to help others to bring them out of painful situation
		Does not able to stop her self to think for others' pain
		Does planning to bring them out of painful situation
		Analyses the painful situation of others for generating understanding
Interpersonal Relationship Skill	Pre- Status	Post- Status
Open Minded	Listen others' views, ideas, opinions	Pays attention to others' views, ideas, opinions
	Tried to understand feelings of all relations	Understands feelings of all relations
	Enjoyed family relations in her life	Enjoys all relations in her life
	Found own self more comfortable with family members	Finds own self more comfortable
	Hesitated to express her feelings to relations in her life	Expresses her feelings to right person at right time
		Tries to bring change in her behaviours with reference to the situation
Dependable	Followed directions provided by others	Tries to follow her directions
	Showed readiness to do for welfare of family members	Shows readiness to do for welfare of all relations
	Sometimes allowed relations to depend on her	Allows relations to depend on her
	Sometimes made relations feel comfortable by her presence	Makes relations feel comfortable by her presence
Responsible	Took care of family relations only	Takes care of all relations
	Fulfilled all expectations of family members	Tries to fulfils expectations of all relations
	Acknowledged importance of family relations in her life	Acknowledges importance of all relations in her life
	Had concern for family relations	Has concern for all relations
	Paid attention to only family relations	Pays attention to all relations
	Showed readiness to do for welfare of family members	Shows readiness to do for welfare of all relations

	Did not feels burden of family relations in her life	Does not feel burden of all relations in her life
Honest	Hesitated to express her feelings to all relations	Expresses her feelings to right person at right time
	Did not share her ideas, views, opinions with all relations	Shares her ideas, views, opinions with all relations
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Tried to understand feelings of all relations	Understands feelings of all relations
Independent	Hesitated to express her feelings to others	Expresses her feelings to right person at right time
	Hesitated to present her ideas, views, opinions in front of others	Confident to present her ideas, views, opinions in front of others
	Sometimes did not able to understand ideas, views, opinions presented by others	Understands ideas, views, opinions presented by others
		Does planning before communicating to others
		Systematically present her ideas, views, opinions in front of others
	Sometimes got confused while presenting her ideas, views, opinions in front of others	Makes appropriate use of language and tone while communicating
Rational Thinker	Sometimes got confused while presenting her ideas, views, opinions in front of others	Does planning before communicating to others
		Systematically present her ideas, views, opinions in front of others
		Makes appropriate use of language and tone while communicating
	Hesitated to express her feelings to others	Expresses her feelings to right person at right time
		Organizes information before communicating
		Accepts relevant information provided by others
Open Minded	Listened views, ideas, opinions of others	Pays attention to others' views, ideas, opinions
		Accepts relevant information provided by others
	Hesitated to bring change in her ways of communication as per requirement of the situation	Tries to bring change in her ways of communication as per requirement of the situation
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not reflect on information after accepting	Reflects on information after accepting
Rational Thinker	Followed directions provided by others	Follows her directions to perform task
	Accepted others' views, opinions, views	Compares information provided by others with her previous knowledge before accepting
		analyses on all aspects of information before accepting
		Pays attention to all aspects to information to arrive at generalization
Independent	Followed others directions to perform task	Follows her directions to perform task
	Accepted others' views, opinions, views	Analyzing all aspects of information before accepting confidently
		Compares information provided by others with her previous knowledge before accepting independently
Non Conformist	Accepted others' views, opinions, views	Evaluates all aspects of information before

		accepting
		Registered her disagreement with information provided by others
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Did not able to think differently than others	Tries to think different than others
		Tries to incorporate all aspects to generate innovative ideas
		Tries to look abstract things
		Likes to perform task innovatively
Independent	Followed directions provided by others	Tries to apply her innovative ideas to solve the problem
		Likes to carry out task as per her directions
	Hesitated to present her ideas, views, opinions in front of others	Confident to present her innovative ideas in front of others
Original ideas creator	Did not able to think differently than others	Tries to present innovative ideas then the others
	Enjoyed doing task in same manner	Brings change in performing task
		Gets bored by performing task in same manner
		Tries to apply per innovative ideas to solve the problem
		Tries to stand differently by presenting her innovative ideas
Clear Visionary	Did not able to think differently than others	Has clarity regarding her innovative ideas
	Followed others directions	Able to explain her innovative ideas as solution of the problem
		Able to elaborate her innovative ideas
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Followed directions provided by others	Has clarity regarding result of decisions
		Has clarity regarding her decisions
Risk Taker	Hesitated to take decisions herself	Tries to take decision herself
	Followed directions provided by others	Tries to face challenges in her life
		Tries to bring change in her ways of taking decision
		Ready to bare consequences of her decisions
Rational Thinker	Followed directions provided by others	Analyses all alternatives for taking decisions
	Listens others ideas, views, opinions and accept as it is	Pays attention to information provided by others for taking decisions
		Does planning for taking decisions
		Collects relevant information to take decisions
		Tries to bring change in her ways of taking decision as per requirement of the situation
Independent	Depended on her family members for taking decisions	Tries to take decisions herself confidently
	Followed directions provided by others	Tries to follows her directions
		Confident to analyse all alternative for selecting appropriate alternative as her decision
		Does planning for taking decisions independently
		Does not hesitate to tell her decisions to others
Optimistic	Hesitated to take decisions	Thinks positive while taking decisions
		Has confident on her decisions
		Ready to bring change in ways of taking decisions as per requirement of the situation
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Followed directions provided by others	Analyses all aspects of the problem to find out solution to the problem
	Depended on her family members to solve the problem	Tries to take decisions to solve the problem
		Incorporates all aspects to find out solution to the problem

		Collects relevant information to find out solution to the problem
		Does planning to solve the problem
		Pays attention to information provided by others to solve the problem
		Tries to apply her innovative ideas to solve the problem
Independent	Depended on her family members to solve the problem	Tries to take decisions to solve the problem confidently
		Does planning to solve the problem independently
		Tries to bring change in her ways of solving the problem
		Tries to apply her innovative ideas to solve the problem
Optimistic	Hesitated to solve the problem	Thinks positive while solving the problem
		Thinks positive for result of solution applied to the problem
		Tries to bring change in her ways of solving the problem
	Withdrew her self from solving the problem	Does not quit her self from solving the problem
		Tries to face challenging situation in her life
Reflective Thinker	Did not reflected on result of solution applied to the problem	Analyses result of solution applied to the problem
	Did not reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situations
	Did not reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situations
Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Remained quit in all the situation	Behaves as per requirement of the situation
	Cried whenever not able to manage her emotions in the situation	Tries to manage her behaviours with reference to the situation
	Did not able to hurt others' feelings	Does not able to hurt others' feelings
	Hesitated to express her feelings to others	Expresses her feelings to right person at right time
Open Minded	Hesitated to express her feelings to others	Thinks positive for all situation in her life
	Understood others feelings	Understands others' feelings with reference to the situation
		Brings changes in her behaviour as per the requirement of the situation
Rational Thinker	Hesitated to express her feelings to others	Analyses the situation to understand the situation
		Behaves as per requirement of the situation
		Does planning before behaving in the situation
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Remained quit in all the situation	Behaves as per requirement of the situation
	Tried to seek support of her family members to come out of stressful situation	Pays attention to information provided to find solution to come out of stressful situation
	Followed directions provided by others	Tries to concentrate on stressor to find out solution
		Does planning to find out solution to come out of stressful situation
		Collects relevant information to find out solution to come out of stressful situation
Independent	Depended on her family members to come out of stressful situation	Tries to find out solution of to come out of stressful situation independently

		Tries to follow her directions to come out of stressful situation
	Cried if not able to manage stress	Manage her emotions to find out solution to come out of stressful situation
		Tries to concentrate on stressor
		Tries to bring change in her behaviours as per requirement of the situation
Optimistic		Does not loose confident to find the solution of the problem
	Felt helpless in the stressful situation	Does not feels helpless in the stressful situation
	Thought negative while facing the stressful situation	Does not loose confident to come out of stressful situation
		Thinks positive to come out of stressful situation
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Understood feelings of others	Understands feelings of others

She was lacking in almost all the Life Skills. The most lacked Skill in her was Self Awareness Skill. She was very shy person, highly dependent, less talkative and introvert person. She did not have any clarity regarding own self. She was lacking Effective Communication Skill, Critical Thinking Skill, Decision Making Skill, Problem Solving Skill, Coping with Emotions Skill and Coping with Stress Skill. She had good Interpersonal Relationships with her family members and she totally depended on them. She followed their directions blindly. She hesitated to share her ideas, views, opinions with others and to express feelings to them. She found difficulties in managing her stress and required help of her family members to come out of stressful situation. She was not a creative thinker. She had concern for others having pain but was not able to help them to bring them out of painful situation.

After experiencing the Life Skills Programme, much change is found in herself. She has improved all her Life Skills. She has developed self confidence by knowing her self. She has become much clear regarding her self and has decided her goals of life. She makes efforts to achieve her goals of life. She has started taking decisions for her life and tries to solve the problem independently. She tries to apply her Creative Thinking Skill and Critical Thinking Skill for solving the problem in her life. She has realized importance of all relations in her life and has started expressing her feelings to them. She systematically presents her ideas, views, opinions in front of others. She is able to manage her stress. She finds her life more meaningful and enjoyable.

About the programme, she has mentioned that it helped her to know herself and helped her to live life meaningfully.

4.3.5 Case 5 (25 years, Master in Commerce (Accounting and Financial Management), unmarried and does not have any teaching experience)

Table: 4.5 Pre- Status and Post- Status on the Ten Life Skills

Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Did not pay attentions to her capacity to take decisions	Pays attentions to her capacity to take decisions
	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not listen others views, opinions, ideas for her improvement	Pays attention to others' views, ideas, opinions for her improvement
	Did not try to reduce her weaknesses by observing others	Tries to reduce her weaknesses by observing others
Independent	Followed directions provided by others	Follows her directions to perform task
	Did not pay attentions to her capacity to take decisions	Pays attentions to her capacity to take decisions
	Depended on her family members to take decision	Tries to take her decisions confidently
	Hesitated to accept her mistakes and weaknesses in front of others	Tries to reduce her weaknesses by observing others
	Did not have clarity regarding her goals of life	Has clarity regarding her goals of life
		Does not require help of others to achieve her goals of life
Open Minded	Hesitated to accept her mistakes and weaknesses in front of others	Accepts her mistakes and weaknesses in front of others
		Ready to bring change in herself for her improvement
	Did not listen others views, opinions, ideas for her improvement	Pays attention to others' views, ideas, opinions for her improvement
Clear Visionary	Did not have clarity for reducing her weaknesses	Has clarity to reduce her weaknesses
		Does the planning to achieve her goals of life
		Tries to bring change in herself to reduce her weaknesses
		Has clarity regarding her goals of life
		Behaves as per her capacity
Empathy Skill	Pre- Status	Post- Status
Dependable	Sometimes understood feeling of others	Understand the feelings of others
	Had Concern for others having pain	Has concern for others having pain
	Did not able to help others to bring them out of painful situation	Tries to help others to bring them out of painful situation
	Did not able to stand with others to bring them out of painful situation	Tries to stand with others to bring them out of painful situation
		Does not able to stop herself to help others to bring them out of painful situation
	Experienced same feelings of others	Experiences same feelings of others
Responsible	Showed concern for others without her benefits	Shows concern for the others without her benefits
		Feels bad for others having pain
	Did not feel her self responsible for helping others	Realizes herself responsible for helping others
	Did not able hurt others' feelings	Does not hurt others' feelings
	Did not able to forget pain of others	Does not able to forget pain of others
		Acknowledges feelings of others having pain
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Linked feelings of others with her feelings	Links feelings of others with her feelings
Rational Thinker	Did not able to help others to bring them out of painful situation	Tries to help others to bring them out of painful situation

		Tries to analyze the situation to find out solution
		Understands painful situation of others
		Does planning to find out solution to bring them out of painful situation
		Does not able to stop herself to think for others' pain
Interpersonal Relationships Skill	Pre- Status	Post- Status
Open Minded	Listen others' views, ideas, opinions	Pays attention to others' views, ideas, opinions
	Understood feelings of all relations	Understand feelings of all relations
	Enjoyed family relations more than other relations in her life	Enjoys all relations in her life
	More comfortable with family members and friends	Finds her self comfortable with all relations
	Shared her ideas, views, opinions with family members	Shares her ideas, views, opinions with all relations
	Expressed her feelings to family members	Expresses her feelings to right person at right time
		Tries to bring change in her behaviours as per requirement of the situation
Dependable	Followed directions provided by others	Makes all relations feel comfortable by her presence
	Took care of her family members and friends	Allows all relations to depend on her
		Ready to do for welfare of all relations
Responsible	Cared for her family members and friends	Cares for all relations in her life
		Ready to do for the welfare of all relations
	Did not acknowledge importance of all relations in her life	Acknowledges importance of all relations in her life
	Had more concern for her family members	Has concern for all relations in her life
		Pays attentions to all relations in her life
		Shows devotion towards all relations
Honest	Shares her ideas, opinions, views with her family members	Shares her ideas, views, opinions with all relations in her life
	Expresses her feelings to her family members	Expresses her feeling to right person at right time
	Hesitated to tell mistakes of relations	Tells mistakes of relations
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Understood ideas, views, opinions presented by others	Understands ideas, views, opinions of others
Independent	Hesitated to present her ideas, views, opinions in front of others	Systematically presenting her ideas, views, opinions in front of others independently
	Sometimes got confused while presenting her ideas, views, opinions in front of others	Systematically present her ideas, views, opinions in front of others
	Understood ideas, views, opinions presented by others	Understand ideas, views, opinions presented by others
		Does planning before communicating to others
	Sometimes make appropriate use of tone and language communication	Makes appropriate use of tone and language communication
Rational Thinker	Sometimes got confused while presenting her ideas, opinions, views in front of others	Systematically presents her ideas, views, opinions in front of others
		Does planning before communicating to others
	Sometimes make appropriate use of tone and language communication	Makes appropriate use of tone and language communication
		Makes appropriate use of body language while communicating to others
		Organized information before

		communicating to others
Open Minded	Understood ideas, views, opinions presented by others	Understand ideas, views, opinions presented by others
		Accepts relevant information provided by others
	Hesitated to bring change in her ways of communication as per requirement of the situation	Brings change in her ways of communication as per requirement of the situation
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes reflected on information after accepting	Sometimes reflects on information after accepting
Rational Thinker	Accepted relevant information provided by others	Accepts relevant information provided by others
	Sometimes analyzed all aspects of information before accepting	Analyses all aspects of information before accepting
	Compared information provided by others with her previous knowledge before accepting	Compares information provided by others with her previous knowledge before accepting
	Sometimes collects relevant information to arrive at generalization	Collects relevant information to arrive at generalization
Independent	Compared information provided by others with her previous knowledge before accepting	Compares information provided by others with her previous knowledge before accepting
	Sometimes organized information to arrive at generalization	Organizes information to arrive at generalization independently
	Sometimes collects relevant information to arrive at generalization	Collects relevant information to arrive at generalization
	Hesitated to register her disagreement in front of others	Confidently registers her disagreement in front of others
Non Conformist	Evaluated all aspects of information before accepting	Evaluated all aspects of information before accepting
	Hesitated to register her disagreement in front of others	Confidently registers her disagreement in front of others
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Did not think differently than others	Tries to thinks differently than others
	Withdrew herself to perform task in different manner	Tries to perform task in different manner
	Did not able to think abstractly	Tries to look at abstract things
		Incorporates all aspects to generate innovative ideas
	Enjoyed performing task in same manner	Enjoys performing task in different manner
		Able to generate more innovative ideas
Independent	Followed directions provided by others	Tries follows her directions to perform task confidently
	Withdrew herself to perform task in different manner	Confidently carries out task in different manner
		Applies her innovative ideas to solve the problem
		Confidently shares her innovative ideas with others
	Did not able to solve the problem independently	Able to explain her innovative ideas as solution of the problem
Original ideas Creator	Followed directions provided by the others	Tries follows her directions to perform task confidently
	Did not like to bring change in her ways of doing task	Tries to bring change in her ways of doing task
		Stands different by presenting her innovative ideas
		Remains engage in generating innovative ideas

Clear Visionary	Did not able to generate innovative ideas	Has clarity regarding her innovative ideas
		Has clarity regarding her creation
	Did not able to solve the problem independently	Able to explain her innovative ideas as solution of the problem
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Followed directions provided by others	Has clarity regarding her directions
	Depended on her family members for taking decision	Has clarity regarding result of her decisions
		Has clarity regarding process of taking decision
Risk Taker	Hesitated to take decisions herself	Ready to take her decisions
	Followed directions provided by others	Ready to bare consequences of her decisions
		Tries to bring chance in her ways of taking decisions
		Tries to face challenging situation in her life
Rational Thinker	Followed directions provided by others	Analyses all alternative to take decisions
	Depended on her family members for taking decision	Analyzes all aspects information to take decision
	Listen opinions, views, ideas of others	Pays attention to information provided by others
		Does planning for taking decision
		Collects relevant information to take decision
		Tries to bring change in her ways of taking decision
Independent	Followed directions provided by others	Tries to follow her directions
	Depended on her family members for taking decision	Confidently analyze all alternatives to take decision
		Confidently tries to take decision
		Does planning for taking decision independently
		Confidently tells her decision to others
Optimistic	Followed directions provided by others	Thinks positive while taking decision
	Depended on her family members for taking decision	Thinks positive for result of her decision
		Thinks positive for her decision
		Tries to bring change in her ways to take decisions
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Accepted directions provided by others	Tries to analyze all aspects of the problem
	Depended on her elder sister to solve the problem	Tries to analyze all aspects of information for finding out solution to solve the problem
	Listen others opinions, views, ideas	Collects relevant information to solve the problem
		Incorporates all aspects to solve the problem
		Tries to apply her innovative ideas to solve the problem
		Does the planning to solve the problem
Independent	Followed directions provided by the others	Confidently analyses alternatives to find out solution to the problem
		Confidently solve the problem
	Depended on her elder sister to solve the problem	Does not wait for other directions to solve the problem
		Confidently takes decisions to solve the problem
		Tries to apply her innovative ides to solve the problem
		Does planning to find out solution to solve the problem
Optimistic	Hesitated to solve the problem independently	Thinks positive while solving the problem
		Thinks positive for the result of the solution of the problem
	Withdrew her self to face challenging situation in her life	Tries to face challenging situation in her life
		Tries to apply her innovative ides to solve

		the problem
		Tries to bring change in her ways to solve the problem
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
		Reflects on result of solution applied to the problem
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Sometimes spontaneously reacted to the situation	Behaves as per requirement of the situation
	Expressed her feelings to family members	Expresses her feelings to right person at right time
Open Minded	Understood feelings of others	Understands feelings of others
	Sometimes though negative while face challenging situation in her life	Thinks positive for all situation in her life
		Changes her behaviours as per the requirement of the situation
	Hesitated to express her feelings to outsiders	Confidently expresses her feelings to others
Rational Thinker	Sometimes spontaneously reacted to the situation	Does planning before behaving in the situation
		Analyzing the situation before behaving into the situation
		Pays attention to ideas, views, opinions provided by others
	Understood feelings of others	Understands feelings of others
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Followed directions provided by others	Analyses the situation to find out solution to come out of stressful situation
	Listen others views, ideas, opinions	Pays attention to others' views, ideas, opinions
		Tries to collect relevant information to find out solution to come out of painful situation
		Tries to concentrate on stressor
Independent	Followed directions provided by others	Tries to find out solution to come out of the situation confidently
		Confidently tries to come out of stressful situation
	Sometime spontaneously reacted to the situation	Behave as per requirement of the situational
		Tries to concentrate on stressor
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation

She was a little bit aware regarding herself but was not able to take decision for her life because she was lacking self confidence. She was more close to her elder sister and took her elder sister help whenever she faced difficulty in her life. She had good Interpersonal Relationships with her family members and she followed their directions. She expressed feelings to them and found her self more comfortable with them. She was a critical thinker but she was not able to behave critically in the situation due to lack of self confidence. She had concern for others having pain but

was not able to help them to bring them out of painful situation due to lack of Decision Making Skill and Problem Solving Skill. She was not able to cope up with own stress and sought support of others. She depended on her family members for taking decisions on her behalf.

Now, change is found in her self. She has improved all her Life Skills. She has gained more understanding regarding herself and gained self confidence. She is able to apply her Critical Thinking Skill and Creative Thinking Skill for taking decisions and solving problems in her life. She has started thinking differently than others. She is able to manage her stress and behaves as per requirement of the situation. She acknowledges importance of her all relations in life and takes care of all relations. She has improved her Interpersonal Relationships Skill, Effective Communication Skill and Coping with Emotions Skill. She confidently shares her ideas, views, opinions with others. She expresses her feelings to right person at right time.

She has mentioned about the programme that it helped her in realizing herself and the importance of relations in her life. She finds her life more joyful as compared to earlier.

4.3.6 Case 6 (24 years, Master in Commerce (Accounting and Financial Management), unmarried and does not have any teaching experience)

Table: 4.6 Pre- Status and Post- Status on the Ten Life Skills
Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Did not able to pay attention to her capacity	Pays attention to her capacity
	Listen others' views, ideas, opinions	Pays attention to others' views, ideas, opinions for her improvement
	Sometimes tried to understand her behaviours with reference to the situation	Tries to understand her behaviours with reference to the situation
	Sometimes tried to understand others' behaviours with reference to the situation	Tries to understand others' behaviours with reference to the situation
	Did not try to reduce her weaknesses	Tries to reduce her weaknesses
Independent	Sometimes took small decision herself as per her capacity	Confidently takes her decisions as per her capacity
	Sometimes spontaneously reacted to the situation	Behave by considering her capacity
	Sometimes confident to carry out easy task independently	Confidently performs all tasks
	Sometimes followed directions provided by others	Follows her directions to perform task
	Knew her goals of life	decides task as per her capacity
	Listen others' views, opinions, ideas	Clarity regarding her goals of life
Open Minded		Pays attentions to others' views, ideas, opinions for her improvement
	Hesitated to accept her mistakes and weaknesses in front of outsiders	Accepts her mistakes and weakness in front of others without hesitation
		Tries to reduce her weaknesses
Clear Visionary	Knew her goals of life	Clarity regarding her goals of life
		Clarity to achieve her goals of life
		Tries to reduce her weaknesses
Empathy Skill	Pre- Status	Post- Status

Dependable	Hesitated to help others to bring them out of painful situation	Tries to help others to bring them out of painful situation
	Hesitated to stand with others to bring them out of painful situation	Tries to stand with others to bring them out of painful situation
		Has concern for others without her benefit
		Does not able to stop herself to help others
	Did not able to experience same feelings of others	Experiencing same feelings of others
Responsible	Did not feel her self responsible to help others	Recognizes her responsibility to help others
	Did not hurt others' feelings	Does not hurt others' feelings
		Has concerns for others without own benefits
	Felt bad for others' pain	Feels bad for others' pain
		Does not able to forget pain of others
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
		Links her feelings with others
Rational Thinker	Hesitated to help others to bring them out of painful situation	Tries to find out solution to bring them out of painful situation
		Does planning to find out solution
		Does not able to stop herself to think for others pain
		Understands painful situation of others
Interpersonal Relationship Skill	Pre- Status	Post- Status
Open Minded	Listen others' views, ideas, opinions	Pays attention to others' ideas, opinions, views
		Understands feelings of all relations
	Enjoys more family relations	Enjoys all relations
	Felt her self comfortable with family members and few friends	Feels herself comfortable with all relations
	Shared her ideas, views, opinions with elder sister	Shares her ideas, views, opinions with all relations
	Expressed her feelings with elder sister and with few friends	Expresses her feeling to right person at right time
Dependable	Took care of her family members and few friends	Takes care of all relations
		Allows all relations to depends on her
		Ready to do for the welfare of relations
Responsible	Took care of her family members and few friends	Takes care of all relations
	Gave more importance to family relations and few friends in her life	Acknowledges importance to all relations in her life
	Had concern for family relations and few friends	Has concern for all relations in her life
		Pays attentions to all relations
		Shows devotion towards all relations in her life
Honest	Shared her ideas, views, opinions with elder sister	Shares her ideas, views, opinions with all relations
	Expressed her feelings with elder sister and with few friends	Expresses her feeling to right person at right time
	Accepted own mistakes in front of her elder sister	Accepts her mistakes in front of all relations
	Hesitated to tell relations' mistakes	Without hesitation to tells mistakes of relations
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Understood views, opinions, ideas presented by others	Understands ideas, views, opinion presented by others
Independent	Shared her ideas, views, opinions, feelings confidently with her elder sister	systematically presents her ideas, views, opinions in front others
	Sometimes got confused while presenting her ideas, views, feelings, opinions in front of others	confidently presents her ideas, views, opinions in front of others

		Does planning before communicating to others
Rational Thinker	Sometimes did planning before communicating to others	Does planning before communicating to others
	Sometimes got confused while presenting her ideas, opinions, views in front of others	systematically presents her ideas, views, opinions in front others
		Makes appropriate use of tone and language while communicating to others
	Sometimes organized information before communicating in front of outsiders	Organizes information before communicating to others
Open Minded	Listen views, opinions, ideas of others	Pays attention to views, opinions, ideas of others
		Accepts relevant information provided by others
		Tries to bring change in her ways of communication
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
		Reflects on information after accepting
Rational Thinker	Did not analyze all aspects of the information before accepting	Analyses all aspects of the information before accepting
	Sometimes compared information provided by others with her previous knowledge before accepting	Compares information provided by others with her previous knowledge before accepting
		Collects relevant information to arrive at generalization
		Organizes information to arrive at generalization
Independent	Required help of others to analyze information	Confidently tries to analyze information
		Confidently analyze all aspects of the information before accepting
	Listen others' ideas, views, opinions	Confidently accepts only relevant part of information provided by others
Non Conformist	Hesitated to present her disagreement with reference to information provided by others	Registers her disagreement to with reference to information provided by others
		Evaluates all aspects of information before accepting
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Had different ideas than others	Has different ideas than others
	Liked to perform task differently	Likes to perform task differently
		Able to perform task differently than others
	Sometimes incorporate all aspects to generate innovative ideas	Incorporates all aspects to generate innovative ideas
	Enjoyed performing innovative task	Enjoys performing innovative task
Independent	Sometimes followed directions provided by her family members	Follows her directions confidently
	Sometimes hesitated to apply her innovative ideas	Confidently apply her innovative ideas to solve the problem
	Hesitated to present her innovative ideas in front of others	Confidently present her innovative ideas in front of others
Original ideas Creator	Hesitated to present her innovative ideas in front of others	Able to present her innovative ideas in front of others
		Stands differently by presenting her innovative ideas
	Had different ideas than others	Had different ideas than others
	Got bored by perform task in same manner	Enjoys performing task differently
Clear Visionary	Sometimes did not able to explain her innovative ideas	Able to elaborate her innovative ideas
		Able to explain her innovative ideas as the solution to the problem
		Has clarity regarding her innovative ideas

Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Did not have much clarity regarding her decisions	Has clarity regarding her decision
	Did not have clarity regarding impact of her decisions	Has clarity regarding impact of her decisions
Risk Taker	Hesitated to take decisions	Confidently takes decisions
		Tries to face challenging situation in her life
		Ready to bare consequences of her decisions
Rational Thinker	Hesitated to take decisions	Analyses all aspects of the information to take decision
		Analyses all alternatives to take decision
	Hesitated to change as per the requirement of the situation	Brings change in her ways of taking decisions as per the requirement of the situation
		Does planning for taking decisions
Independent	Hesitated to take decisions	Takes decisions confidently
	Depended on her elder sister to take decisions	Confidently does planning to take decisions
		Analyses all alternatives to take decisions confidently
		Confidently follow her direction
Optimistic	Hesitated to take decisions	Takes decisions confidently
		Thinks positive while taking decisions
	Had fear in mind for taking decisions	Thinks positive for result of her decisions
		Ready face challenging situation in her life
	Hesitated to accept new ways to take decisions	Ready to bring change in her ways of taking decisions
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Took help of her elder sister to solve the problem	Analyses all aspects of information
		Collects relevant information to find out solution the problem
		Does planning for solving the problem
		Incorporates all aspects of the problem to find out solution
		Analyses the problem for understanding
Independent	Took help of her elder sister to solve the problem	Confidently solve the problem
	Hesitated to solve the problem	Does planning for solving the problem
	Hesitated to take decision to solve the problem	Take decisions to solve the problem confidently
Optimistic	Hesitated to solve the problem	Confident to solve the problem
		Has positive thinking to solve the problem
		Thinks positive for solution of the problem
		Does not quite her self to face challenging situation in her life
Reflective Thinker	Did not reflect on result of solution after applying to the problem	Reflects on result of solution after applying to the problem
	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
		Reflects on earlier solution to the problem
Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Expresses her feelings with her elder sister	Expresses her feelings to right person at right time
	Did not able to hurt others' feelings	Does not able to hurt others' feelings
	Sometimes spontaneously reacted to the situation	Behaves as per requirement of the situation
		Tries to manage her behaviours with reference to the situation
Open Minded	Expresses her feelings with her elder sister	Expresses her feelings to right person at right time
	Tried to understand others' feelings	Tries to understand others' feelings
		Brings changes in her behaviours as per requirement of the situation
Rational Thinker	Sometimes spontaneously reacted to the situation	Analyses situation before behaving in the situation
		Does planning before behaving in the

		situation
		Thinks positive for all situations
		Pays attention to information provided by others
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Sometimes spontaneously reacted to the situation	Analyze stressful situation to find out solution to come out of stressful situation
	Listen others' views, ideas, opinions	Pays attention to ideas, views, opinions of others
	Sometimes able to concentrate on the stressor	Tries to concentrate on stressor
		Does planning to find out solution
Independent	Sometimes spontaneously reacted to the situation	Behaves as per requirement of the situation
		Confidently finds out solution to come out of stressful situation
	Sometime confident to face the situation	Confidently tries to face challenging situation in her life
	Sometimes got angry in the stressful situation	Controls her emotions while facing the stressful situation
	Sometimes able to concentrate on the stressor	Confidently concentrate on stressor
Optimistic	Sometimes thought positive in the stressful situation	Finds life meaningful and enjoyable
		Thinks positive in all situation
		Brings change in her behaviours as per requirement of situation
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation

She possessed many Life Skills, but, most lacking Life Skill in her was Decision Making Skill. She knew her capacity but due to her negative thinking she was not able to take decisions and depended on her family members for taking decisions on her behalf. She was not able to express feelings to outsiders. She was having Coping with Emotions Skill, Interpersonal Relationships Skill and Effective Communication Skill to some extent. She was lacking Empathy Skill, due to lack of Decision Making Skill and Problem Solving Skill. She was a critical and creative thinker but was not able to apply her Critical Thinking and Creative Thinking Skills for solving problems of her life. She was not able to express her feelings to others and due to that she was in stress. Sometimes she was able to concentrate on the stress to come out of stressful situation. She knew her goals of life but was not able to take actions to achieve the goals of life.

After experience of the Life Skills Programme, she has developed her Life Skills. She has developed better understanding regarding herself and started thinking positively for her life. Now she tries to take decision as per her capacity. She behaves as per requirement of the situation. She does apply her innovative ideas to solve the

problem. She has reduced taking help of her elder sister and tries to solve her problems independently. She has become more optimistic. She understands feelings of others having pain and tries to help them to come out of painful situation. She is able to manage her stress and tries to express her feelings to the right person at right time. She shares her creations with others and gives importance to all relations in her life. Now, she finds her life meaningful and joyful.

She has mentioned about the programme that she has developed control over her senses and is able to react appropriately to the situation. She has found the Life Skills Programme helpful. Now, she is confident to face any problem in her life.

4.3.7 Case 7 (24 years, Master in Commerce (Accounting and Financial Management), married and have six months teaching experience)

Table: 4.7 Pre- Status and Post- Status on the Ten Life Skills
Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Listen others' views, ideas, opinions	Pays attentions to others' views, ideas, opinions
		Acknowledges importance to others' views, opinions, ideas for her improvement
	Sometime took into account her capacity to decided task	Takes into account her capacity to decide task
	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
		Tries to reduce her weaknesses
Independent	Sometimes followed her directions	Follows her direction
	Knew her goals of life	Know her goals of life
	Took help of others to achieve her goals of life	Confident makes efforts to achieve her goals of life
	Sometimes hesitated to perform task independently	Confidently carries out task
		Confidently tries to face challenges in her life
Open Minded	Hesitated to accept her mistakes and weaknesses	Accepts her mistakes and weaknesses
	Hesitated to bring change in herself for her improvement	Ready to bring change in herself for her improvement
		Confidently tries to face challenges in her life
		Pays attention to others' ideas, opinions, views
		Tries to reduce her weaknesses
Clear Visionary	Sometimes did not have clarity regarding path to achieve her goals of life	Has clarity regarding path to achieve her goals of life
		Tries to reduce her weaknesses
	Sometimes behaved by considering her capacity	Behaves as per her capacity
Empathy Skill	Pre- Status	Post- Status
Dependable	Did not stand with others to help them	Stands with others to help them
	Hesitated to help others to bring them out of painful situation	Helps others to bring them out of painful situation
	Had concern for others having pain	Does not able to stop herself to help others
		Experiences the feelings of others
Responsible	Did not feel her responsible to help others	Realizes her responsibility to help others
	Felt bad for others having pain	Feels bad for others having pain
	hesitated to help others to come out of painful	Tries to help others to come out of painful

	situation	situation
	Did not able to hurt others' feelings	Does not able to hurt others' feelings
	Felt guilty if hurt others' feelings	Feels guilty if hurt others' feelings
		Does not able to forget others pain easily
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not able to understand problematic situation of the others	Able to understand problematic situation of the others
	Sometimes linked her feelings with others feelings having pain	Links her feelings with others feelings having pain
Rational Thinker	Hesitated to help others to bring them out of painful situation	Helps others to bring them out of painful situation
		Does planning to find out solution to bring them out of painful situation
		Analyses painful situation of others having pain
Interpersonal Relationship Skill	Pre- Status	Post- Status
Open Minded	Listen others' ideas, views, opinions	Pays attention to others' ideas, views, opinions
	Sometimes did not understand feelings of all relations	Understands feelings of all relations
	Found her self more comfortable with family and friends	Finds her self comfortable with all relations
	Enjoyed more with family members and friends relations in her life	Enjoys all relations of her life
	Expresses her feelings to family members and friends	Expresses her feelings to right person at right time
	Shared her ideas, views, opinions with family and friends	Shares her ideas, views, opinions with all relations
Dependable	Sometimes made relations feel comfortable by her presence	Makes relations feel comfortable by her presence
	Sometimes showed readiness to do for welfare of relations	Ready to do for welfare of all relations
Responsible	Sometimes ready to do for welfare of all relations	Ready to do for welfare of all relations
	Took care of family members and friends	Takes care of all relations
	Tried to fulfill expectations of family members and friends	Tries to fulfill expectations of all relations
		Shows devotions towards all relations
	Had concern for all relations	Has concern for all relations
		Pays attentions to all relations
	Did not feel burden of responsibilities of family and friends relations	Does not feel burden of responsibilities of all relations
Honest	Expressed her feelings to family members and friends	Expresses her feelings to all relations
	Shared her ideas, views, opinions with family members and friends	Shares her ideas, views, opinions with all relations
	Sometime told mistakes of family members and friends confidently	Confidently tells mistakes of all relations
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Understood ideas, views, opinions presented by others	Understands ideas, opinions, views presented by others
Independent	Sometimes got confused while presenting her ideas, opinions, views in front of outsiders	Systematically present her ideas, views, opinions in front of others
	Sometimes did not able to understand feelings of others	Understands feelings of others
	Confidently understood ideas, views, opinions presented by others	Confidently understands ideas, opinions, views presented by others

	Sometimes did planning before communicating to others	Does planning before communicating to others
		Organises her ideas, views, opinions before communicating
Rational Thinker	Sometimes made appropriate use of tone and language	Makes appropriate use of tone and language
		Makes appropriate use body language while communicating to others
	Sometimes did planning before communicating to others	Does planning before communicating to others
	Sometimes got confused while presenting own ideas, views, opinions in front of outsiders	Systematically present her ideas, views, opinions in front of others
		Organises her ideas, views, opinions before communicating
Open Minded	Listen others views, ideas, opinions	Pays attention to others' views, opinions, ideas for her improvement
		Accepts relevant information provided by others
		Tries to bring change in her ways of communication as per requirement of the situation
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes reflected on information after accepting	Reflects on information after accepting
Rational Thinker	Sometimes accepted information provided by her friends	Analyzes all aspects of information before accepting
	Sometimes analyzed on all aspect of information before arriving at generalization	Analyzes on all aspects of information before arriving at generalization
	Sometimes compared information with her previous knowledge before accepting	Compares information with her previous knowledge before accepting
		Organises information before arrive at generalization
Independent	Sometimes accepted information provided by her friends	Confidently analyzes all aspects of information before accepting
	Sometimes compared information with her previous knowledge before accepting	Compares information with her previous knowledge before accepting
		Organises information before arrive at generalization
	Hesitated to register her disagreement with information presented by others	Registers her disagreement with information provided by others
Non Conformist	Hesitated to register her disagreement with information presented by others	Registers her disagreement with information provided by others
	Sometimes did not evaluate information provided by her friends	Evaluates all aspects of information before accepting
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Did not able to think differently than others	Tries to think differently than others
		Incorporates all aspects to generate innovative ideas
		Has different ways to perform task
	Sometimes able to look abstract things	Able to look abstract things
Independent	Did not able to think differently than others	Incorporates all aspects to generate innovative ideas
		Applies her innovative ideas to solve the problems
		Confidently shares her innovative ideas with others
Original ideas Creator	Did not able to stand differently by presenting her innovative ideas than others	Stands differently by presenting her innovative ideas than others
		Creates innovative ideas than others
	Did not bring change in ways of performing task	Brings change in ways of performing task by applying innovative ideas

	Liked to perform task in same manner	
Clear Visionary	Did not able to create innovative ideas	Has clarity regarding her innovative ideas
		Able to elaborate her innovative ideas
		Able to explain her innovative ideas as solution of the problem
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Hesitated to take decision	Has clarity regarding her decisions
		Has clarity regarding result of her decisions
Risk Taker	Took help of others to face challenges	Ready to face challenging situation confidently
		Ready to bring changes in her ways of taking decisions
		Ready to bare consequences of her decisions
	Sometimes hesitated to take decision herself	Confidently takes her decisions
Rational Thinker	Analysed information but not able to take decisions	Analyses all aspects of information for taking decisions
		Collects all information for taking decisions
		Ready to bring changes in her ways of taking decisions
		Does planning for taking decisions
		Pays attention to information provided by others for taking decisions
Independent	Hesitated to take decision	Confidently collects information for taking decisions
	Took help of others to face challenging situation	Confidently analyses all aspects of information to take decisions
		Confidently follow her directions
		Confidently does planning for taking decisions
		Ready to face challenging situation confidently
Optimistic	Hesitated to take decisions	Has positive thinking for her decisions
	Did not think positive while taking decisions	Has positive thinking while taking decisions
	Did not think positive for result of decisions	Thinks positive for result of decisions
		Ready to bring change in her ways of taking decisions
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Sometimes analyse the problem	Analyses all aspects of the problem
		Collects relevant information related to the problem
		Analyses all information to find out solution to solve the problem
		Takes decisions to solve the problem
		Incorporate all aspects of information to solve the problem
		Does planning to solve the problem
Independent	Hesitated to solve the problem	Confidently solve the problem
		Does planning to solve the problem
	Took help of others to face challenging situation	Confidently face challenging situation
Optimistic	Did not able to think positive while facing challenging situation	Thinks positive for result of solution of the problem
		Thinks positive while solving the problem
		Ready bring change in ways to solve the problem
		Confidently facing challenging situation with positive thinking
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
		Reflects on result of solution after applying to the problem
Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Sometimes spontaneously reacted to the situation	Behaves as per requirement of the situation

	Sometimes did not able to manage her feelings	
	Expressed her feelings to her family members and friends	Expresses her feelings to right person at right time
	Required help of others to face challenging situation	Confidently face challenging situation
	Did not able to hurt others' feelings	Does not able to hurt others' feelings
Open Minded	Sometimes able to understand others' feelings	Able to understand others' feelings
	Did not able to think positive for challenging situation in her life	Thinks positive for challenging situation in her life
	Hesitated to bring change in her behaviours as per requirement of the situation	Brings change in her behaviours as per the requirement of the situation
	Expressed her feelings to her family members and friends	Expresses her feelings to right person at right time
Rational Thinker	Sometimes did planning before behaving in the situation	Does planning before behaving in the situation
		Understands feelings of others
	Sometimes did not able to analyse the situation before behaving in the situation	Analyzes the situation before behaving in the situation
	Listen information provided by others	Pays attention to information provided by others
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	Listened others views, ideas, opinions	Pays attention to others' views, ideas, opinions
	Sometimes analysed situation before behaving into the situation	Analyzes the situation before behaving into the situation
		Does planning to find out solution to come out of stressful situation
		Tries to concentrate on stressor
Independent	Sometimes reacted spontaneously to the situation	Confidently analyses the situation before behaving into the situation
	Took support of others to solve problem	Confidently finds out solution to come out of stressful situation
		Does not lose confidence to come out of stressful situation
		Confidently concentrates on the stressor
Optimistic	Did not lose interest from the life	Does not lose interest from the life
	Did not think positive at a time of facing stressful situation	Thinks positive in all situation in her life
		Does not quite herself from facing challenging situation
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation

She possessed certain Life Skills better as compared to other Life Skills. She knew her capacity but she was pessimistic. She was lacking self confidence. She was weak in Decision Making Skill and Problem Solving Skill. She tried to behave in a situation by considering her capacity. She knew her goals of life but was not able to decide path to achieve her goals of life. She was not a creative thinker. She was more close to her family and friends and shared her feelings, ideas, views, opinions with them. She enjoyed more her family and friends relations. She was short tempered. Sometimes, she reacted spontaneously to the situation. She had concern for others but hesitated to

stand with them to bring them out of painful situation. She hesitated to share her ideas, views, opinions with outsiders.

Now, she has changed due to experiencing the programme. She has got more clarity regarding herself and tries to behave in the situation by considering her capacity. She has realized her responsibility towards all relations and tries to express feelings to right person at right time. She has become more confident while presenting her ideas, views, opinions in front of others. She has become confident to take her decisions and solves the problem by applying Critical Thinking Skill and Creative Thinking Skill. She has become optimistic. She concentrates on stressor to find out solution to come out of stressful situation. She thinks before behaving in the situation and behaves as per requirement of the situation. She tries to plan confidently to achieve her goals of life. She enjoys her life and finds her life meaningful.

She has mentioned that she has enjoyed the programme because it made her to think about her life and developed her confidence. She has also learnt to take decisions her self.

4.3.8 Case 8 (24 years, Master in Commerce (Accounting and Financial Management), unmarried and does not have any teaching experience)

Table: 4.8 Pre- Status and Post-Status on the Ten Life Skills

Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Listen others' ideas, views, opinions	Pays attentions to others' opinions, views, ideas
		Acknowledges importance of information presented by others for her improvement
	Did not pay attention to her capacity	Pays attention to her capacity
Independent	Sometimes felt inferior for herself	Does not feel inferior for herself
	Required help of others to carry out task	Confidently carries out task as per her directions
	Followed directions provided by others	Confidently follows her directions
		Accepts task as per her capacity
	Did not have clarity regarding her goals of life	Has clarity regarding her goals of life
		Tries to decide path to achieve her goals of life
Open Minded	Did not try to reduce herself	Tries to reduce herself
		Takes decision as per her capacity
	Hesitated to accept her mistakes and weaknesses	Accepts her mistakes and weaknesses
	Hesitated to bring changes in her behaviours with reference to the situation	Ready to bring changes in her behaviours with reference to the situation
Clear Visionary	Listen others views, ideas, opinions	Pays attention to others' views, ideas, opinions for her improvement
	Did not able to reduce her weaknesses	Tries to reduce her weaknesses
	Did not have clarity regarding her goals of life	Has clarity regarding her goals of life
		Decides plan to achieve her goals of life
	Did not able to reduce her weaknesses	Has clarity regarding ways to her weaknesses

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	Did not behave in the situation by considering her capacity	Behaves in the situation as per her capacity
Empathy Skill	Pre- Status	Post- Status
Dependable	Did not able to stand with others to bring them out of painful situation	Stands with others to bring them out of painful situation
	Did not help others to bring them out of painful situation	Helps others to bring them out of painful situation
	Had concern for others having pain	Has concern for others
	Sometimes experienced feelings of others having pain	Experiences feelings of others having pain
		Does not able to stop herself to help others
Responsible	Had concerned for others without her benefits	Has concerns for others without her benefits
	Did not feel her responsibilities to help others	Realised her responsibility to help others
	Did not able to hurt others' feelings	Does not able to hurt others' feelings
		Does not able to forget pain of others
	Hesitated to help others	Does not able to stop herself to help others
	Understood feelings of others	Acknowledges feelings of others having pain
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes linked her feelings with others' feelings	Links her feelings with others' feelings
Rational Thinker	Did not analyse situation of others having pain	Analyses situation of others to find out solution
		Tries to find out solution to bring them out of painful situation
		Does not able to stop herself to think for others pain
		Does planning to bring them out of painful situation
Interpersonal Relationships Skill	Pre- Status	Post- Status
Open Minded	Listen others' views, ideas, opinions	Pays attention to ideas, views, opinions presented by others
	Understood feelings of all relations	Understands feelings of all relations
	Expressed her feelings to family members and few friends	Expresses her feelings to right person at right time
	Found herself comfortable with family members and few friends	Finds her self comfortable with all relations
		Tries to bring change in her behaviour with reference to the situation
Dependable	Depended on her family members	Allows relations to depend on her
	Sometimes tried to do for the welfare of family members	Tries to do for the welfare of all relations
		Makes relations feel comfortable by her presence
	Sometimes tried to do for welfare of family members	Tries to do for welfare of all relations
Responsible	Took care of family members	Takes care of all relations
	Paid attention to family relations	Pays attentions to all relations
	Tried to fulfill expectation of family relations	Tries to fulfill expectation of all relations
	Sometimes tried to do for welfare of family members	Tries to do for welfare of all relations
		Acknowledges importance of all relations in her life
Honest	Expressed her feelings to family members and few friends	Expresses her feelings to right person at right time
	Hesitated to tell mistakes of all relations	Tells mistakes of all relations appropriately
	Hesitated to accepted her mistakes in front of relations	Accepts her mistakes in front of all relations
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation

	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Understood feelings of others with reference to the situation	Understands feelings of others with reference to the situation
Independent	Hesitated to present her ideas, views, opinions in front of outsiders	Presents her ideas, views, opinions in front of others confidently
	Required help of others to present her ideas, views, opinions	
	Did not plan before communicating to others	Does planning before communicating to others
	Sometimes got confused while presenting her ideas, opinions, views in front of others	Confidently present her ideas, views, opinions appropriately
Rational Thinker	Did not plan before communicating to others	Does planning before communicating to others
	Sometimes got confused while presenting her ideas, views, opinions	Make appropriate use of tone and language while communicating
		Behaves as per requirement of the situation
	Understood feelings of others with reference to the situation	Understands feelings of others with reference to the situation
Open Minded	Listened others' views, ideas, opinions presented by others	Accepts relevant ideas, opinions, views presented by others
	Hesitated to improve her communication	Tries to bring change in ways of communication with reference to the situation
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
		Reflects on information after accepting
Rational Thinker	Did not analyze on all aspects of information before accepting	Analyzes on all aspects of information before accepting
	Listen ideas, opinions provided by others	Compares information provided by others with her previous knowledge
	Took help of others to understand the information provided by others	Collects relevant information to arrive at generalization
Independent	Took help of others to understand the situation	Analyzes information provided by others independently
	Listen ideas, opinions provided by others	Compares information provided by others with her previous knowledge confidently
		Accepts only relevant part of information provided by others independently
Non Conformist	Hesitated to tell her disagreement with views, ideas, opinions of others	Registers her disagreement with information provided by others
	Took help of others to understand information provided by others	Evaluates all aspects of information provided by others
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Though differently than others	Thinks differently than others
	Tried to incorporate all aspects of information to generate innovative ideas	Incorporates all aspects of information to generate innovative ideas
	Likes to perform task differently	Tries to perform task differently
	Hesitated to perform task differently	Confidently tries to bring change in her ways of performing
	Sometimes able to generate more ideas	Able to generate more ideas
Independent	Hesitated to perform task differently	Confidently tries to bring change in her ways of performing
	Hesitated to share her innovative ideas with others	Tries to share her innovative ideas with others
	Hesitated to apply her innovative ideas as solution to the problem	Tries to apply her innovative ideas as solution to the problem confidently
	Hesitated to bring change her ways of performing task	Tries to bring change her ways of performing task confidently
Original ideas Creator	Able to create different ideas than others	Able to create different ideas than others
	Remained engage in creating innovative ideas	Remains engage in creating innovative ideas

	Hesitated to present her innovative ideas in front of others	Stands differently by presenting her innovative ideas in front of others
	Used same ways to perform the task	Tries to bring change her ways to perform task
		Gets bored by adopting same ways of performing task
Clear Visionary	Did not have clarity regarding her creation	Has clarity regarding her creation
	Did not able to explain her innovative ideas as solution to the problem	Able to explain her innovative ideas as solution to the problem
		Able to elaborate her innovative ideas
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Depended on others for taking decisions	Has clarity regarding her decisions
		Has clarity regarding result of her decisions
Risk Taker	Hesitated to take decision independently	Ready to take decision independently
	Hesitated to bring change for taking decisions	Ready to bring change in her ways of taking decision
	Hesitated to face challenging task	Ready to face challenging task
		Ready to bare consequences of her decision
Rational Thinker	Did not able to analyse all aspects of information to take decision	Analyses all aspects of information to take decision
	Did not able to plan before taking decision	Does planning for taking decision
		Analyses all alternatives with reference to the situation
	Hesitated to bring change in her ways of taking decisions	Brings change in her ways of taking decision as per the requirement of situation
Independent	Hesitated to take decision herself	Confidently analyzes all aspects of information to take decision
	Depended on others for taking decisions	Confidently does planning for taking decisions
		Follows her directions to take decision
		Does not take help of others for taking decision
	Hesitated to face challenging task	Confidently face challenging situation in her life
		Confidently bring change in her ways of taking decision as per requirement of situation
Optimistic	Hesitated to take decision independently	Thinks positive for result of her decision
		Thinks positive while taking decision
		Bring change in her ways of taking decision as per requirement of situation
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Did not able to analyze the problem	Tries to analyze the problem for understanding of the problem
	Hesitated to solve the problem	Analyses all aspects of the problem
	Took help of others to face challenging situation	Tries to find out solution to the problem independently
		Collects information related to problem to find out solution to the problem
		Takes decisions to solve the problem
		Tries to incorporate all aspects of information to find out solution to the problem
		Does planning to solve the problem
Independent	Hesitated to solve the problem	Confidently tries to solve the problem
		Confidently analyses all aspects of information to find out solution to the problem
		Confidently takes decisions to solve the problem
		Does planning to solve the problem independently
	Took help of others to face challenging situation	Confidently tries to face challenging situation
Optimistic	Hesitated to solve the problem	Thinks positive while solving the problem

		Thinks positive for result of solution to the problem
		Tries to bring change in her way of solving the problem
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not reflect on solution to the problem after applying to the problem	Tries to reflect on solution applying to the problem
		Tries to draw alternative solution as per earlier experience
Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Shared her feelings with her family members	Expresses her feelings to right person at right time
	Did not hurt others' feelings	Does not hurt others' feelings
	Did not express her feelings as per requirement of the situation	Behaves as per requirement of the situation
Open Minded	Understood others' feelings	Understands others' feelings
	Did not able to think positive for challenging situation in her life	Thinks positive for all situation in her life
	Sometimes felt inferior about her self	Does not feel inferior about her self
		Tries to bring change in her behaviours as per requirement of the situation
		Expresses her feelings to right person at right time
Rational Thinker	Did not able to understand the situation	Tries to analyse the situation before behaving in the situation
	Did not able to express her feelings as per requirement of the situation	Does planning before behaving in the situation
		Analyses the situation before behaving in the situation
		Expresses her feelings to right person at right time
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Did not analyze the situation	Analyses the situation before behaving in the situation
		Does planning before behaving in the situation
	Listen others' views, ideas, opinions	Pays attention to ideas, views, opinions presented by others
		Behaves as per requirement of the situation
		Tries to concentrate on stressor to find out solution
Independent	Did not able to face challenging task independently	Confidently face challenging task
	Hesitated to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Felt helpless to face challenging situation independently	Does not find her self helpless to face challenging situation
	Did not able to analyse the situation to find out solution	Tries to find out solution to come out of stressful situation
	Did not able to express her feelings in the stressful situation to others	Able to express her feelings to others as per requirement of the situation
	Did not able to recognise the stressor	Able to recognise the stressor
Optimistic	Did not able to think positive while facing challenging situation	Thinks positive while facing challenging situation
		Does not lose confidence to face challenging situation
	Felt hopeless in the stressful situation	Does feel hopeless in the stressful situation

Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation

She was introvert and shy person. The most lacking Life Skills in her was Self Awareness Skill. She was confused regarding her self and due to lack of confidence depended on others for taking decisions and solving the problems of her life. She was close to her family and she expressed her feelings with them. She was confused while presenting her ideas, views, opinions in front of others. She was a creative person but she was not able to share her innovative ideas with others. She was lacking Critical Thinking Skill. She had concern for others having pain but due to lack of Decision Making Skill and Problem Solving Skill, she was not able to help them and sometimes felt inferior. She hesitated to express her feelings to others.

After experiencing the programme, she has gained clarity regarding herself. She is much clear regarding her self and tries to behave by taking into consideration her capacity. She has realized importance of all relations in her life and due to improvement in her Interpersonal Relations Skill, improvement has been found in her Effective Communication Skill. She has gained self confidence. She has improved her Critical Thinking Skill, Decision Making Skill, Problem Solving Skill and Coping with Emotions Skill. She has started applying her innovative ideas for finding out solution to the problem. She has become optimistic for her life and does not feel inferior.

She has mentioned about the programme that it has changed her life by making her aware about herself and gives her chance to decide her goal of life. She has developed positive outlook towards life and feels happy and satisfied with that.

4.3.9 Case 9 (24 years, Master in Commerce (Accounting and Financial Management), unmarried and does not have any teaching experience)

Table: 4.9 Pre- Status and Post-Status on the Ten Life Skills

Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not pay attention to her capacity for task	Pays attention to her capacity for deciding task
	Followed directions provided by others	Follows her directions
	Did not have clarity regarding herself	Has clarity regarding herself
		Tries to reduce her weaknesses
Independent	Followed directions provided by others	Confidently decides her direction to perform

		task
	Hesitated to perform task independently	Confidently performs task
	Did not pay attention to her capacity	Accepts task as per her capacity
	Confused regarding herself	Has clarity regarding herself
		Decides her goals of life
		Sometimes requires help of others to achieve her goals of life
Open Minded	Hesitated to bring change in her behaviours with reference to the situation	Ready to bring change in her behaviours with reference to the situation
	Felt inferior about herself	Does not feels inferior regarding herself
		Feels her life meaningful
	Listen others' ideas, views, opinions	Tries to accepts others' ideas, views, opinions to reduce her weaknesses
	Hesitated to accept her mistakes	Tries to reduce her weaknesses
Clear Visionary	Did not have clarity regarding her goals of life	Has clarity regarding her goals of life
		Tries to plan for achieving her goals of life independently
	Did not know her strengths	Confidently present her strengths in front of others
	Followed others direction to perform task	Has clarity regarding her direction to perform task
Empathy Skill	Pre- Status	Post- Status
Dependable	Did not able to stand with others to bring them out from painful situation	Stands with others to bring them out from painful situation
	Hesitated to help others to bring them out from painful situation	Ready to help others to bring them out from painful situation
	Had concern for others without her benefits	Has concern for others without her benefits
	Experienced same feelings of others having pain	Experiences same feelings of others having pain
	Did not able to express her feelings to others	Expresses her feelings to right person at right time
Responsible	Did not feel her self responsible to help others	Feels her responsibility to help others
	Felt bad for others having pain	Feels bad for others having pain
	Did not able to hurt others' feelings	Does not able to hurt others' feelings
	Did not able to express her feelings to others	Expresses her feelings to right person at right time
		Does not make show off of her feelings
		Acknowledges feelings of others with reference to the situation
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes linked others' feelings with her feelings	Links others' feelings with her feelings
Rational Thinker	Did not able to understand painful situation of others	Tries to understand painful situation of others
	Did not able to find out solution to bring them out of painful situation	Tries to find out solution to bring them out of painful situation
		Does not able to stop herself to think of others' pain
Interpersonal Relationships Skill	Pre- Status	Post- Status
Open Minded	Did not able to express her feelings to all relations	Expresses her feelings to all relations
	Hesitated to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Sometimes understand feelings of all relations	Understands feelings of all relations
	Found her self comfortable with family members	Finds her self comfortable with all relations
	Enjoyed more family relations	Enjoys all relations in her life
	Did not able share her ideas, views, opinions with relations	Tries to share her ideas, opinions, views with all relation
Dependable	Depended on others	Allows relations to depend on her
		Tries to make relations comfortable by her presence
	Hesitated to do for welfare of relations	Ready to do for welfare of all relations
Responsible	Felt her responsibility towards family members	Realised her responsibility towards all

		relations
	Tried to fulfill expectation of family relations	Tries to fulfill expectation of all relations
	Had concern for family relations	Has concern for all relations
	Gave more importance to family relations	Gives importance to all relations in her life
	Hesitated to do for welfare of relations	Ready to do for welfare of all relations
		Pays attention to all relations
		Tries to devote time to all relations
		Does not feel burden of relations
Honest	Did not able to express her feelings with all relations	Tries to express her feelings with all relations
	Hesitated to share her ideas, views, opinions with all relations	Shares her ideas, views, opinions with all relations
	Hesitated to tell mistakes of relations	Tries tell mistakes of relations
	Did not accept her mistakes	Tries to accept her mistakes
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes did not able to make appropriate use of tone and language while communicating	Tries to make appropriate use of tone and language while communicating
	Listen others' ideas, views, opinions	Understands others' ideas, views, opinions
Independent	Did not able to communicate her ideas, views, opinions to others	Tries to communicate her ideas, views, opinions to others confidently
	Got confused while presenting her ideas, views, opinions in front of others	Confidently does planning for presenting her ideas, views, opinions in front of others
	Required help of others to present her ideas, views, opinions in front of others	Sometimes requires help of others to organise her ideas, views, opinions before communicating
Rational Thinker	Did not do planning before communicating to others	Does planning before communicating to others
	Required help of others to present her ideas, views, opinions in front of others	Behaves as per requirement of the situation
	Got confused while communicating to others	Make appropriate use of language and tone in her communication
		Systematically present her views, ideas, opinions to others
Open Minded	Did not able to bring change in her behaviour as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Listen others views, ideas, opinions	Accepts relevant information provided by others
		Understands views, opinions, ideas presented by others
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
		Reflects on all aspects of information after accepting
Rational Thinker	Did not analyse all aspects of information provided by others	Tries to analyse all aspects of information provided by others
	Did not able to compare information provided by other with her previous knowledge before accepting	Tries to compare information provided by others with her previous knowledge before accepting
	Did not analyze on all aspects of information before accepting	Accepts only relevant information provided by others
Independent	Took help of others for providing direction	Confidently analyses information provided by others
		Confidently compare information provided by others with her knowledge before accepting
	Listen others' ideas, opinions, views	Accepts only relevant information provided by others

		Sometime required help of others to analyse information
Non Conformist	Did not evaluate all aspects of information before accepting	Evaluate all aspects of information before accepting
	Did not tell her disagreement with others' views, ideas, opinions	Registers her disagreement to others' views, ideas, opinions confidently
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Though differently than others	Thinks differently than others
	Tried to incorporate all aspects to generate innovative ideas	Tries to incorporate all aspects to generate innovative ideas
	Able to look abstract things	Able to look abstract things
	Had different ideas than others	Has different ideas than others
	Did not try to perform task differently	Tries to perform task differently
	Hesitated to apply her innovative ideas to perform task	Applies her innovative ideas to perform task
Independent	Hesitated to perform task independently	Tries to apply her innovative ideas to perform task independently
		Does task as per her direction
		Confidently apply her innovative ideas as solution to the problem
	Hesitated to present her innovative ideas in front of others	Confidently present her innovative ideas in front of others
	Hesitated to bring change in her way of performing task	Tries to bring change in her way of performing task
Original ideas Creator	Created different ideas than others	Creates different ideas than others
	Hesitated to present her innovative ideas in front of others	Stand differently by presenting her innovative ideas in front of others
		Remained engaged in creating innovative things
	Did task in same manner	Tries to bring change in her way of performing task
		Gets bored by performing same kind of task
		Tries to apply her innovative ideas to solve the problem
Clear Visionary	Did not have clarity regarding her creation	Has clarity regarding her creation
	Did not able to explain her innovative ideas as solution to the problem	Able to explain her innovative ideas as solution to the problem
		Able to elaborate her innovative ideas
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Followed directions provided by others	Has clarity regarding her decision
		Has clarity regarding result of her decision
Risk Taker	Hesitated to face challenging task	Ready to face challenging task
	Took help of others for providing directions	Follows her direction to perform task
	Depended on others for taking decision	Ready to bare consequences of her decision
		Ready to bring change in ways of taking decision
Rational Thinker	Depended on others for taking decision	Analyses all aspects of information before taking decision
		Analyses all alternative with reference to the problem for taking decision
	Listen others' views, opinions, ideas	Collects relevant information for taking decision
		Does planning before taking decision
Independent	Hesitated to take decision herself	Takes decision confidently
	Depended on others for taking decision	Confidently tries to analyse all aspects of information to take decision
		Analyses all alternatives to take decision confidently
		Does planning for taking decision independently
		Confidently follows her direction to perform task
Optimistic	Depended on others to take decision	Thinks positive for result of her decision
		Thinks positive while taking decision

		Ready to bring change in her ways of taking decision
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Did not able to solve the problem independently	Tries to analyses all aspects of the problem
	Listen others' views, ideas, opinions	Tries to collect information related to the problem
		Does planning for finding out solution to the problem
		Incorporates all aspects for deciding solution to the problem
		Takes decision to solve the problem
Independent	Took help of others to solve the problem	Confidently collect information related to the problem
	Depended on others for solving the problem	Confidently analyses all aspects of the problem
		Does planning for finding out solution to the problem
		Confident to take decision to solve the problem
Optimistic	Hesitated to solve the problem	Has positive thinking while solving the problem
		Thinks positive for result of solution applied to the problem
		Does not quit herself to face challenging situation
		Brings change in her ways to solve the problem
		Applies her innovative ideas to solve the problem
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not pay attention to result of solution after applying to the problem	Reflects on result of solution after applying to the problem
Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Sometimes took help of others to express her feelings	Tries to express her feelings to right person at right time
	Did not able to hurt others' feelings	Does not able to hurt others' feelings
	Sometime able to behave as per requirement of the situation	Tries to behave as per requirement of the situation
Open Minded	Listen others' views, ideas, opinions	Tries to bring change in her behaviours as per requirement of the situation
	Thought negative whenever face challenging situation	Thinks positive in all situation
		Tries to face challenging situation confidently
	Felt inferior regarding herself	Does not feel inferior regarding her self
	Hesitated to share her ideas, views, opinions with others	Tries to share her ideas, opinions, views with others
		Tries to understand others' feelings
Rational Thinker	Did not analyse the situation before behaving in the situation	Analyses the situation before behaving the situation
		Does planning before behaving in the situation
	Sometimes tries to understand the situation	Understands the situation
	Understood feelings of others with reference to the situation	Understand feelings of others with reference to the situation
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflect on others' behaviours with reference to the situation

Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Did not analyse situation before behaving in the situation	Analyses the situation before behaving in the situation
	Did not express her feelings as per requirement of the situation	Expresses her feelings as per requirement of the situation
	Did not do planning before behaving in the situation	Does planning before behaving in the situation
	Did not able to concentrate on stressor	Able to concentrate on stressor
	Took help of others to face challenging situation	Tries to find out solution to come out of stressful situation
	Took help of others for facing challenging situation	Tries to face challenging situation confidently
Independent	Took help of others for facing challenging situation	Tries to face challenging situation confidently
		Tries to find out solution to come out of stressful situation
		Able to concentrate on the stressor confidently
		Confidently analyses the situation before behaving in the situation
		Does planning to come out of stressful situation confidently
Optimistic	Thought negative while facing challenging situation	Thinks positive while facing challenging situation
	Felt hopeless to come out of stressful situation	Does not lose confidence to come out of stressful situation
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation

She was lacking in most of all the Life Skills and the most lacking Life Skill was Self Awareness Skill. She felt inferior. She was having good interpersonal Relationships with her family members and she was dependent on them for taking decision for her life. She was not able to express feelings to others and hesitated to share her ideas, opinions, views with others. She was not a critical thinker and due to that she depended on others for facing challenging situations. She did not have clarity regarding her goals of life. She was a creative person, able to generate innovative ideas, but, was not able to apply the innovative ideas for solving the problems. She always thought negative in her life.

Through experience of the programme, she has gained Self Awareness Skill which helps her to think positive regarding herself. She has become confident and tries to analyze information provided by others. She has developed Critical Thinking Skill which has helped her in improving her Decision Making Skill and Problem Solving Skill. She has started acknowledging importance of relations in her life and tries to express feelings to right person at right time. She does not get confused while communicating her ideas, views, opinions to others. She is applying her innovative ideas to find out solution to the problem. She tries to behave as per requirement of the

situation. She has decided her goals of life and tries to do planning for achieving her goals of life. She is able to manage her stress and finds her life more meaningful and joyful.

About the programme, she has mentioned that she has gained knowledge about herself. She found it meaningful for her life. The programme has helped her to prove herself as a creative person.

4.3.10 Case 10 (24 years, Master in Commerce (Accounting and Financial Management), unmarried and does not have any teaching experience)

Table: 4.10 Pre-Status and Post-Status on the Ten Life Skills
Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not have clarity regarding himself	Pays attention to his capacity
	Listen others views ideas, opinions, views	Pays attentions to others' views, ideas, opinions for his improvement
Independent	Took help of others to carry out task	Confidently carry out task as per his directions
	Followed others directions for carry out task	Follows his direction to carry out task
		Tries to decide task as per his capacity
	Hesitated to bring change for own improvement	Tries to bring change for own improvement
	Did not have clarity regarding his goals of life	Has clarity regarding his goals of life
		Sometimes requirements help of others for taking decisions
Open Minded	Hesitated to present his ideas, views, opinions in front of others	Presents his ideas, views, opinions in front of others
		Ready to bring change in his behaviours for his improvement
	Sometimes tried to reduce his mistakes	Tries to reduce his mistakes and weaknesses
	Hesitated to reduce his weakness	
	Did not have clarity regarding his goals of life	Sometimes took help of others for achieving his goals of life
Clear Visionary	Did not have clarity regarding own goal of life	Has clarity regarding his goals of life
		Tries to do planning for achieving his goals of life
	Followed directions provided by others	Has clarity regarding decided task
	Did not pay attention to her capacity	Behaves by considering her capacity
Empathy Skill	Pre- Status	Post- Status
Dependable	Did not able to help others to bring them out of painful situation	Tries to help others to bring them out of painful situation
	Did not stand with others to bring them out of painful situation	Stands with others to bring them out of painful situation
		Ready to help others to bring them of painful situation
	Sometimes experience feelings of others	Experiences feelings of others with reference to the situation
Responsible	Did not feel his responsibility to help others	Feels his responsibilities to help others
		Tries to find out solution to bring them out of painful situation
	Easily forgot feelings of others having pain	Does not able to forget feelings of other having pain
	Felt bad for others' pain	Feels bad for others' pain
Reflective Thinker	Did not reflect on his behaviours with reference to	Reflects on his behaviours with reference to

	the situation	the situation
	Did not reflect on others' behaviours with reference to the situation	Reflect on others' behaviours with reference to the situation
	Sometimes linked his feelings with others' feelings	Links his feelings with others' feelings
Rational Thinker	Did not able to find out solution to bring them out of painful situation	Tries to find out solution to bring them out of painful situation
		Tries to analyse situation of others to find out solution
		Does not able to stop himself to think for helping others to come out of painful situation
Interpersonal Relationships Skill	Pre- Status	Post- Status
Open Minded	Did not able to bring change in his behaviours	Tries to bring change in his behaviours
	Sometimes understand feelings of family members and friends	Understands feelings of all relations
	Found him self more comfortable with family members and friends	Feels himself comfortable with all relations
	Listen others' ideas, views, opinions	Pays attention to others' views, opinions, ideas
	Expressed his feelings with family members and friends	Expresses his feelings with all relations
Dependable	Depended on others	Allows relations to depend on himself
	Ready to do for welfare of family members	Ready to do for welfare of all relations
		Makes relations feel comfortable by his presence
Responsible	Felt him self responsible for family members and friends	Feels him self responsible for all relations
	Sometimes took care of family members	Takes care of all relations
	Gave importance to family members and friends	Gives importance to all relations
	Tried to fulfill expectation of family members	Tries to fulfill expectation of all relations
	Had more concern for family members than other relations	Has concern for all relations
	Paid attention to family relations	Pays attentions to all relations
		Does not feel burden of relations in his life
Honest	Did not able to tell mistakes of relations	Confidently tells mistakes of all relations
	Expressed his feelings with family members	Expresses his feelings with all relations
	Hesitated to share his ideas, views, opinions with relations	Shares his ideas, views, opinions with all relations
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes understood opinions, views, ideas presented by others	Understand opinions, views, ideas presented by others
Independent	Hesitated to present his ideas, views, opinions in front of others	Confidently presents his ideas, views, opinions in front of others
	Got confused while presenting his ideas, opinions, views	Does planning for presenting his ideas, views, opinions
	Took help of others to present his ideas, views, opinions	
Rational Thinker	Did not plan before communicating in the situation	Does planning before communicating in the situation
	Took help of others to present his ideas, views, opinions	Confidently presents his ideas, views, opinions in front of others
		Makes appropriate use of tone and language while communicating to others
		Tries to organise his ideas, views, opinions before communicating to others
Open Minded	Did not able to bring in his ways of communication as per requirement of the situation	Tries to bring change in his ways of communication as per requirement of the situation

	Listen others ideas, opinions, views	Understands ideas, opinions, views presented by others
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Rational Thinker	Did not analyse all aspects of information	Analyse all aspects of information
	Followed directions provided by others	Follows his direction to perform task
		Tries to compare information provided by others with his previous knowledge
		Analyzes all aspects of information before accepting
		Accepts relevant information by others
		Collects relevant information before arrive at generalization
Independent	Followed directions provided by others	Confidently analyses all aspects of information
		Confidently accepts relevant information provided by others
		Tries to compare information provided by others with his previous knowledge
Non Conformist	Did not able to register his disagreement with information provided by others	Tries to register his disagreement with information provided by others
	Followed directions provided by others without evaluation	Evaluates all aspects on information before accepting
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Thought differently than others	Thinks differently than others
	Tried to incorporate all aspects while generating innovative ideas	Incorporates all aspects while generating innovative ideas
	Able to look abstracts things	Able to look abstracts things
	Had innovative ways to perform task	Applies his innovative ways to perform task
	Able to generate more ideas	Able to generate more ideas
Independent	Hesitated to apply his innovative ways to perform task	Applies his innovative ideas to perform task independently
	Followed directions provided by others	Carries out task as per his directions confidently
	Hesitated to bring change in his ways of performing task	Brings change in his ways of performing task as per requirement of the situation
	Hesitated to present his innovative ideas in front of others	Tries to present his innovative ideas in front of others
	Did not suggest his innovative ideas as solution to the problem	Tries to suggest his innovative ideas as solution to the problem
Original ideas Creator	Generates innovative ideas than others	Generates innovative ideas than others
	Hesitated to present his innovative ideas in front of others	Stand different by presenting his innovative ideas in front of others
	Sometimes remained engaged in constructing innovative ideas	Remains engage in constructing innovative ideas
	Followed same ways to carry out task	Tries to bring change in his ways of performing task by applying his innovative ideas
		Gets bored by doing same kind of task
Clear Visionary	Sometime did not have clarity regarding his creation	Has clarity regarding his creation
	Did not able to relate his innovative ideas as solution to the problem	Able to explain his innovative ideas as solution to the problem
	Sometimes able to elaborate his innovative ideas	Able to elaborate his innovative ideas
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Depended on others for taking decisions	Has clarity regarding his decision
	Followed directions provided by others	Has clarity regarding result of his decision
Risk Taker	Hesitated to take decision	Confidently tries to take decision
	Followed directions provide by others to perform task	Follows his direction to perform task
	Took help of others to perform challenging task	Ready to face challenging task without help

		of others
		Ready to bring change in his ways of taking decision
		Ready to bare consequences of own decisions
Rational Thinker	Depended on others to take decisions	Analyzes all aspects of information for taking decision
		Tries to collect information for taking decision
		Analyses all alternatives to take decision
		Does planning for taking decision
Independent	Dependent on others to take decisions	Confidently take decisions
		Confidently analyses all alternatives to take decisions
		Does planning to take decision independently
		Follows his directions to perform task confidently
Optimistic	Hesitated to take decision	Has positive thinking while taking decision
		Has positive thinking for result of his decisions
		Tries to bring change in his ways to take decision
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Took help of others to solve the problem	Analyses all aspects of information to solve the problem
		Pays attention to all aspects of the problem for understanding
		Incorporates all aspects of information to find out solution to the problem
		Collects information related to solve the problem
		Takes decision to solve the problem
Independent	Followed direction provided by others to solve the problem	Follows his direction to solve the problem
		Confidently analyses information related to the problem
		Does planning to solve the problem confidently
		Confidently takes decision to solve the problem
Optimistic	Hesitated to solve the problem independently	Thinks positive while solving the problem
		Thinks positive for solution of the problem
		Does not quit himself from facing challenging situation
		Ready to bring change in his ways to solve the problem
Reflective Thinker	Did not reflect on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not reflect on result of solution after applied to the problem	Reflects on results of solution after applying to the problem
		Tries to reflect on earlier applied solution to the similar problem
Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Hesitated to express his feelings to the others	Expresses his feelings to right person at right time
		Behaves as per requirement of the situation
	Did not able to hurt others' feelings	Does not able to hurt others' feelings
		Tries to manage his behaviours with reference to the situation
Open Minded	Listen others opinions, views, ideas	Accepts relevant information provided by others for his improvement

		Tries to bring change in his behaviours with reference to the situation
		Thinks positive for the situation
Rational Thinker	Did not analyse situation before behaving in the situation	Analyses the situation before behaving in the situation
		Does planning before behaving in the situation
		Understands others' feelings
Reflective Thinker	Did not reflect on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Did not able to analyse situation before behaving in the situation	Analyse situation before behaving in the situation
		Behave as per requirement of the situation
	Did not able to concentrate on the stressor	Tries to concentrate on stressor
		Understands feelings of others
Independent	Took help of others to come out of stressful situation	Tries to find out solution to come out of stressful situation
		Confidently analyses the situation before behaving in the situation
		Confidently face challenging situation in his life
	Did not able to concentrate on the stressor	Tries to concentrate on the stressor
		Does not lose confidence to come out of stressful situation
		Does not quit himself to face challenging situation
Optimistic	Did not able to think positive while facing stressful situation	Thinks positive while facing stressful situation
		Confidently face challenging situation
Reflective Thinker	Did not reflect on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Did not reflects on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation

He was weak in almost all the Life Skills. He was an introvert shy person. He was lacking self confidence. Most lacking Life Skill was Decision Making Skill. He was dependent on others. He had given more importance to family relations in his life. He hesitated to express feelings to others. He was a creative person but hesitated to share own innovative ideas with others. He was getting confused while presenting his ideas, views, opinions in front of others. Due to his hesitation to express his feelings to others and lack of Decision Making Skill, he felt stress in his life. He was not a critical thinker. He was accepting directions and information provided by others as it is. He did not know his goals of life. He hesitated to bring change in his behaviours as per requirement of the situation.

Now, he has changed a lot by the experience of the programme. He acknowledges importance of relations in his life and has started expressing feelings to the right person at right time. He has developed confidence on him self and started taking decision independently. He thinks critically. He has gained confidence to

communicate with others systematically. He shares his creation with others and tries to apply his innovative ideas to solve the problem. He can cope up with stress. He is able to express feelings and takes decisions. He tries to behave in the situation as per requirement of the situation. He has decided his goals of life and confidently tries to achieve his goals of life. He finds his life meaningful and enjoyable.

About the programme, he has mentioned that it helped him a lot for understanding himself. He feels more confident to live healthy and happy life.

4.3.11 Case 11 (25 years, Master in Commerce (Accounting and Financial Management), unmarried and 2 years teaching experience)

Table: 4.11 Pre-Status and Post-Status on the Ten Life Skills
Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Paid attention to others' views, opinions, ideas for own improvement	Pays attention to others' views, opinions, views for own improvement
	Pays attention to her capacity for deciding task	Pays attention to her capacity for deciding task
	Sometimes tried to reduce her weaknesses	Tries to reduce her weaknesses
Independent	Performed her task confidently	Performs her task confidently
	Sometime hesitated to do task as per her directions	Does task as per her direction
	Knew her goals of life	Knows her goals of life
	Sometimes did planning for achieving her goals of life	Does planning for achieving her goals of life
Open Minded	Sometimes tried to reduce her weaknesses	Tries to reduce her weaknesses
	Sometimes accepts her mistakes in front of others	Accepts her mistakes in front of others
	Sometimes tried to bring changes in her behaviour for her improvement	Brings change in her behaviours for her improvement
	Listen others' views, opinions, ideas for her improvement	Pays attention to others' views, opinions, ideas for her improvement
Clear Visionary	Had clarity regarding her goals of life	Has clarity regarding her goals of life
	Had clarity regarding path to achieve her goals of life	Has clarity regarding path to achieve her goals of life
	Did planning for achieving her goals of life	Does planning for achieving her goals of life
	Behaved as per her capacity	Behaves as per her capacity
Empathy Skill	Pre- Status	Post- Status
Dependable	Sometimes hesitated to stand with others to bring them out of painful situation	Stands with others to bring them out of painful situation
	Sometimes experience feelings of others having pain	Experiences feelings of others having pain
	Had concern for others without her benefit	Has concern for others without her benefit
		Does not able to stop herself to help others to bring them out of painful situation
Responsible	Sometimes did not feel her responsibility to help others to bring them out of painful situation	Realizes her responsibility to help others to bring them out of painful situation
	Did not hurt intentionally others' feelings	Does not hurt others' feelings
	Sometimes did not able to forget others pain easily	Does not able to forget others' pain easily
	Did not make show off of her feelings in front of others	Does not make show off of her feelings in front of others
	Sometimes acknowledged feelings of others having pain	Acknowledges feelings of others having pain
Reflective Thinker	Sometimes reflected on her behaviours with	Reflects on her behaviours with reference to

	reference to the situation	the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes linked her feelings with others feelings	Links her feelings with others' feelings
Rational Thinker	Sometimes found difficult to understand others' feelings	Understands feelings others' having pain
	Tried to find out solution to bring them out of painful situation	Finds out solution to bring them out of painful situation
		Does not able to stop her self to help others
Interpersonal Relationships Skill	Pre- Status	Post- Status
Open Minded	Listened others' views, ideas, opinions	Pays attention to others' views, ideas, opinions
	Understood feelings of all relations	Understands feelings of all relations
	Found herself comfortable with all relations	Finds herself comfortable with all relations
	Shared her ideas, opinions, views with family members	Shares her ideas, views, opinions with all relations
Dependable	Allowed relations to depend on her	Allows relations to depend on her
	Took care of all relations	Take care of all relations
	Made relations feel comfortable by her presence	Makes relations feel comfortable by her presence
	Sometimes hesitated to do for welfare of relations	Ready to do for welfare of relations
Responsible	Felt her responsibility to take care of all relations	Feels her responsibility to take care of all relations
	Did not felt burden of relations in her life	Does not feel burden of relations in her life
	Tried to fulfill all expectations of all relations	Tries to fulfill all expectations of all relations
	Sometimes hesitated to do for welfare of relations	Ready to do for welfare of relations
		Acknowledges importance of all relations in her life
	Had concern for all relations	Has concern for all relations
	Tried to devote time to all relations	Devotes time to all relations
	Paid attention to all relations	Pays attention to all relations
Honest	Sometimes accepted her mistakes in front of family members	Accepts her mistakes in front of all relations
	Sometimes shared her ideas, views, opinions with family members	Shares her ideas, views, opinions with all relations
	Sometimes told mistakes of family members confidently	Tells mistakes of all relations
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Understood others' views, ideas, opinions with reference to the situation	Understands others' views, opinions, ideas with reference to the situation
Independent	Sometimes hesitated to present her views, opinions, ideas in front of outsiders	Confidently presents her ideas, views, opinions confidently in front of others
	Did planning before communicating to others	Does planning before communicating to others
	Sometimes required help of others to present her ideas, views, opinions in front of outsiders	Does not require help of others to present her ideas, views, opinions in front of outsiders
Rational Thinker	Made appropriate use of tone and language while presenting her ideas, views, opinions	Makes appropriate use of tone and language while presenting her ideas, views, opinions
	Did planning before communicating to others	Does planning before communicating to others
	Organised her ideas, views, opinions before communicating to the others	Organises her ideas, views, opinions before communicating to the others
Open Minded	Listen others' views, opinions, ideas	Pays attention to others' views, opinions, ideas
	Hesitated bring change in her ways of communication as per requirement of the situation	Brings change in her ways of communication as per requirement of the situation

Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Analysed all aspects of information after accepting	Analysed all aspects of information after accepting
Rational Thinker	Sometimes compared information provided by others with her previous knowledge before accepting	Compares information provided by others with her previous knowledge before accepting
	Sometimes paid attention to all aspects of information before accepting	Pays attentions to all aspects of information before accepting
	Sometimes collected relevant information to arrive at generalization	Collects relevant information to arrive at generalization
Independent	Sometimes took help of others to analyse information before accepting	Confidently analyses information before accepting
	Sometimes compared information provided by others with her previous knowledge before accepting	Compares information provided by others with her previous knowledge before accepting
	Sometimes confidently accepted relevant information to arrive at generalization	Confidently accepts relevant information to arrive at generalization
	Hesitated to register her disagreement with reference to information provided by others	Confidently registers her disagreement with reference to information provided by others
Non Conformist	Hesitated to register her disagreement with reference to information provided by others	Registers her disagreement with reference to information provided by others
	Evaluated all aspects of information before accepting	Evaluated all aspects of information before accepting
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Did not able to generate innovative ideas than others	Tries to generate innovative ideas than others
		Tries to incorporate all aspects to generate innovative ideas
	Did not able to look abstract things	Able to look abstract things
	Hesitated to bring change in her way of performing task	Tries to bring change in her way of performing task
	Got confuse to perform challenging task	Enjoys performing task differently
Independent	Did as per her directions	Does as per her directions
	Adopted same ways to perform task	Tries to bring change in her ways to perform task confidently
		Applies her innovative ideas to solve the problem confidently
		Confidently presents her innovative ideas in front of others
Original ideas Creator	Did not able create innovative ideas than others	Able to create innovative ideas than others
		Stands differently while presenting innovative ideas in front of others
		Remains engage in creating innovative things
	Used same ways performing task	Tries to apply innovative ideas to perform task
Clear Visionary	Did not able to generate innovative ideas	Has clarity regarding her innovative ideas
		Able to explain her innovative ideas as solution to the problem
		Able to explain her innovative ideas
		Has clarity regarding her creation
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Sometimes had clarity regarding result of her decisions	Has clarity regarding result of her decisions
	Knew direction for taking decisions	Knows direction for taking decisions
Risk Taker	Sometimes hesitated to take decisions	Takes her decisions with confidence
		Ready to take decisions
		Ready to face challenges
	Sometimes hesitated to bare consequences of her decisions	Ready to bare consequences of her decisions

Rational Thinker	Analyzed all alternatives before taking decisions	Analyzes all alternatives before taking decisions
	Analyzed all alternatives for deciding decisions	Analyzes all alternatives for deciding decisions
	Sometimes did planning for taking decisions	Does planning for taking decisions
	Collected information relevant information for taking decisions	Collects relevant information for taking decisions
Independent	Sometimes hesitated to take decisions	Confidently takes decisions
	Collected information relevant information for taking decisions	Collects relevant information for taking decisions
		Analyses all alternatives to take decisions
	Sometimes followed others' direction to perform task	Follows her directions to perform task
	Sometimes did planning for taking decisions	Confidently does planning for taking decisions
	Hesitated to bring change in ways of taking decisions	Tries to bring change in ways of taking decisions confidently
Optimistic	Thought positive while taking decisions	Thinks positive while taking decisions
	Sometimes thought positive for result of her decisions	Thinks positive for result of her decisions
	Hesitated to bring change in ways of taking decisions	Tries to bring change in ways of taking decisions
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Sometimes collected relevant information to solve the problem	Collects relevant information to solve the problem
	Analyses all aspects of the problems for understanding the problem	Analyses all aspects of the problem for understanding
	Sometimes paid attention to all aspects of the problem	Pays attention to all aspects of the problem
		Tries to apply innovative ideas to find out solution to the problem
	Sometimes did planning to solve the problem	Does planning to solve the problem confidently
Independent	Sometimes took decision to solve the problem	Confidently takes decisions to solve the problem
		Confidently analyses all aspects of the problem
	Sometimes took help of others to solve the problem	Tries to solve the problem independently
	Hesitated to bring change in her ways to solve the problem	Tries to bring change in her ways to solve the problem
		Confidently apply her innovative ideas to solve the problem
	Took help of others to face challenging situation	Confidently face challenging situation
Optimistic	Sometimes thought positive for solution to the problem	Thinks positive for solution to the problem
	Hesitated to being change in her ways to solve the problem	Tries to being change in her ways to solve the problem
		Tries to apply her innovative ideas to solve the problem
	Sometimes thought positive while solving the problem	Thinks positive while solving the problem
		Thinks positive for result of solution of the problem
	Took help of others to face challenging situation	Confidently face challenging situation
Reflective Thinker	Sometimes reflects on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflects on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes reflected on result of solution after applying to the problem	Reflects on result of solution after applying to the problem
	Sometimes reflected on solution earlier applied to solve the problem	Reflects on solution earlier applied to solve the problem

Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	Sometimes hesitated to express her feelings to outsider	Expresses her feelings to right person at right time
	Did not able to hurt others' feelings	Does not able to hurt others' feelings
Open Minded	Understood others' feelings	Understands others' feelings
	Sometimes thought positive for challenging situation	Thinks positive for all situation in her life
	Sometimes found difficulty to bring change in her behaviours as per requirement of the situation	Brings change in her behaviours as per requirement of the situation
Rational Thinker	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	Sometimes analysed situation before behaving in the situation	Analyses the situation before behaving in the situation
		Does planning before behaving in the situation
Reflective Thinker	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	Understood others' feelings	Understands others' feelings
	Tried to concentrate on stressor	Able to concentrate on stressor
	Sometimes tried to find out solution to come out of stressful situation	Tries to find out solution to come out of stressful situation
Independent	Sometimes tried to find out solution to come out of stressful situation	Tries to find out solution to come out of stressful situation
	Tried to concentrate on stressor	Tries to concentrate on stressor
	Took help of others to face challenging situation	Confidently face challenging situation
	Sometimes spontaneously reacted to the situation	Confidently behaves as per requirement of the situation
Optimistic	Sometimes thought positive while facing challenging situation	Thinks positive while facing challenging situation
		Does not lose confidence while facing challenging situation
		Thinks positive for her life
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation

She possessed almost all the Life Skills, but lacking in Creative Thinking Skill. She knew her self a great deal and decided her task as per her capacity. She took most of her decisions and did task as per her directions. She analyzed the problem to find out solution to the problem. She was not able to think creatively. Sometimes she hesitated to share her ideas, views, opinions with outsiders. She was making appropriate use of tone and language while communication to others. Sometimes she hesitated to express feelings to outsiders. She reflected on her behaviours and tried to reduce her mistakes in future. Sometimes, she was not able to bring change in her behaviours as per requirement of the situation. She tried to concentrate on stressor to find out solution to come out of stressful situation.

Now, she has improved her all the Life Skills through experience of the Life Skills Programme. She has gained more clarity regarding herself and has developed confidence. She expresses her feelings to right person at right time. She does task as per her capacity. She follows her direction and takes decisions independently. She analyzes the problems and tries to find out solution to come out of problems. She generates innovative ideas and applies those for finding out solution to the problems. She is able to concentrate on stressor and tries to find out solution to come out of stressful situation. She thinks positive for her life and applies her positive thinking while facing challenging situation. She takes care of all relations in her life. She confidently communicates her ideas, views, opinions to others. She behaves in the situation as per requirement of the situation. She finds her life more meaningful and joyful.

About the programme, she has mentioned that she has been able to improve herself for better life.

4.3.12 Case 12 (28 years, M. Com (Accountancy and Financial Management), married and did not have any teaching experience)

Table: 3.12 Pre-Status and Post-Status on the Ten Life Skills
Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes decided task as per her capacity	Decides task as per her capacity
	Sometimes tried to reduce her weaknesses	Tries to reduce her weaknesses
Independent	Performed task as per her directions	Performs task as per her directions
	Knew her goals of life	Knows her goals of life
	Sometimes took help of others to achieve her goals of life	Confidently does planning for achieving her goals of life
	Sometimes tried to reduce her weaknesses	Tries to reduce her weaknesses
Open Minded	Listen others' ideas, views, opinions	Pays attention to others' ideas, views, opinions for her improvement
	Hesitated to bring change in her behaviours for her improvement	Tries to bring change in her behaviours for her improvement
	Hesitated to accept her mistakes	Accepts her mistakes
		Tries to reduce her weaknesses
	Sometimes felt her life meaningful	Feels her life meaningful
Clear Visionary	Had clarity regarding her goals of life	Has clarity regarding her goals of life
	Sometimes took help of others to achieve her goals of life	Has clarity regarding path to achieve her goals of life
	Decided task as per her capacity	Decides task as per her capacity
Empathy Skill	Pre- Status	Post- Status
Dependable	Hesitated to help others having pain	Tries to help others having pain
	Had concern for others without her benefit	Has concern for others without her benefit
	Sometimes took help of others for helping those having pain	Confident while helping others
		Does not able to stop her self to help others
	Sometimes experienced same feelings of others	Experiences same feelings of others

Responsible	Sometimes felt her responsibility to help others	Feels her responsibility to help others
	Felt bad for others having pain	Feels bad for others having pain
	Hesitated to help others having pain	Tries to help others having pain
		Tries to find out solution to bring them out of painful situation
	Did not hurt others' feelings	Does not hurt others' feelings
		Does not able to forget pain of others
		Does not stop herself to help others
		Acknowledges feelings of others having pain
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes linked her feelings with others feelings having pain	Links her feelings with others feelings having pain
Rational Thinker	Tried to understand painful situation of others	Tries to understand painful situation of others
	Hesitated to help others having pain	Tries to find out solution to bring them out of painful situation
		Does not able to stop herself to help others having pain
Interpersonal Relationships Skill	Pre- Status	Post- Status
Open Minded	Listen others' views, ideas, opinions	Pays attention to others' ideas, opinions, views
	Understood feelings of all relations	Understands feelings of all relations
	Did not found herself comfortable with all outsiders	Finds herself comfortable with all relations
	Sometimes hesitated to express her feelings with outsiders	Expresses her feelings to right person at right time
	Sometimes shared her ideas, views, opinions with all relations	Shares her ideas, views, opinions with all relations
		Tries to bring change in her behaviours as per requirement of the situation
Dependable	Allowed relations to depend on her	Allows relations to depend on her
	Made relations comfortable by her presence	Makes relations comfortable by her presence
	Sometimes hesitated to do for welfare of relations	Ready to do for welfare of all relations
Responsible	Felt her responsibility to fulfill expectation of all relations	Feels her responsibility to fulfill expectation of all relations
	Tried to fulfill all expectation of all relations	Tries to fulfill all expectation of all relations
	Sometimes hesitated to do for welfare of all relations	Ready to do for welfare of all relations
	Acknowledged importance of relations in her life	Acknowledges importance of relations in her life
	Tried to devote time to all relations	Tries to devote time to all relations
	Did not feel burden of all relations in her life	Does not feel burden of all relations in her life
Honest	Sometimes hesitated share her ideas, views, opinions with outsiders	Shares her ideas, views, opinions with all relations
	Sometimes hesitated to tell mistakes of relations	Tells mistakes of relations confidently
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Tried to understand others' views, ideas, opinions	Understands others' views, ideas, opinions independently
Independent	Sometimes hesitated to present her ideas, views, opinions in front of others	Confidently present her ideas, views, opinions in front of others
	Made appropriate use of tone and language while communicating to others	Makes appropriate use of tone and language while communicating to others

		Does planning before communicating to others
Rational Thinker	Sometimes did planning before communicating to others	Does planning before communicating to others
	Tried to understand ideas, views, opinions presented by others	Understands ideas, views, opinions presented by others
	Made appropriate use of tone and language while communicating to others	Makes appropriate use of tone and language while communicating to others
	Tried to organise information before communicating to others	Organises information before communicating to others
Open Minded	Listen others views, opinions, ideas	Pays attention to others' views, opinions, ideas
		Accepts relevant information provided by others
	Hesitated to bring change in her ways of communication as per requirement of the situation	Tries to bring change in her ways of communication as per requirement of the situation
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Analysed all aspects of information after accepting	Analyses all aspects of information after accepting
Rational Thinker	Paid attention to all aspects of information to before accepting	Pays attention to all aspects of information to before accepting
	Tried to compare information with her previous before accepting	Compares information with her previous knowledge before accepting
		Collects relevant information to arrive at generalization
		Analyzes all aspects of information before accepting
Independent	Sometimes sought support of others to arrive at generalisation	Confidently analyzes information to arrive at generalization
		Confidently compares information with her previous knowledge before accepting
	Listen others' ideas, views, opinions	Confidently accepts only relevant part of information
	Hesitated to register her disagreement with information provided by others	Registers her disagreement with information provided by others
Non Conformist	Hesitated to register her disagreement with information provided by others	Registers her disagreement with information provided by others
	Evaluated all aspects of information before accepting	Evaluates all aspects of information before accepting
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Did not able to think differently than others	Thinks differently than others
		Tries to incorporate all aspects of information for generating innovative ideas
		Tries to generate innovative ideas
		Tries to do task innovatively
		Enjoys performing task innovatively
Independent	Did task as per her directions	Does task as per her directions
	Did not able to think innovatively	Tries to apply her innovative ideas to perform task
		Tries to apply her innovative ideas to solve the problem
		Confidently presents her innovative ideas in front of others
Original ideas Creator	Did not able to create innovative things	Tries to create innovative ideas
		Able to present different ideas than others
	Hesitated to perform task differently	Tries to apply her innovative ideas to perform task differently
		Stands differently by presenting her innovative ideas

		Remains engaged in creative innovative ideas
		Gets bored by doing task in same ways
Clear Visionary	Did not able to generate innovative ideas	Has clarity regarding her innovative ideas
		Able to explain innovative ideas as solution to the problem
		Able to explain her creation
		Able to elaborate her innovative ideas
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Had clarity regarding her decisions	Has clarity regarding her decisions
	Knew result of her decisions	Knows result of her decisions
Risk Taker	Sometimes hesitated to take decisions	Ready to take decisions
		Ready to bare consequences of her decisions
	Hesitated to bring change in her ways of taking decisions	Ready to bring change in her ways of taking decisions
		Ready to face challenging in her life
Rational Thinker	Analysed all alternatives before taking decisions	Analyses all alternatives before taking decisions
	Analysed all information before taking decision	Analyses all information before taking decisions
	Sometimes did planning for taking decisions	Does planning for taking decisions
	Listen others' views, ideas, opinions	Pays attention to information provided by for taking decisions
	Hesitated to bring change in her ways of taking decisions	Ready to bring change in her ways of taking decisions
Independent	Sometimes hesitated to take decisions	Confidently take decisions
	Sometimes did planning for taking decisions	Does planning confidently for taking decisions
	Analyzed all information for taking decisions confidently	Analyzes all information for taking decisions confidently
	Hesitated to bring change in her ways of taking decisions	Ready to bring change in her ways of taking decisions
	Followed her direction to perform task	Follows her directions to perform task
Optimistic	Sometimes though positive while taking decisions	Thinks positive while taking decisions
	Sometimes though positive for result of her decisions	Thinks positive for result of her decisions
	Hesitated to bring change in her ways of taking decisions	Ready to bring change in her ways of taking decisions
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Analyzed all aspects of the problem for understanding	Analyzes all aspects of the problem for understanding
	Tried to collect information to solve the problem	Collects information to solve the problem
	Tried to find out solution to the problem	Tries to find out solution to the problem
	Analyzed all information to find out solution to the problem	Analyzes all information to find out solution to the problem
	Tried to incorporate all information to solve the problem	Incorporates all information to solve the problem
	Sometimes did planning for solving the problem	Does planning for solving the problem
Independent	Sometimes took help of others to solve the problem	Confidently take decisions to solve the problem
		Confidently does planning to solve the problem
		Confidently analyzes the problem to find out solution to the problem
		Confidently collects all information related to the problem
		Confidently applies her innovative ideas to solve the problem
Optimistic	Sometimes thought positive while solving the problem	Thinks positive while solving the problem
	Thought positive for result of solution to the problem	Thinks positive for result of solution to the problem
	Sometimes took help of others to face challenging situation	Confidently face challenging situation
		Does not quit herself from facing

		challenging situations
	Hesitated to bring change in her ways of solving the problem	Tries to bring change in her ways of solving the problem
		Applies her innovative ideas to solve the problem
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes reflected on result of solution after applying to the problem	Reflects on result of solution after applying to the problem
	Sometimes reflected on solution earlier applied to the similar problem	Reflects on solution earlier applied to the similar problem
Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Sometimes spontaneously reacted to the situation	Behaves as per requirement of the situation
	Hesitated to express her feelings to outsiders	Expresses her feelings to right person at right time
	Did not able to hurt others' feelings	Does not able to hurt others' feelings
Open Minded	Hesitated to bring change in her self as per requirement of the situation	Tries to bring change in her self as per requirement of the situation
	Understood feelings of others	Understands feelings of others
	Sometimes thought positive for all situations in her life	Thinks positive for all situations in her life
Rational Thinker	Sometimes analysed situation before behaving in the situation	Analyzes situation before behaving in the situation
	Sometimes did planning before behaving in the situation	Does planning before behaving in the situation
	Sometimes took help of others to face challenging situation	Behaves as per requirement of the situation
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	Sometimes analyzed stressful situation to find out solution to come out of stressful situation	Analyzes stressful situation to find out solution to come out of stressful situation
	Sometimes took help of others to come out of stressful situation	Tries to find out solution to come out of stressful situation
	Tried to concentrate on stressor	Tries to concentrate on stressor
	Listen others' views, ideas, opinions	Tries to collect relevant information to find out solution
Independent	Sometimes took help of others to face challenging situation	Tries to face challenging situation herself
		Does not lose confidence to face challenging situation
		Tries to concentrate on stressor
Optimistic	Sometimes thought positive while facing challenging situation	Thinks positive while facing challenging situation
		Thinks positive for her life
	Hesitated to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
		Does not quit her self to face challenging situation
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation

She possessed certain Life Skills in well manner. She was lacking Effective Communication Skill as she hesitated to share her ideas, views, opinions with

outsiders and hesitated to express her feelings to others. She was having much clarity regarding her self. She was able to take decision for her life. She knew her goals of life and sometimes she took help of others to achieve her goals of life. She had good relations in her life and she tried to fulfill expectation of others. She understood feelings of others. But she was lacking Empathy Skill. She was a critical thinker but she was not creative person. She tried to analyze the problem to find out solution. She hesitated to express her feelings to others and due to that felt stress in her life.

She has improved her Life Skills by experiencing the programme. She has gained self confidence. She expresses feelings to right person at right time. She has started sharing her ideas, views, opinions with others. She has reduced stress in her life. She has started thinking creatively. She tries to apply her innovative ideas to solve the problems. She is able to empathize with others. She confidently takes decision for achieving her goals of life. She has started thinking positive for her life and behaves as per requirement of the situation.

She has mentioned about the programme that by experience of the programme she has started thinking differently. She has come to know more about herself. She finds her life more enjoyable.

4.3.13 Case 13 (25 years, M.Com. (Accountancy and Financial Management), unmarried and did not have any teaching experience)

Table: 4.13 Pre-Status and Post-Status on the Ten Life Skills

Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes took in to consideration her capacity for deciding task	Takes in to consideration her capacity for deciding task
	Hesitated to reduce her weaknesses	Tries to reduce her weaknesses
Independent	Sometimes took decision by taking into consideration her capacity	Takes decision by taking into consideration her capacity
	Sometimes followed others directions	Follows her directions confidently
	Did not know her goals of life	Knows her goals of life
		Sometimes required help of others to achieve her goals of life
	Hesitated to reduce her weaknesses	Tries to reduce her weaknesses
	Tried to reduce her mistakes	
	Hesitated to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
Open Minded	Sometimes felt inferior regarding herself	Does not feel inferior regarding herself
	Hesitated to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Sometimes accepted her mistakes	Accepts her mistakes
	Listen others' views, opinions, ideas	Tries accept others' views, ideas, opinions for her improvement

	Sometimes felt her life meaningless	Feels life meaningful
Clear Visionary	Did not know her goals of life	Has clarity regarding her goals of life
		Sometimes takes help of others to achieve her goals of life
	Sometimes behaved as per her capacity	Behaves as per her capacity
	Hesitated to reduce her weaknesses	Tries to reduce her weaknesses
Empathy Skill	Pre- Status	Post- Status
Dependable	Hesitated to help others to bring them out of painful situation	Tries to help others to bring them out of painful situation
	Did not able to stand with others having pain	Tries to stand with others having pain
	Had concerned for others having pain	Has concern for others having pain
	Tried that did not hurt others' feelings	Does not hurt others' feelings
	Sometimes experienced feelings of others	Experiences feelings of others
Responsible	Did not feel her responsibility to help others	Feels her responsibility to help others
	Sometimes felt bad for others having pain	Feels bad for others having pain
	Did not remember others pain for long time	Does not able to forget pain of others easily
	Did not make show of her concern towards others	Does not make show of her concern towards others
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes linked her feelings with others feelings having pain	Links her feelings with others' feelings having pain
	Did not able to understand others' painful situation	Tries to understand others' painful situation
		Tries to find out solution to bring them out of painful situation
		Does planning to bring them out of painful situation
Interpersonal Relationships Skill	Pre- Status	Post- Status
Open Minded	Listen others' views, ideas, opinions	Pays attention to others' views, ideas, opinions
	Tried to understand feelings of all relations	Understands feelings of all relations
	Felt herself more comfortable with family members	Feels herself comfortable with all relations
	Hesitated to share her ideas, views, opinions with outsiders	Shares her ideas, views, opinions with all relations
	Expressed her feelings with family members	Expresses her feelings with all relations
		Enjoys all relations in her life
Dependable	Sometimes made family relations comfortable by her presence	Makes relations comfortable by her presence
	Sometimes allowed family relations to depend on her	Allows relations to depend on her
	Hesitated to do for welfare of relations	Ready to do for welfare of all relations
Responsible	Sometimes hesitated fulfill expectations of outsiders	Tries to fulfill expectations of all relations
	Sometimes did not feel her responsibility towards outsiders	Tries to take care of all relations
	Gave more to family relations in her life	Gives importance of all relations in her life
		Acknowledges importance of all relations in her life
	Did not able to show devotion to all relations	Shows devotion to all relations
	Hesitated to do for welfare of all relations in her life	Ready to do for welfare of all relations in her life
	Paid attention to family relations in her life	Pays attention to all relations in her life
		Does not feel burden of relations in her life
Honest	Hesitated to share her ideas, views, opinions with all relations	Shares her ideas, views, opinions with all relations
	Did not able to tell mistakes of all relations	Confidently tells mistakes of all relations
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others behaviours with	Reflects on others behaviours with reference

	reference to the situation	to the situation
		Understand information provided by others
Independent	Sometimes took help of others while presenting her ideas, views, opinions	Confidently present her ideas, views, opinions in front of others
	Sometimes tried to present her ideas, views, opinions systematically	Tries to present her ideas, views, opinions systematically
Rational Thinker	Sometimes tried to present her ideas, views, opinions systematically	Tries to present her ideas, views, opinions systematically
	Sometimes tried to do planning before communicating to others	Does planning before communicating to others
	Sometimes made appropriate use of tone and language while communicating	Makes appropriate use of tone and language while communicating
	Sometimes took help of others to organise information before communicating	Tries to organise information before communicating to others
Open Minded	Listen others views, ideas, opinions	Pays attention to others views, ideas, opinions
	Hesitated to bring change in her ways of communication as per requirement of the situation	Tries to bring change in her ways of communication as per requirement of the situation
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
		Reflects on information after accepting
Rational Thinker	Sometimes analyzed all aspects of information before accepting	Analyzes all aspects of information before accepting
	Sometimes compared information with her previous knowledge before accepting	Compares information with her previous knowledge before accepting
	Sometimes collects relevant information to arrive at generalization	Collects relevant information to arrive at generalization
Independent	Sometimes analyzed all aspects of information before accepting	Confidently analyzed all aspects of information before accepting
	Sometimes took help of others to arrive at generalization	Collects relevant information to arrive at generalization
	Sometimes compared information with her previous knowledge before accepting	Compares information with her previous knowledge before accepting
Non Conformist	Hesitated to register her disagreement with information provided by others	Tries to register her disagreement with information provided by others
	Sometimes evaluate all aspects of information before accepting	Evaluates all aspects of information before accepting
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Did not able to generate innovative ideas than others	Tries to generate innovative ideas than others
	Did not present innovative ideas than others	Tries to present innovative ideas than others
	Did not able to look abstract things	Tries to look abstract things
	Did task in same manner	Tries to bring change in ways of performing task
	Hesitated to perform task differently	Enjoys performing task differently
Independent	Did not able to perform task differently	Tries to bring change in ways of performing task
		Confidently presents her innovative ideas in front of others
	Did not able to generate innovative ideas to solve the problem	Confidently applies her innovative ideas as solution to the problem
		Liked to do task in different manner
Original ideas Creator	Did not able to generate innovative ideas than others	Tries to generate innovative ideas than others
	Did not stand differently by presenting innovative ideas	Stands differently by presenting innovative ideas
		Remained engaged in creating innovative things
	Did task in same manner	Tries to bring change in her ways of performing task

	Enjoyed doing task in same manner	Gets bored by performing task in same manner
Clear Visionary	Did not able to generate innovative ideas	Has clarity regarding her creation
		Able to explain her innovative ideas as solution to the problem
		Able to elaborate her innovative ideas
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Sometimes had clarity regarding her decisions	Has clarity regarding her decisions
	Sometimes knew result of her decisions	Has clarity regarding result of her decisions
Risk Taker	Hesitated to bring change in her ways of taking decisions	Tries to bring change in her ways of taking decisions as per requirement of the situation
	Sometimes hesitated to bare consequence of her decisions	Ready to bare consequences of her decisions
	Sometimes took help of others to take decisions	Ready to take decisions herself
Rational Thinker	Sometimes analyzed all alternatives for taking decisions	Analyses all alternatives for taking decisions
	Sometimes analyzes all aspects of information for taking decisions	Analyzes all aspects of information for taking decisions
	Sometimes did planning for taking decisions	Does planning for taking decisions
	Hesitated to bring change in her ways of taking decision as per requirement of the situation	Tries to bring change in her ways of taking decision as per requirement of the situation
Independent	Sometimes took help of others to take decision	Confidently take decision
	Sometimes analysed all alternatives for taking decision	Analyses all alternatives for taking decision independently
	Hesitated to bring change in her ways of taking decision as per requirement of the situation	Tries to bring change in her ways of taking decision as per requirement of the situation
	Followed her direction to perform task	Follows her direction to perform task
Optimistic	Sometimes thought positive while taking decision	Thinks positive while taking decision
	Sometimes thought positive for result of her decision	Thinks positive for result of her decision
	Hesitated to bring change in her ways of taking decision as per requirement of the situation	Tries to bring change in her ways of taking decision as per requirement of the situation
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Sometimes analysed all aspects of the problem for solving the problem	Analyses all aspects of the problem for solving the problem
	Sometime tried to understand the problem by analysing the problem	Understands the problem by analysing the problem
	Sometimes took decision to solve the problem	Takes decision to solve the problem
	Sometimes collected information related to the problem	Collects information related to the problem
	Listen others views, ideas, opinions	Pays attention to others' information to solve the problem
	Sometimes did planning to solve the problem	Does planning to solve the problem
		Tries to incorporate her innovative ideas to solve the problem
Independent	Sometimes took help of others to solve the problem	Confidently solve the problem
	Sometimes took decision to solve the problem	Takes decision to solve the problem independently
	Sometimes did planning to solve the problem	Does planning to solve the problem
Optimistic	Sometimes thought positive while solving the problem	Thinks positive while solving the problem
	Sometimes thought positive for solution to the problem	Thinks positive for solution to the problem
	Hesitated to face challenging situation	Does not quit herself from challenging situation
		Tries to incorporate her innovative ideas to solve the problem
	Hesitated to bring change in her ways of solving the problem	Tries to bring change in her ways of solving the problem
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation

	Sometimes reflected on solution of the problem after applying to the problem	Reflects on solution of the problem after applying to the problem
Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	Did not able to express her feelings to outsiders	Expresses her feelings to right person at right time
	Did not hurt others' feelings	Does not hurt others' feelings
	Sometimes hesitated to express her feelings in the situation	Confidently express her feelings in the situation
Open Minded	Did not able to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Sometimes tried to understand others' feelings	Understands others' feelings
	Hesitated to face challenging situation	Thinks positive for all situation in her life
		Confidently faces challenging situation
Rational Thinker	Sometimes analysed the situation before behaving in the situation	Analyses the situation before behaving in the situation
	Sometimes did planning before behaving in the situation	Does planning before behaving in the situation
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Listen others' views, opinions, ideas	Pays attention to others' views, opinions and ideas
	Sometimes analyzed the situation before behaving in the situation	Analyzes the situation before behaving in the situation
	Sometimes did planning before behaving in the situation	Does planning before behaving in the situation
	Sometimes tried concentrate on the stressor	Tries to concentrate on the stressor
Independent	Sometimes tried to find out solution to come out of stressful situation	Tries to find out solution to come out of stressful situation independently
	Sometimes tried concentrate on the stressor	Tries to concentrate on the stressor
	Hesitated to face challenging situation in her life	Confidently tries to face challenging situation in her life
	Sometimes loose confidence to face challenging situation in her life	Does not lose confidence to face challenging situation in her life
	Hesitated to bring change in her behaviours as per requirement the situation	Tries to bring change in her behaviours as per requirement the situation
	Sometimes spontaneously reacted to the situation	Behaves as per requirement of the situation
Optimistic	Sometimes loose confidence to face challenging situation	Thinks positive while facing any situation in her life
	Hesitated to bring change in her behaviours as per requirement the situation	Tries to bring change in her behaviours as per requirement the situation
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation

She possessed a few Life Skills. She was a critical thinker. She was able to take decisions and solve the problems of her life. She was lacking some Life Skills, namely, Self Awareness Skill, Empathy Skill, Interpersonal Relationships Skill, Communication Skill, Creative Thinking Skill, Coping with Emotions Skill and Coping with Stress Skill. She was not a creative person. She was more close to her family members and expressed feelings with them only. She hesitated to face

challenging situation in her life. She felt stress in her life. Sometimes, she tried to behave as per her capacity in the situation.

Through experiencing the Life Skills Programme, she has improved all her Life Skills. She has developed self confidence. She confidently takes decisions and solves the problems. She behaves as per requirement of the situation and expresses feelings to right person at right time. She has become clear regarding herself. She thinks positively for her life and tries to confidently face challenging situation in her life. She has reduced stress in her life. She has improved her relations with others and confidently shares her ideas, views, opinions with others. She follows her directions confidently and applies her Critical Thinking Skill and Creative Thinking Skill to solve the problems of her life. She tries to think creatively and enjoys performing task differently.

About the programme, she has mentioned that it helped her to improve her relations with others and to face any situation in her life confidently.

4.3.14 Case 14 (24 years, M.Com (Accountancy and Financial Management), unmarried and did not have any teaching experience)

Table: 4.14 Pre-Status and Post-Status on the Ten Life Skills
Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes paid attention to her capacity to decide task	Pays attention to her capacity to decide task
	Sometimes behaved as per her capacity in the situation	Behaves as per her capacity in the situation
	Hesitated to reduce her weaknesses	Tries to reduce her weaknesses
Independent	Sometimes took help of others for deciding task	Follows her direction to decide task
	Sometimes took help of others to achieve her goals of life	Confidently does planning for achieving her goals of life
	Knew her goals of life	Knows her goals of life
	Sometimes accepted task as per her capacity	Accepts task as per her capacity confidently
	Sometimes hesitated to perform challenging task independently	Tries to perform challenging task independently
	Hesitated to reduce her weaknesses	Tries to reduce her weaknesses
Open Minded	Did not listen others views, ideas, opinions	Tries to accept relevant ideas, views, opinions provided by others for her improvement
	Hesitated to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Hesitated to accept her mistakes	Accepts her mistakes in front of others
		Tries to reduce her weaknesses
Clear Visionary	Knew her goals of life	Has clarity regarding her goals of life
	Sometimes took help of others to achieve her goals of life	Confidently does planning for achieving her goals of life
Empathy Skill	Pre- Status	Post- Status
Dependable	Did not help others to bring them out of painful	Tries to help others to bring them out of

	situation	painful situation
	Did not stand with others having pain	Tries to stand with others having pain
	Did not have much concern for others pain	Has concern for others having pain
	Did not experience feelings of others	Experiences feelings of others
	Did not have confidence to help others having pain	Has confidence to help others having pain
Responsible	Did not feel herself responsible to help others	Feels her responsible to help others
	Did not able to help others	Tries to help others to bring out of painful situation
	Sometimes hurt others' feelings unknowingly	Tries to do not hurt others' feelings
	Did not acknowledge feelings of others	Acknowledges feelings of others
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not link her feelings with others feelings	Linked her feelings with others feelings
Rational Thinker	Did not think about others' pain	Thinks about others' pain
		Does planning to bring them out of painful situation
		Understands others' painful situation
Interpersonal Relationships Skill	Pre- Status	Post- Status
Open Minded	Did not accept others views, ideas, opinions	Accepts others views, ideas, opinions for her improvement
	Sometimes did not understand relations' feelings	Understands feelings of all relations
	Found herself comfortable with family members	Finds herself comfortable with all relations
	Expressed her feelings with family members	Expresses her feelings with all relations
Dependable	Did not allowed all relations to depend on her self	Allows all relations to depend on herself
	Sometimes made family relations feel comfortable by her presence	Makes all relations feel comfortable by her presence
	Did not do for welfare of all relations	Ready to do for welfare of all relations
Responsible	Did not feel her responsibilities towards outsiders	Feels her responsibility towards all relations
	Sometimes took care of family members	Takes care of all relations
	Did not do for welfare of all relations	Ready to do for welfare of all relations
	Paid attentions to family members	Pays attention to all relations
	Sometimes tried to fulfill expectations of family members	Tries to fulfills expectations of all relations
	Did not acknowledge importance of all relations	Acknowledge importance of all relations
	Did not show devotion towards all relations	Shows devotion towards all relations
	Sometimes felt burden of relations	Does not feels burden of all relations
Honest	Did not accept her mistakes in front of all relations	Accepts her mistakes in front of all relations
	Sometimes tell mistakes of all relations	Tries to tell mistakes of all relations
	Did not share her views, ideas, opinions with outsiders	Shares her views, ideas, opinions with all relations
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes understand information provided by others	Understands information provided by others
Independent	Sometimes to help of others to present her ideas, views, opinions in front of others	Confidently present her ideas, views, opinions in front of others
	Did not share her ideas, views, opinions with others	Shares her ideas, views, opinions with others confidently
	Sometimes got confused while presenting her ideas, views, opinions	Systematically presenting her ideas, views, opinions
Rational Thinker	Did not do planning before presenting her ideas, views, opinions in front of others	Does planning before presenting her ideas, views, opinions in front of others
	Sometimes made appropriate use of tone and language while communicating	Makes appropriate use of tone and language while communicating
	Did not able to organise information before communicating to others	Tries to organise information before communicating to others
Open Minded	Did not able to bring change in her ways of communication with reference to the situation	Tries to bring change in her ways of communication with reference to the

		situation
	Did not accept relevant information provided by others	Accepts relevant information provided by others
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
		Reflects on information after accepting
Rational Thinker	Sometimes analyzed information before accepting	Analyzes information before accepting
	Sometimes paid attention to all aspects of information before accepting	Pays attention to all aspects of information before accepting
	Sometimes compared information with her previous knowledge before accepting	Compares information with her previous knowledge before accepting
		Collects relevant information to arrive at generalization
Independent	Sometimes took help of others to arrive at generalization	Confidently analyzes information to arrive at generalization
	Sometimes compared information with her previous knowledge before accepting	Compares information with her previous knowledge before accepting
	Hesitated to accept relevant information provided by others	Accepts relevant information provided by others independently
	Hesitated to register her disagreement with information provided by others	Confidently register her disagreement with information provided by others
Non Conformist	Did not accept information provided by others without analyzing	Analyzes information before accepting
	Hesitated to register her disagreement with information provided by others	Tries to register her disagreement with information provided by others
	Sometimes evaluated all aspects of information before accepting	Evaluates all aspects of information before accepting
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Did not able to think differently than others	Tries to think differently than others
	Did not able to look abstract things	Tries to look abstract things
	Hesitated to bring change in ways of performing task	Sometimes tries to bring change in her ways of performing task
	Did not able to generate innovative ideas	Tries to generate innovative ideas
		Tries to incorporate all aspects of information to generate innovative ideas
Independent	Sometimes did task as per her directions	Does task as per her directions
	Hesitated to bring change in her ways of performing task	Tries to bring change in her ways performing task
	Did not able to generate innovative ideas	Tries to generate innovative ideas
		Tries to present her innovative ideas in front of others confidently
		Sometimes tries to apply her innovative ideas as solution to the problem confidently
Original ideas Creator	Did not able to generate innovative ideas than others	Tries to generate innovative ideas than others
		Tries to stand different than others by presenting her innovative ideas
	Used same ways to perform task	Tries to bring change in her ways of performing task
		Sometimes remains engage in creating innovative things
Clear Visionary	Did not able to generate innovative ideas	Has clarity regarding her creation
		Has clarity regarding her innovative ideas
		Able to explain her innovative ideas as solution to the problem
		Tries to elaborate her innovative ideas
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Sometimes had clarity regarding her decision	Has clarity regarding her decision
	Sometimes knew result of her decision	Has clarity regarding result of her decision
Risk Taker	Sometimes ready to bare consequences of her decision	Ready to bare consequences of her decision

	Sometimes took help of others to face challenging situation	Ready to face challenging situation
	Hesitated to bring change in her ways of taking decision	Tries to bring change in her ways of taking decision
Rational Thinker	Sometimes did planning before taking decision	Does planning before taking decision
	Sometimes analyzed information for taking decision	Analyzes information for taking decision
	Tried to analyse all alternative for taking decision	Analyses all alternative for taking decision
	Hesitated to bring change in her ways of taking decision as per requirement of the situation	Tries to bring change in her ways of taking decision as per requirement of the situation
	Listen others views, ideas, opinions	Tries to pay attention to information presented by others
		Collects relevant information to take decision
Independent	Sometimes analysed information for taking decision	Analyses all aspects of information for taking decision independently
	Sometimes analysed all alternative for taking decision	Analyses all alternative for taking decision confidently
	Sometimes took help of others for facing challenging situation	Confidently tries to face challenging situation
	Sometimes did planning for taking decision	Confidently does planning for taking decision
	Followed her direction to perform task	Follows her direction to perform task
	Hesitated to tell her decision	Confidently tell her decision to others
Optimistic	Thought positive while taking decision	Thinks positive while taking decision
	Thought positive for result of her decision	Thinks positive for result of her decision
	Hesitated to bring change in her ways of taking decision	Tries to bring change in her ways of taking decision
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Sometimes tried to analyse all aspects of the problem for understanding	Analyses all aspects of the problem for understanding
	Sometimes tried to analyse all aspects of information for finding out solution to the problem	Analyses all aspects of the information for finding out solution to the problem
	Sometimes took decision for solving the problem	Takes decision for solving the problem
	Sometimes did planning for finding out solution to the problem	Does planning for finding out solution to the problem
	Listen others' views, ideas, opinions	Pays attention to information provided by others
		Collects relevant information to solve the problem
	Sometimes tried to incorporate all aspects of the problem to find out solution to the problem	Incorporates all aspects of the problem to find out solution to the problem
Independent	Sometimes took help of others for solving the problem	Confidently solve the problem
	Sometimes took help of others to face challenging situation	Confidently tries to face challenging situation
	Sometimes did planning for finding out solution to the problem	Does planning for finding out solution to the problem independently
	Sometimes tried to analyse all aspects of the problem for understanding	Analyses all aspects of the problem for understanding
Optimistic	Thought positive to solve the problem	Thinks positive to solve the problem
	Hesitated to bring change in her behaviours with reference to the situation	Tries to bring change in her behaviours with reference to the situation
	Thought positive for solution to the problem	Thinks positive for solution to the problem
	Sometimes took help of others to face challenging situation	Confidently tries to face challenging situation
	Did not able to generate innovative ideas	Tries to apply her innovative ideas to solve the problem
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes reflected on solution after applying to the problem	Reflects on solution after applying to the problem

Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	Hesitated to express her feelings to the outsiders	Expresses her feelings to right person at right time
	Sometimes hurt others' feelings unknowingly	Does not hurt others' feelings
Open Minded	Did not able to bring change in her behaviours as per requirement of the situation	Tries to bring change in own behaviours as per requirement of the situation
	Thought positive for all situation in her life	Thinks positive for all situation in her life
	Sometimes did not able to understand others' feelings	Tries to understand others' feelings
Rational Thinker	Did not analyze situation before behaving in the situation	Analyzes the situation before behaving in the situation
	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	Sometimes did planning before behaving in the situation	Does planning before behaving in the situation
Reflective Thinker	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Sometimes tried to analyze situation to find out solution to come out of stressful situation	Analyzes the situation to find out solution to come out of stressful situation
	Sometimes able to find out solution to come out of stressful situation	Finds out solution to come out of stressful situation
	Sometimes tried to concentrate on stressor	Tries to concentrate on stressor
	Sometimes did planning before behaving in the situation	Does planning before behaving in the situation
	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
Independent	Sometimes took help of others to come out of stressful situation	Confidently tries to find out solution to come out of stressful situation
	Sometimes took help of others to face challenging situation	Confidently face challenging situation in her life
	Sometimes tried to analyze situation to find out solution to come out of stressful situation	Analyzes the situation to find out solution to come out of stressful situation confidently
	Sometimes able to find out solution to come out of stressful situation	Finds out solution to come out of stressful situation
Optimistic	Sometimes thought positive while facing stressful situation in her life	Thinks positive while facing stressful situation in her life
	Sometimes did not lose confidence to come out of stressful situation	Confident to finds out solution to come out of stressful situation herself
Reflective Thinker	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation

She was a critical thinker and possessed Decision Making Skill and Problem Solving Skill better than the other Life Skills. But she was lacking self confidence and Self Awareness. She had close Interpersonal Relationships with her family members. She expressed her feelings to them only. She felt her self comfortable with them. She was not able to communicate her ideas, views, opinions to outsiders. She felt stress in her life. She was not able to empathize with others. She was not a creative thinker and hesitated to bring change in performing task in different manner. She was not able to help others to bring them out of painful situation as she was lacking Empathy Skill. She hesitated to face challenging situation in her life and depended on her family

members for help. Sometimes, she reacted spontaneously to the situation as she was lacking Coping with Emotions Skill and Coping with Stress Skill.

By experiencing the Life Skills Programme, she has improved herself. She has improved her self confidence and has started thinking positive while facing challenging situation in her life. She has gained more clarity regarding herself. She expresses feelings to right person at right time. Her Interpersonal Relationships Skill has improved. She is able to communicate her ideas, views, opinions to others confidently and systematically. She has started thinking creatively and enjoys creative task. She follows her directions to perform task. She does not feel her life stressful and thinks positive for her life.

About the programme, she has mentioned that though programme she has become more confident in her life and thinks positive.

4.3.15 Case 15 (25 years, M.Com (Accountancy and Financial Management), unmarried and did not having teaching experience)

Table: 4.15 Pre-Status and Post-Status on the Ten Life Skills
Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not able to pay attention to her capacity for deciding task	Pays attention to her capacity for deciding task
	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
Independent	Sometimes took help of others to face challenging situation	Confidence face challenging situation by considering her capacity
	Sometimes did task as per her directions	Confidently follows her direction to perform task
	Did not able to pay attention to her capacity for deciding task	Decides task as per her capacity independently
	Did not able to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Did not able to reduce her weaknesses	Tries to reduce her weaknesses
	Did not have clarity regarding her goals of life	Has clarity regarding her goals of life
		Does planning for achieving her goals of life confidently
Open Minded	Did not able to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Did not able to reduce her weaknesses	Tries to reduce her weaknesses
	Listen others ideas, views ,opinions	Tries to accept relevant ideas, views, opinions provided by others
	Sometimes accepted her mistakes in front of others	Accepts her mistakes in front of others
Clear Visionary	Did not have clarity regarding her goals of life	Has clarity regarding her goals of life
		Does planning for achieving her goals of life
	Did not able to pay attention to her capacity for deciding task	Decides task as per her capacity independently
	Sometimes followed her directions to perform task	Follows her direction to perform task
Empathy Skill	Pre- Status	Post- Status
Dependable	Hesitated to help others to bring them out of painful situation	Tries to help others to bring them out of painful situation

	Did not able to stand with others having pain	Tries to stand with others having pain
	Had concerned for others having pain	Has concern for others having pain
	Sometimes experienced feelings of others	Experiences feelings of others
Responsible	Had concerned for others having pain without her benefits	Has concern for others having pain without her benefits
	Sometimes felt bad for others having pain	Feels bad for others having pain
	Sometimes felt her responsibility to help others having pain	Feels her responsibility to help others having pain
	Hesitated to help others to bring out of painful situation	Tries to help others to bring out of painful situation
	Sometimes did not able to forget pain of others	Does not able to forget pain of others
	Did not able to understand others' painful situation	Tries to understand others' painful situation
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes linked her feelings with others feelings having pain	Links her feelings with others feelings having pain
Rational Thinker	Sometimes did not able to forget pain of others	Does not able to forget pain of others
	Did not able to understand others' painful situation	Tries to understand others' painful situation
		Tries to find out solution to bring them out of painful situation
Interpersonal Relationships Skill	Pre- Status	Post- Status
Open Minded	Listen others ideas, views, opinions	Pays attention to ideas, opinions, views of others
	Did not able to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Sometimes understood feelings of all relations	Understands feelings of all relations
	Found herself comfortable with family members and friends	Finds herself comfortable with all relations
	Expressed her feelings with family members only	Expresses her feelings with all relations
Dependable	Sometimes made family relations feel comfortable by her presence	Makes relations to feel comfortable by her presence
	Sometimes allowed family relations to depend on her self	Tries to allow all relations to depend on her self
	Sometimes ready to do for welfare of family members	Ready to do for welfare of all relations
Responsible	Sometimes took care of family members	Tries to took care of all relations
	Tried to fulfill expectation of family members	Tries to fulfill expectation of all relations
	Acknowledged importance of family members and friends in her life	Acknowledges importance of all relations in her life
	Sometimes ready to do for welfare of family members	Ready to do for welfare of all relations
	Had concerned for family members and friends	Has concern for all relations
	Paid attention to family members and friends	Tries to pay attention to all relations
	Did not feel burden of family relations	Does not feel burden of all relations
Honest	Hesitated to share her ideas, views, opinions with outsiders	Shares her ideas, views, opinions with all relations
	Hesitated to express her feelings to outsiders	Expresses her feelings to right person at right time
	Did not able to tell mistakes of relations to them	Tries to tell mistakes of relations to them
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Tried to understand ideas, views, opinions presented by others	Understands ideas, views, opinions presented by others
Independent	Hesitated to share her ideas, views, opinions to others	Confidently shares her ideas, views, opinions to others

	Sometimes took help of others to present her ideas, views, opinions in front of others	Confidently present her ideas, views, opinions in front of others
	Tried to present her ideas, views, opinions systematically	Confidently presents her ideas, views, opinions systematically
	Tried to understand ideas, views, opinions presented by others	Understands ideas, views, opinions presented by others independently
Rational Thinker	Sometimes did planning before communicating to others	Does planning before communicating to others
	Sometimes organised information before communicating to others	Tries to organise information before communicating to others
	Tried to make appropriate use of tone and language while communicating to others	Makes appropriate use of tone and language while communicating to others
Open Minded	Listen others views, ideas, opinions	Accepts relevant ideas, views, opinions of others
	Hesitated to bring change in her way of communication as per requirement of the situation	Tries to bring change in her ways of communication as per requirement of the situation
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes compared information with her previous knowledge information provided by others	Compares information with her previous knowledge information provided by others
	Sometimes analyzed all aspects of information before accepting	Analyzes all aspects of information before accepting
		Collects relevant information to arrive at generalization
Independent	Sometimes analysed all aspects of information before accepting	Analyses all aspects of information before accepting
	Sometimes compared information with her previous knowledge information provided by others	Compares information with her previous knowledge information provided by others
	Sometimes took help of others to analyse information before accepting	Confidently analyses information before accepting
	Hesitated to register her disagreement with information provided by others	Registers her disagreement with information provided by others
Non Conformist	Sometimes evaluated all aspects of information before accepting	Evaluated all aspects of information before accepting
	Hesitated to register her disagreement with information provided by others	Registers her disagreement with information provided by others
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Sometimes presented innovative ideas than others	Presents innovative ideas than others
	Sometimes had different ideas than others	Has different ideas than others
	Sometimes incorporate all aspects of object for generating innovative ideas	Incorporates all aspects of object for generating innovative ideas
	Tried to see abstract things	Able to see abstract things
	Liked to bring change in her ways of performing task	Tries to bring change in her ways of performing task
Independent	Sometimes took help of others to present her innovative ideas	Tries to present her innovative ideas in front of others confidently
	Hesitated to bring change in her ways of performing task	Tries to bring change in her ways of performing task
	Hesitated to apply her innovative ideas as solution to the problem	Applies her innovative ideas as solution to the problem confidently
	Sometimes did task as per her direction	Does task as per her direction
	Liked to bring change in her ways of performing task	Tries to bring change in her ways of performing task
Original ideas Creator	Sometimes created different ideas than others	Creates different ideas than others
	Sometimes remained engaged in creating task	Remains engaged in creative task
	Hesitated to present own innovative ideas in front of others	Stands differently by presenting own innovative ideas

	Liked to bring change in her ways of performing task	Tries to bring change in her ways of performing task
		Gets bored by performing task in same manner
Clear Visionary	Sometimes had clarity regarding her creation	Has clarity regarding her creation
	Sometimes did not able to elaborate her innovative ideas	Able to elaborate her innovative ideas
	Did not able to explain her innovative ideas as solution to the problem	Able to explain her innovative ideas as solution to the problem
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Sometimes had clarity regarding her decisions	Has clarity regarding her decisions
	Did not have much clarity regarding result of her decisions	Has clarity regarding result of her decisions
	Sometimes took help of others to take decisions	
Risk Taker	Hesitated to bring change in her ways of taking decisions as per requirement of the situation	Ready to bring change in her ways of taking decisions as per requirement of the situation
	Sometimes took help of others to face challenging situation	Tries to face challenging situation independently
	Sometimes hesitated to bare consequences of her decisions	Ready to bare consequences of her decisions
Rational Thinker	Hesitated to do planning for taking decisions	Does planning for taking decisions
	Sometimes analysed all aspects of information for taking decisions	Analyses all aspects of information for taking decisions
	Sometimes analysed all alternatives for taking decisions	Analyses all alternatives for taking decisions independently
	Listen others' views, ideas, opinions	Tried to collect relevant information for taking decisions
Independent	Sometimes took help of other to face challenging situation	Tries to face challenging situation confidently
	Sometimes followed her directions	Follows her directions confidently
	Sometimes analysed all aspects of information for taking decision	Analyses all aspects of information for taking decisions confidently
	Sometimes analysed all alternatives for taking decisions	Analyses all alternatives for taking decision independently
	Hesitated to do planning for taking decision	Does planning for taking decision confidently
Optimistic	Sometimes thought positive while taking decisions	Thinks positive while taking decisions
	Did not have much clarity regarding her decisions	Thinks positive for result of her decisions
	Hesitated to bring change in her ways of taking decisions	Tries to bring change in her ways of taking decisions
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Sometimes analysed all aspects of information for finding out solution to the problem	Analyses all aspects of information for finding out solution to the problem
	Sometimes analysed all aspects of the problem for understanding the problem	Analyses all aspects of the problem for understanding the problem
	Hesitated to do planning for solving the problem	Does planning for solving the problem
		Tries to incorporate all aspects of the problem for finding out solution to the problem
	Listen others' views, opinions. Ideas	Collects relevant information to solve the problem
Independent	Sometimes took help of others to face challenging situation	Confidently face challenging in her life
	Sometimes analysed all aspects of the problem for understanding	Analyses all aspects of the problem for understanding
	Hesitated to do planning for solving the problem	Does planning for solving the problem
	Sometimes followed her direction for performing task	Follows her direction for performing task
	Hesitated to take decisions for solving the problem	Takes decisions confidently for solving the problem
Optimistic	Hesitated to solve problem independently	Has confidence to solve problem independently
		Has positive thinking while solving problem
		Has positive thinking for result of solution of the problem

	Hesitated to face challenging situation independently	Tries to face challenging situation confidently in her life
		Tries to think positive for all situation in her life
	Hesitated to bring change in her ways of solving the problem	tries to bring change in her ways of solving the problem
		Tries to apply her innovative ideas for solving the problem
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not reflect on result of solution after applying to the problem	Tries to reflect on result of solution after applying to the problem
Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	Expressed her feelings with family members only	Expresses her feelings to right person at right time
	Tried to do not hurt others' feelings	Does not hurt others' feelings
Open Minded	Sometimes tried to understand others feelings	Understand others feelings with reference to the situation
	Sometimes took help of others to face challenging situation	Thinks positive for facing challenging situation in her life
	Hesitated to express her feeling in front of outsiders	Expresses her feelings to right person at right time
	Hesitated to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
Rational Thinker	Did not do planning before behaving in the situation	Does planning before behaving in the situation
	Did not analyse the situation for deciding her behaviours in the situation	Tries to analyse the situation for deciding her behaviours in the situation
		Understands the situation
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Did not do planning before behaving in the situation	Does planning before behaving in the situation
	Did not analyse the situation for deciding her behaviours in the situation	Tries to analyse the situation for deciding her behaviours in the situation
	Did not able to concentrate on the stressor	Tries to concentrate on the stressor
	Did not able to find out solution to find out solution to come out of stressful situation	Tries to find out solution to come out of stressful situation
	Listen others' views, opinions, ideas	Accepts relevant information for her improvement
Independent	Sometimes took help of others for facing challenging situation	Tries to face challenging situation independently
	Did not able to find out solution to find out solution to come out of stressful situation	Tries to find out solution to come out of stressful situation
	Sometimes spontaneous reacted to the situation	Behaves as per requirement of the situation
	Sometimes tried to reduce her mistakes	Tries to reduce her mistakes in future
Optimistic	Hesitated to face challenging situation	Has confidence to face challenging situation
		Thinks positive for all situation in her life
	Hesitated to face challenging situation in the situation	Has confidence to face challenging situation
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation

She was a creative and critical thinker but then also she was poor in Decision Making Skill and Problem Solving Skill as she was lacking self confidence and was not able to think positively for her life. She depended on others for taking decisions and solving problems of her life. She had close Interpersonal Relationships with her family members and friends and expressed feelings to them only. She was hesitated to express her feelings to outsiders. She felt stress in her life and was not able to manage the stress. She hesitated to share her ideas, views, opinions with outsiders.

Through experiencing the programme, she has gained clarity regarding herself. She has become more confidence in her life and thinks positively. She is able to take decisions herself. She makes use of Critical Thinking Skill and Creative Thinking Skill for taking decisions and solving the problems in her life. She expresses her feelings to right person at right time. She follows her directions confidently. She understands feelings of others and behaves as per requirement of the situation. She acknowledges importance of all relations in her life. She has reduced stress in her life and tries to manage her stress by concentrating on stressor to come out of stressful situation. She has become more confident and independent person.

She has mentioned about the programme that she is able to take decisions herself and confidently deals with the challenging situations in her life with positive attitude.

4.3.16 Case 16 (25 years, M.Com (Accountancy and Financial Management), married and did not having teaching experiences)

Table: 4.16 Pre-Status and Post-Status on the Ten Life Skills

Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on others' behaviours with reference to the situation	Reflect on others' behaviours with reference to the situation
	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes took into consideration her capacity for deciding own task	Takes into consideration her capacity for deciding own task
	Did not able to reduce her weaknesses	Tries to reduce her weaknesses
Independent	Took help of others to solve the problem	Confidently tries to solve the problem
	Sometimes took into consideration her capacity for deciding own task	Takes into consideration her capacity for deciding own task
	Did task as per her directions	Does task as per her directions
	Did not have clarity regarding her goals of life	Has decided her goals of life
Open Minded	Did not able to accept her mistake	Tries to accept her mistakes
	Did not able to being change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Listen others' views, ideas, opinions	Pays attention to information provided by others
Clear Visionary	Did not have clarity regarding her goal of life	Has decided her goals of life
		Has clarity regarding path to achieve her goals of life

	Sometimes reacted spontaneously to the situation	Tries to behaves as per requirement of the situation
Empathy Skill	Pre- Status	Post- Status
Dependable	Did not able to stand with others having pain	Tries to stand with others having pain
	Hesitated to help others to bring out of painful situation	Tries to help others to bring out of painful situation
	Sometimes had concern for other having pain	Has concern for others having pain
	Sometimes made show off of her concern in front of others	Does not make show off of her concern in front of others
	Sometimes experienced feelings of other having pain	Experiences feelings of others having pain
	Did not have confidence to help others to bring out of painful situation	Confidently tries to help others to bring out of painful situation
Responsible	Did not feel her responsibility to help others to bring out of painful situation	Feels her responsibilities to help others to bring out of painful situation
	Sometimes felt bad for others having pain	Feels bad for others having pain
	Sometimes made show off of her concern in front of others	Does not make show off of her concern in front of others
	Sometimes unknowingly hurt others' feelings	Tries to does not hurt others' feelings
	Sometimes easily forgot pain of others	Does not able to forget pain of others
	Sometimes tried to acknowledge feelings of others	Acknowledges feelings of others
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes tried to link her feelings with others	Links her feelings with others feelings
Rational Thinker	Sometimes tried to understand painful situation of others	Tries to understand painful situation of others
	Did not try to find out solution to bring out others from painful situation	Tries to find out solution to bring out others from painful situation
	Sometimes easily forgot pain of others	Does not able to stop herself to think about others pain
Interpersonal Relationships Skill	Pre- Status	Post- Status
Open Minded	Did not able to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Found herself comfortable with family members	Finds herself comfortable with all relations
	Sometimes hesitated to express her feelings to family	Tries to express her feelings with all relations
	Sometimes tried to understand feelings of others	Tries to understand feelings of others
Dependable	Allowed family members to depend on her	Allows all relations to depend on her
	Made family members to feel comfortable by her presence	Tries to make all relations feel comfortable by her presence
	Did not able to do for welfare of all relations	Tries to do for welfare of all relations
Responsible	Felt her responsibilities towards family members	Feels her responsibility towards all relations
	Took care of family members	Tries to take care of all relations
	Sometimes acknowledged importance of family relations in her life	Acknowledges importance of all relations in her life
	Had concerned for family members	Has concern for all relations
	Paid attention to family members	Pays attention to all relations
	Did not felt burden of family relations in her life	Does not feels burden of all relations in her life
Honest	Sometimes hesitated to express her feelings to family members	Tries to express her feelings to right person at right time
	Hesitated to share her ideas, views, opinions with others	Shares her ideas, views, opinions with others
	Sometimes accepted her mistakes in front of family members	Accepts her mistakes in front of all relations
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on others' behaviours with reference to the situation	Reflect on others' behaviours with reference to the situation
	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation

	Listen others' ideas, views, opinions presented by others	Understand ideas, views, opinions presented by others
Independent	Sometimes took help of family members to present her ideas, views, opinions in front of others	Systematically tries to present her ideas, views, opinions in front of others
	Sometimes got confused while communicating to others	
	Sometimes tried to do planning before communicating to others	Confidently tries to do planning before communicating to others
Rational Thinker	Listen others' ideas, views, opinions presented by others	Understands ideas, views, opinions presented by others
	Sometimes tried to do planning before communicating to others	Tries to do planning before communicating to others
		Tries to organise information before communicating to others
	Sometimes made use of appropriate tone and language in her presentation	Makes appropriate use of tone and language in her presentation
Open Minded	Did not able to bring change in her ways of communication as per requirement of the situation	Tries to bring change in her ways of communication as per requirement of the situation
	Listen others' ideas, views, opinions presented by others	Tries to accept relevant information provided by others
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on others' behaviours with reference to the situation	Reflect on others' behaviours with reference to the situation
	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
		Reflects on information after accepting
Rational Thinker	Did not able to analyse information provided by others	Tries to analyse information provided by others
		Tries to analysing all aspects of information provided by others before accepting
	Did not try to compare information provided by others with her previous knowledge before accepting	Compares information provided by others with her previous knowledge before accepting
		Collects relevant information to arrive at generalization
Independent	Sometimes took help of others to understand information provided by others	Tries to analyse information provided by others independently
		Confidently tries to analyse all aspects on information before accepting
	Did not try to compare information provided by others with her previous knowledge before accepting	Compares information provided by others with her previous knowledge before accepting
	Hesitated to tell her disagreement to information provided by others	Tries to tell her disagreement to the information provided by others
	Listen ideas, views, opinions presented by others	Accepts relevant information provided by others
Non Conformist	Listen ideas, views, opinions presented by others	Accepts relevant information provided by others
	Hesitated to tell her disagreement to information provided by others	Tries to tell her disagreement to the information provided by others
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Sometimes able to think differently than others	Thinks differently than others
	Sometimes able to look abstract things	Tries to look abstract things
	Sometimes tried to incorporate all aspects for generating innovative ideas	Tries to incorporate all aspects for generating innovative ideas
	Hesitated to bring change in her ways of performing task	Tries to bring change in her ways of performing task
Independent	Did task as per her direction	Does task as per her directions
	Hesitated to apply her innovative ideas to perform task	Tries to apply her innovative ideas to perform task confidently
	Did not able to present her innovative ideas in front of others	Tries to present her innovative ideas in front of others confidently

	Did not able to apply her innovative ideas as solution to the problem	Confidently tries to apply her innovative ideas as solution to the problem
Original ideas Creator	Sometimes tried to stand different by presenting her innovative ideas	Stands different by presenting her innovative ideas
	Sometimes generated innovative ideas than others	Has innovative ideas than others
	Sometimes remained engage in creating innovative things	Remains engage in creating innovating things
	Hesitated to apply her innovative ideas to perform task	Tries to apply her innovative ideas to perform task confidently
	Sometimes got bored by performing task in same way	Gets bored by performing task in same way
Clear Visionary	Sometimes had clarity regarding her creation	Has clarity regarding her creation
	Sometimes able to elaborate her innovative ideas	Able to elaborate her innovative ideas
	Did not able to explain her innovative ideas as solution to the problem	Able to explain her innovative ideas as solution to the problem
	Did not able to bring change in her ways of performing task	Sometimes has clarity while bringing change in her ways of performing task
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Did not have clarity regarding her decisions	Has clarity regarding her decisions
	Hesitated to take decisions	Has clarity regarding result of her decisions
Risk Taker	Hesitated to take decisions	Ready to take decisions
		Ready to bare consequences of her decisions
		Ready to face challenging situation confidently
		Ready to bring change in her ways of taking decisions
Rational Thinker	Hesitated to take decision	Analyses all aspects of information for taking decisions
		Analyses all alternatives for taking decisions
		Does planning for taking decisions
	Listen ideas, views, opinions provided by others	Collects information provided by others
Independent	Sometimes took help of others for taking decisions	Takes decisions herself
		Does planning for taking decision independently
		Confidently analyses all aspects of information for taking decisions
		Confidently face challenging situation
	Did task as per her directions	Does task as per her directions
Optimistic	Hesitated to take decisions	Thinks positive while taking decisions
		Thinks positive for result of her decisions
		Ready to bring change in her ways of taking decisions
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Did not able to analyse all aspects of the problem for understanding	Analyses all aspects of the problem for understanding
	Did not able to analyse all aspects of information for finding out solution to the problem	Analyses all aspects of information for finding out solution to the problem
	Did not able to find out solution to the problem	Tries to find out solution to the problem
	Did not able to solve the problem	Collects relevant information related to the problem
		Incorporates all aspects of information for taking decision
		Tries to apply her innovative ideas for solving the problem
Independent	Sometimes took help of others for solving the problem	Confidently finds out solution to the problem
		Confidently analyses all aspects of the problem for solving the problem
		Confidently analyses all aspects of information for solving the problem
		Confidently take decision to solve the problem
Optimistic	Did not able to solve the problem	Thinks positive while solving the problem
		Thinks positive for result of solution of the problem

		Tries to apply her innovative ideas for solving the problem
		Tries to bring change in ways of solving the problem
		Confidently face challenging situation in her life
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not reflect on result of solution applied to the problem	Reflects on result of solution applied to the problem
Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Sometimes reacted spontaneously to the situation	Tries to behaves as per requirement of the situation
	Did not accept her mistakes	Tries to accept her mistakes
	Sometimes hesitated to express her feelings with family members also	Expresses her feelings to right person at right time
	Hesitated to express her feelings with outsiders	
	Sometimes hurt others' feelings unknowingly	Does not hurt feelings of others
Open Minded	Did not able to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Sometimes did not able to understand feelings of others	Tries to understand feelings of others
	Sometimes took help of others to face challenging situation	Thinks positive for all situation in her life
Rational Thinker	Did not able to analyse situation	Analyses the situation before behaving in the situation
		Tries to understand situation for deciding own behaviours
		Tries to do planning before hand to decide her behaviour in the situation
	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Did not able to analyse situation	Analyses the situation for generating own understanding
	Listen others views, opinions, ideas	Pays attention to information provided by others
		Collects information for finding out solution to come out of stressful situation
		Analyses all information to find out solution to come out of stressful situation
	Hesitated to take decision	Ready to take decision to come out of stressful situation
	Did not do planning to come out of stressful situation	Does planning to come out of stressful situation
	Did not able to concentrate on stressor	Tries to concentrate on stressor
Independent	Hesitated to take decisions	Ready to take decisions to come out of stressful situation
		Confidently analyses the situation to find out solution to come out of stressful situation
	Did not able to concentrate on stressor	Tries to concentrate on stressor
	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	Sometimes took help of others to face challenging situation	Confidently face challenging situation
Optimistic	Sometimes took help of others to face challenging situation	Confidently face challenging situation
		Thinks positive for any situation in her life
	Hesitated to bring change in her behaviours as per	Tries to bring change in her behaviours as

	requirement of the situation	per requirement of the situation
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation

She was lacking most of the Life Skills. Most lacking Life Skill in her was Coping with Emotions Skill. She was not able to express her feelings to outsiders. Though she had given more importance to her family members in her life but at times she was not able to share her ideas, views, opinions with them. She was lacking self confidence and thought negative for her life whenever she faced challenging situation. Due to her negative thought, she was lacking self confidence and Decision Making Skill and Problem Solving Skill. She was a creative thinker but was not able to apply her innovative ideas to solve the problems in her life. She was lacking Critical Thinking Skill. She was not able to take decisions herself and depended on others. She felt stress in her life. She was not much aware regarding her self and did not show much concern for others having pain.

She has improved her self through experiencing the programme. She has gained Self Awareness Skill. She has become more confident and started thinking positive for her life. She expresses her feelings to right person at right time. She has reduced stress in her life. She has improved her relations with outsiders as she acknowledges importance of all relations in her life. She understands feelings of others and tries to help them to come out of painful situation. She has become a critical thinker and takes decisions by applying her Critical Thinking Skill and Creative Thinking Skill to solve the problems of her life. She has become optimistic.

About the programme, she has mentioned that it has helped her in improving her relations and developing self confidence. She thinks positive for her life.

4.3.17 Case 17 (24 years, M. Com (Accounting and Financial Management),

Unmarried and did not have any teaching experience)

Table: 4.17 Pre-Status and Post-Status on the Ten Life Skills

Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes did not pay attention to her capacity to decide task	Pays attention to her capacity to decide her task
	Listen others' views, ideas, opinions	Pays attention to ideas, views, opinions provided by others
Independent	Followed directions provided by others to perform	Follows her directions to perform task

	task	
	Sometimes did not pay attention to her capacity to decide task	Pays attention to her capacity to decide her task
	Did not able to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Hesitated to reduce her weaknesses	Tries to reduce her mistakes
	Sometimes tried to reduce her mistakes	Tries to reduce her mistakes
	Did not have clarity regarding her goals of life	Has clarity regarding her goals of life
Open Minded	Did not able to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Hesitated to reduce her weaknesses	Tries to reduce her mistakes
	Listen others' views, ideas, opinions	Pays attention to ideas, views, opinions provided by others
Clear Visionary	Did not have clarity regarding her goals of life	Has clarity regarding her goals of life
		Has clarity regarding path to achieve her goals of life
Empathy Skill	Pre- Status	Post- Status
Dependable	Did not able to help others to come out of painful situation	Tries to help others to come out of painful situation
	Did not able to stand with others having pain	Tries to stand with others having pain
	Had concerned for others having pain	Has concern for others having pain
	Sometimes able to experience others feelings having pain	Experiences others feelings having pain
Responsible	Sometimes felt her responsibility to help others to bring out of painful situation	Feels her responsibility to help others to bring out of painful situation
	Felt bad for others having pain	Feels bad for others having pain
	Did not hurt others' feelings	Does not hurt others' feelings
	Sometimes did not able to forget pain of others	Does not able to forget pain of others
	Had concerned for others having pain	Has concern for others having pain
	Sometimes acknowledged feelings of others having pain	Acknowledges feelings of others having pain
Reflective Thinker	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes linked her feelings with others feelings	Links her feelings with others feelings
Rational Thinker	Sometimes did not able to understand painful situation of others	Understands painful situation of others
	Did not able to find out solution to bring out others of painful situation	Tries to find out solution to bring out others of painful situation
		Does planning to bring them out of painful situation
		Does not able to stop her self to find out solution to bring out of painful situation
Interpersonal Relationships Skill	Pre- Status	Post- Status
Open Minded	Did not able to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Sometimes understood feelings of outsiders	Understands feelings of all relations
	Sometimes hesitated to express her feelings to outsiders	Expresses her feelings to all relations
	Found herself more comfortable with family members and friends	Finds herself comfortable with all relations
Dependable	Sometimes allowed family members and friends to depend on her	Allows all relations to depend on her
	Sometimes made feel comfortable family members and friends by her presence	Makes feel comfortable all relations by her presence
	Hesitated to do for welfare of all relations	Ready to do for welfare of all relations
Responsible	Tried to take care of family members and friends	Takes care of all relations
	Tried to fulfill expectation of family members and friends	Tries to fulfill expectation of all relations
	Gave more importance to family members and friends in her life	Acknowledges importance of all relations in her life
	Had concerned for family members and friends	Has concerned for all relation in her life
		Tries to devote time to all relations

	Sometimes felt burden of friends in her life	Does not feel burden of any relations in her life
Honest	Hesitated to share her ideas, views, opinions in front of outsiders	Shares her ideas, views, opinions in front of all relations
	Hesitated to tell mistakes of relatives	Tries to tell mistakes of relatives confidently
	Sometimes hesitated to express her feelings with outsiders	Expresses her feelings with all relations
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Listen ideas, views, opinions provided by others	Tries to understand ideas, views, opinions provided by others
Independent	Sometimes took help of others for presenting her ideas, views, opinions in front of others	Systematically tries to present her ideas, views, opinions in front of others independently
	Hesitated to present her ideas, views, opinions in front of others	
	Did not do planning before communicate to others	Does planning before communicate to others
		Makes appropriate use of tone and language while communicating confidently
	Sometimes got confused while presenting own ideas, views, opinions in front of others	Tries to present systematically own ideas, views, opinions in front of others
Rational Thinker	Hesitated to present her ideas, views, opinions in front of others	Systematically tries to present her ideas, views, opinions in front of others
	Did not do planning before communicate to others	Does planning before communicate to others
	Sometimes got confused while presenting her ideas, views, opinions in front of others	Makes appropriate use of tone and language while communicating confidently
		Tries to organise information before communicating to others
Open Minded	Did not able to bring change in her ways of communication	Tries to bring change in her ways of communication as per requirement of the situation
		Tries to bring change in her ways of communication to others
	Listen ideas, views, opinions	Pays attention to others views, ideas, opinions
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
		Reflects on information after accepting
Rational Thinker	Did not able to compare information with her previous knowledge before accepting	Compares information with her previous knowledge before accepting
	Did not analyse on all aspects of information before accepting	Analyses all aspects of information before accepting
	Did not pay attention to all aspects of information	Pays attention to all aspects of information
	Listen ideas, views, opinions provided by others	Collects relevant information to arriving at generalization
Independent	Listen ideas, views, opinions provided by others	Collects relevant information to arriving at generalization
	Did not able to compare information with her previous knowledge before accepting	Compares information with her previous knowledge before accepting
	Did not analyse on all aspects of information before accepting	Confidently analyses all aspects of information before accepting
	Followed directions provided by others	Follows her directions
	Did not able to register her disagreement in front of others	Confidently registers her disagreement in front of others
Non Conformist	Sometimes accepted information provided by others	Evaluates all aspects of information before accepting

	Followed directions provided by others	Follows her directions
	Did not able to register her disagreement in front of others	Confidently registers her disagreement in front of others
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Did not able to think differently than others	Tries to think differently than others
		Tries to incorporate all aspects of object to generate innovative ideas
		Tries to look abstract things
	Hesitated to bring change in her ways of performing task	Tries to bring change in performing task differently
	Followed directions provided by others	Tries to generate innovative ideas
Independent	Followed directions provided by others	Tries to generate innovative ideas
		Follows her directions to perform task differently
	Did not able to generate innovative ideas	Tries to apply her innovative ideas to solve the problem
		Tries to share her innovative ideas with others
Original ideas Creator	Did not able to think differently than others	Tries to present her innovative ideas in front of others
		Tries to stand different by presenting her innovative ideas in front of others
		Sometimes get bored by performing task in same manner
		Sometimes remains engaged in creating innovative things
Clear Visionary	Did not able to think differently than others	Has clarity regarding her creation
		Has clarity regarding her innovative ideas as solution to the problem
		Able to elaborate her innovative ideas
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Did not able to take decisions	Has clarity regarding her decisions
		Has clarity regarding result of her decisions
Risk Taker	Hesitated to take decisions	Tries to take decisions her self
		Ready to bare consequence of her decisions
		Ready to bring change in her ways of taking decisions
	Followed directions provided by others	Follows her direction to perform task
		Tries to face challenging situation in her life
Rational Thinker	Hesitated to take decisions	Analyses all aspects of information before taking decisions
		Analyses all alternatives for taking decisions
		Does planning for taking decisions
	Listen others' views, ideas, opinions	Tries to collect relevant information provided by others
Independent	Followed her directions provided by others	Follows her directions to perform task
	Listen others' views, ideas, opinions	Tries to collect relevant information provided by others confidently
	Hesitated to take decisions	Does planning for taking decisions confidently
Optimistic	Hesitated to take decisions	Has confidently on her decisions
		Ready to bring change in her ways of taking decision
		Thinks positive for result of her decision
		Thinks positive while taking decision
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Did not able to analyse all aspects of information	Analyses all aspects of information
	Did not able to analyse the problem for generating understanding	Analyses all aspects of problem for generating understanding
	Listen others' ideas, opinions, views	Pays attention to ideas, views, opinions provided by others
		Collects relevant information provided by others
		Does planning for solving the problem

		Ready to take decisions to solve the problem
		Incorporate all aspects of information to solve the problem
Independent	Hesitated to solve the problem	Confidently solves the problem
	Took help of others to solve the problem	Confidently takes decision to solve the problem
		Analyses all aspects of information to solve the problem independently
	Hesitated to face challenging situation in her life	Confidently tries to face challenging situation in her life
		Tries to apply her innovative ideas to solve the problem
Optimistic	Hesitated to solve the problem	Thinks positive while solving the problem
		Thinks positive for result of solution to the problem
		Ready to bring change in her ways of solving the problem
		Tries to apply her innovative ideas to solve the problem
		Tries to think positive for all situation in her life
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not reflect on result of solution after applying to the problem	Tries to reflect on result of solution after applying to the problem
Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	Sometimes hesitated to express her feelings to family members also	Expresses her feelings to right person at right time
	Hesitated to express her feelings to outsiders	
	Tried do not hurt of others' feelings	Does not hurt others' feelings
Open Minded	Did not able to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Sometimes tried to understand feelings of others	Understands feelings of others
		Tries to think positive for all situation in her life
Rational Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes did not able to understand the situation	Does planning before behaving in the situation
		Tries to analyse situation before behaving in the situation
	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	Sometimes tried to understand feelings of others	Understands feelings of others
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Did not able to understand stressful situation	Tries to understand stressful situation
		Tries to analyses all aspects of the situation for understanding
		Tries to find out solution to come out of stressful situation
		Tries to concrete on stressor
		Tries to do planning before behaving in the situation
	Listen opinions, views, ideas provided by others	Pays attention to ideas, views, opinions presented by others
		Collects relevant information provided by others to find out solution
Independent	Took help of others to face challenging situation	Tries to analyse stressful situation her self independently

		Tries to find out solution to come out of stressful situation confidently
		Tries to concentrate on stressor
		Does planning to come out of stressful situation independently
		Tries to face challenging situation confidently
Optimistic	Hesitated to face challenging situation	Tries to think positive while facing challenging situation in her life
		Has confidence to face challenging situation
	Hesitated to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
		Tries to bring change in her behaviours as per requirement of the situation
Reflective Thinker	Sometimes reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation

She possessed a few Life Skills. She was not confident. She was not able to think positively for her life. She depended on others for taking decision on her behalf. She was not a critical thinker and took help of others to face challenging situation in her life. She had given more importance to family members and friends in her life but then also sometimes she hesitated to express feelings to them. Whenever she was not able to express feelings to others, then she was in stress. She had concern for others having pain, but, due to lack of Decision Making Skill and Problem Solving Skill, she was not able to help them to come out of painful situation. She was not a creative thinker and critical thinker.

By experiencing the Life Skills Programme, she has gained self confidence and has started thinking positively. Due to improvement in herself confidence she has reduced dependence on others. She has improved on her Self Awareness Skill, Problem Solving Skill, Decision Making Skill, Critical Thinking Skill and Creative Thinking Skill. She expresses her feelings to right person at right time. She has reduced stress in her life. She has improved her relations with others and shares her ideas, views, opinions with them confidently. Now, she finds her life more meaningful.

She has mentioned about the programme that it helped her in understanding herself more clearly and improving her behaviours with others.

4.3.18 Case 18 (28 year, M.Com (Accountancy and Financial Management) and Ph. D. scholar in Accountancy Subject, Married and having one year teaching experience)

Table: 4.18 Pre-Status and Post-Status on the Ten Life Skills

Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Tried to behave as per his capacity	Tries to behave as per his capacity
	Tried to decide task as per his capacity	Decides task as per his capacity
	Sometimes paid attention to others' views, ideas, opinions	Pays attention to others' views, ideas, opinions
	Sometimes did not able to accept relevant information for his improvement	Tries to accept relevant information for his improvement
	Sometimes hesitated to reduce his weaknesses	Tries to reduce his weaknesses
Independent	Did task as per his directions	Does task as per his directions confidently
	Had clarity regarding his goals of life	Has clarity regarding his goals of life
	Tried to select his task as per his capacity	Selects task as per his capacity independently
	Sometimes hesitated to reduce his weaknesses	Tries to reduce his weaknesses
	Tried to decide task as per his capacity	Decides task as per his capacity
Open Minded	Sometimes hesitated to reduce his weaknesses	Tries to reduce his weaknesses
	Sometimes did not able to accept relevant information for his improvement	Tries to accept relevant information for his improvement
	Hesitated to bring change in his behaviours as per requirement of the situation	Tries to bring change in his behaviours as per requirement of the situation
Clear Visionary	Had clarity regarding his goals of life	Has clarity regarding his goals of life
	Sometimes took help of others to achieve his goals of life	Has clarity regarding path to achieve his goals of life
	Had clarity regarding his decision	Has clarity regarding his decision
Empathy Skill	Pre- Status	Post- Status
Dependent	Sometimes hesitated to help others having pain	Tries to help others having pain
	Sometimes hesitated to stand with others to bring them out of painful situation	Tries to stand with others to bring them out of painful situation
	Sometimes had concerned for others having pain	Has concern for others having pain
	Sometimes did not able to experience feelings of others having pain	Experiences feelings of others having pain
	Sometimes had confidence to help others to bring them out of painful situation	Has confidence to help others to bring out of painful situation
Responsible	Sometimes felt his responsibility to help others to bring out of painful situation	Feels his responsibility to help others to bring out of painful situation
	Sometimes had concerned for others having pain	Has concern for others having pain
	Sometimes felt bad for others having pain	Feels bad for others having pain
	Easily forgot pain of others having pain	Does not able to forgot pain of others having pain
		Does not able to stop own self to help others to bring out of painful situation
	Sometimes hesitated to help others having pain	Tries to help others having pain
	Sometimes made show off of his feelings	Does not make show off of his feelings
	Sometimes did not acknowledge others feelings having pain	Acknowledges others feelings having pain
Reflective Thinker	Sometimes linked his feelings with others' feelings	Links his feelings with others' feelings
	Sometimes reflected on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Rational Thinker	Sometimes did not analyse painful situation of others	Tries to analyse painful situation of others
	Sometimes hesitated to find out solution to bring others out of painful situation	Tries to find out solution to bring out others out of painful situation

		Does planning to bring them out of painful situation
Interpersonal Relationships Skill	Pre- Status	Post- Status
Open Minded	Sometimes did not able to understand feelings of relatives	Understands feelings of all relatives
	Tried to pay attention to all relations	Pays attention to all relations
	Sometimes did not find himself comfortable with outsiders	Finds himself comfortable with all relations
	Sometimes hesitated to share his ideas, views, opinions with outsiders	Shares his ideas, views, opinions with all relations
	Sometimes hesitated to express his feelings with outsiders	Expresses his feelings to right person at right time
Dependable	Allowed relations to depend on him	Allows relations to depend on him
	Tried to make relations feel comfortable by his presence	Makes relations feel comfortable by his presence
	Sometimes hesitated to do for welfare of relations	Ready to do for welfare of relations
Responsible	Tried to take care of all relations in his life	Takes care of all relations in his life
	Tried to fulfill expectation of all relations	Tries to fulfill expectation of all relations
	Acknowledged importance of relations in his life	Acknowledges importance of relations in his life
	Sometimes felt burden of relations in his life	Does not feel burden of relations in his life
	Had concerned for all relations in his life	Has concern for all relations in his life
	Sometimes hesitated to do for welfare of relations	Ready to do for welfare of relations
	Tried to pay attention to all relations	Pays attention to all relations
Honest	Sometimes hesitated to share his ideas, views, opinions with outsiders	Shares his ideas, views, opinions with all relations
	Sometimes hesitated to express his feelings with outsiders	Expresses his feelings to right person at right time
	Sometimes hesitated to tell mistakes of outsiders	Tries to tell mistakes of outsiders
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes understood on information provided by others	Understands information provided by others
Independent	Sometimes hesitated to share his ideas, views, opinions with outsiders	Shares his ideas, views, opinions confidently
	Sometimes got confused while presenting his ideas, views, opinions in front of outsiders	Confidently present his ideas, views, opinions in front of others
	Sometimes did planning before communicating to others	Does planning before communicating to others
		Makes appropriate use of tone and language while communicating
Rational Thinker	Sometimes got confused while presenting his ideas, views, opinions in front of outsiders	Confidently present his ideas, views, opinions in front of others
	Sometimes did planning before communicating to others	Does planning before communicating to others
		Makes appropriate use of tone and language while communicating
		Systematically present his ideas, views, opinions in front of others
Open Minded	Hesitated to bring change in his ways of communication	Tries to bring change in his ways of communication
	Sometimes paid attention to information provided by others	Pays attention to information provided by others
	Sometimes did not able to accept relevant information provided by others	Accepts relevant information provided by others
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation

	Sometimes compared information provided by others with his previous knowledge	Compares information provided by others with his previous knowledge
	Sometimes analysed all aspects of information before accepting	Analyses all aspects of information before accepting
		Collects relevant information to arriving at generalization
Independent	Sometimes analysed all aspects of information before accepting	Analyses all aspects of information before accepting confidently
	Sometimes compared information provided by others with his previous knowledge	Compares information provided by others with his previous knowledge
Non Conformist	Evaluated all aspects of information before accepting	Evaluates all aspects of information before accepting
	Sometimes registered his disagreement to information provided by others	Registered his disagreement to information provided by others
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Did not able to think differently than others	Tries to think differently than others
	Did not able to stand different than others	Tries to stand differently than others
		Tries to incorporate as aspect of object for generating innovative ideas
	Did not able to see abstract things	Tries to see abstract things
	Did not bring change his ways of performing task	Tries to bring change his ways of performing task
Independent	Did not able to think differently than others	Tries to think differently than others
	Did task as per his directions	Does task as per his directions
		Confidently presents his innovative ideas in front of others
	Did not bring change his ways of performing task	Tries to bring change his ways of performing task
		Tries to apply his innovative ideas to solve the problem
Original ideas Creator	Did not able to think differently than others	Tries to generate different ideas than others
		Tries to remain engage in creative things
		Tries to stand differently by presenting his innovative ideas in front of others
	Did not bring change his ways of performing task	Tries to bring change his ways of performing task
		Sometimes gets bored by performing task in same manner
Clear Visionary	Did not able to think differently than others	Has clarity regarding his creation
		Has clarity regarding his innovative ideas
		Has clarity regarding his innovative ideas as solution to the problem
		Able to elaborate his innovative ideas
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Had clarity regarding his decisions	Has clarity regarding his decisions
	Had clarity regarding result of decisions	Has clarity regarding result of his decisions
Risk Taker	Sometimes hesitated to take risk to face challenging situation in his life	Ready to face challenging situation in his life
	Sometimes hesitated to bare consequences of his decisions	Ready to bare consequences of his decisions
	Hesitated to bring change in his ways of taking decisions	Tries to bring change in his ways of taking decisions
Rational Thinker	Did planning for taking decisions	Does planning for taking decisions confidently
	Analysed all aspects of information before taking decisions	Analyses all aspects of information before taking decisions
	Analysed all alternatives to take decisions	Analyses all alternatives to take decisions
	Paid attention to information provided by others	Pays attention to information provided by others
	Sometimes collected relevant information for taking decisions	Collects relevant information for taking decisions
	Hesitated to bring change in his ways of taking decisions	Tries to bring change in his ways of taking decisions
Independent	Followed his directions to perform task	Follows his directions to perform task

		confidently
	Took decisions himself	Takes decisions himself
	Hesitated to bring change in his ways of taking decisions	Tries to bring change in his ways of taking decisions
	Sometimes hesitated to take risk to face challenging situation in his life	Ready to face challenging situation in his life independently
	Did planning for taking decisions	Does planning for taking decisions confidently
Optimistic	Sometimes did not think positive while taking decisions	Thinks positive while taking decisions
	Sometimes did not think positive for result of his decisions	Thinks positive for result of his decisions
	Sometimes hesitated to face challenging situation in his life	Thinks positive for all situation in his life
	Hesitated to bring change in his ways of taking decision	Tries to bring change in his ways of taking decision
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Analysed all aspects of information for finding out solution to the problem	Analyses all aspects of information for finding out solution to the problem
	Analysed all aspects of problem to understand the problem	Analyses all aspects of the problem for understanding
	Paid attention to information provided to solve the problem	Pays attention to information provided by others to solve the problem
	Sometimes did not able to accept relevant information to solve the problem	Accepts relevant information to solve the problem
	Sometimes did planning for solving the problem	Does planning for solving the problem
		Tries to apply his innovative ideas to solve the problem
	Sometimes hesitated to take decisions to solve the problem	Takes decisions to solve the problem
Independent	Did as per his directions	Does as per his directions
	Sometimes hesitated to take decisions to solve the problem	Takes decisions to solve the problem confidently
	Sometimes did planning for solving the problem	Does planning for solving the problem independently
	Analysed all aspects of information for finding out solution to the problem	Confidently analyses all aspects of information for finding out solution to the problem
	Analysed all aspects of problem to understand the problem	Analyses all aspects of the problem to understand the problem confidently
	Sometimes took help of others to solve the problem	Solve the problem independently
Optimistic	Sometimes hesitated to face challenging situation	Thinks positive while solving the problem
		Thinks positive for result of solution to the problem
		Thinks positive for all situation in his life
Reflective Thinker	Sometimes reflected on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes reflected on result of solution after applying to the problem	Reflects on result of solution after applying to the problem
Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Sometimes spontaneously reacted to the situation	Behaves as per requirement of the situation
	Sometimes hesitated to express his feelings in front of outsiders	Expresses his feelings to right person at right time
	Did not able to bring change in his behaviours as per requirement of the situation	Tries to bring change in his behaviours as per requirement of the situation
	Did not able to hurt others' feelings	Does not able to hurt others' feelings
Open Minded	Did not able to bring change in his behaviours as per requirement of the situation	Tries to bring change in his behaviours as per requirement of the situation
	Tried to understand others' feelings	Understands others feelings
	Sometimes did not able to think positive for challenging situation	Thinks positive for all situation in his life

Rational Thinker	Sometimes analysed situation for deciding his behaviours in the situation	Analyses situation for deciding his behaviours in the situation
	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
		Does planning before behaving in the situation
Reflective Thinker	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes reflected on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Sometimes reacted spontaneously to the situation	Analyses situation before behaving in the situation
		Does planning to come out of stressful situation
		Tries to concentrate on stressor
		Tries to find out solution to come out of stressful situation
	Sometimes reflected on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Paid attention to information provided by others	Pays attention to information provided by others
	Hesitated to accept relevant information to find out solution to come out of stressful situation	Accepts relevant information to find out solution to come out of stressful situation
	Analysed all aspects of information to find out solution to come out of stressful situation	Analyses all aspects of information to find out solution to come out of stressful situation
Independent	Sometimes took help of others to face challenging situation	Confidently face challenging situation in his life
	Analysed all aspects of information to find out solution to come out of stressful situation	Analyses all aspects of information to find out solution to come out of stressful situation
	Sometimes reacted spontaneously to the situation	Confidently analyses situation before behaving in the situation
		Does planning to come out of stressful situation independently
		Tries to concentrate on stressor
		Tries to find out solution to come out of stressful situation
Optimistic	Sometimes thought positive while having stress	Thinks positive in all situation in his life
		Has confidence on his self to come out of stressful situation
	Hesitated to bring change in his behaviours as per requirement of the situation	Tries to bring change in his behaviours as per requirement of the situation

He was good at decision making and problem solving as he possessed a number of Life Skills. He was lacking in Empathy Skill and Creative Thinking Skill. He was a critical thinker. He could take decisions and solved the problems. But, sometimes he hesitated to face challenging situation in his life. He acknowledged importance of all relation in his life and tried to take care of them. Sometimes, he hesitated to express his feelings. He felt stress in his life. He was having valid estimation of his capacity. After experiencing the programme, he has become more confident as he has started thinking positively for his life. He has improved his Self Awareness Skill. He has started thinking differently than others and enjoys performing task differently. He

pays attention to all relations and expresses his feelings to them. He has reduced stress in his life. He confidently shares his ideas, views, opinions with others. He is able to understand feelings of others and tries to help them by applying his Decision Making Skill and Problem Solving Skill. He has clarity regarding his goals of life and the path to achieve his goals of life. He finds his life more meaningful.

About the programme, he has mentioned that it helped him in developing confidence and knowing himself in better manner.

4.3.19 Case 19 (24 years, M. Com (Accounting and Financial Management), unmarried and did not have any teaching experience)

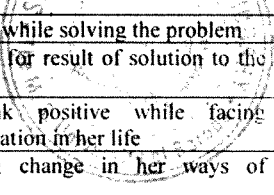
Table: 4.19 Pre-Status and Post-Status on the Ten Life Skills
Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not able to pay attention to her capacity for deciding task	Tries to pay attention to her capacity for deciding task
	Did not able to reduce her weaknesses	Tries to reduce her weaknesses
	Sometimes tried to reduce her mistakes	Tries to reduce her mistakes
Independent	Followed direction provided by others	Tries to follow her directions
	Depended on others for taking decisions	Tries to take her decision confidently
	Did not know her goals of life	Know her goals of life
		Tries to achieve her goals of life independently
	Did not able to select task as per her capacity	Tries to select task as per her capacity confidently
	Did not able to reduce her weaknesses	Tries to reduce her weaknesses
Open Minded	Sometimes felt inferior regarding herself	Does not feel inferior regarding herself
	Sometimes found her life meaningless	Finds her life meaningful
	Did not able to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Listen others' views, ideas, opinions	Tries to accept relevant information provided by others for her improvement
	Sometimes accepted her mistakes	Accepts her mistakes
	Sometimes tried to reduce her mistakes	Tries to reduce her mistakes
Clear Visionary	Did not know her goals of life	Has clarity regarding her goals of life
		Has clarity regarding path to achieve her goals of life
	Followed direction provided by others	Has clarity regarding her directions
	Did not able to select task as per her capacity	Tries to select task as per her capacity confidently
	Did not able to bring change in her behaviours as per requirement of the situation	Behaves in situation by considering her capacity
Empathy Skill	Pre- Status	Post- Status
Dependable	Hesitated to help others having pain	Tries to help others having pain
	Hesitated to stand with others having pain	Tries to stand with others having pain
	Had concerned for others having pain	Has concern for others having pain
	Sometimes experienced feelings of others having pain	Experiences feelings of others having pain
Responsible	Sometimes felt her responsibility to help others	Feels her responsibility to help others
	Felt bad for others having pain	Feels bad for others having pain
	Did not hurt others' feelings	Does not able to hurt others' feelings
	Sometimes forget pains of others having pain	Does not able to forget pain of others

	Sometimes acknowledged feelings of others having pain	Acknowledges feelings of others having pain
	Did not able to help others having pain	Tries to help others to bring out of painful situation
		Does not able to stop her self to help others
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others behaviours' with reference to the situation
	Sometimes linked her feelings with others feelings having pain	Links her feelings with others feeling having pain
Rational Thinker	Sometimes did not able to stop herself to think from own pain	Does not able to stop herself to think from own pain
	Did not able to understand painful situation of others	Tries to understand painful situation of others
		Does planning to bring them out of painful situation
Interpersonal Relationships Skill	Pre- Status	Post- Status
Open Minded	Hesitated to share her ideas, views, opinions with all relations	Shares her ideas, views, opinions with all relations
	Hesitated to express her feelings with outsiders	Expresses her feelings to right person at right time
	Sometimes did not able to understand feelings of relations	Understands feelings of all relations
	Found herself comfortable with family members	Finds herself comfortable with all relations
Dependable	Did not able to allow relations to depend on her	Tries to allow relations to depend on her
	Sometimes made relations to feel comfortable by her presence	Makes relations feel comfortable by her presence
	Did not able to do for welfare of relations	Tries to do for welfare of relations
Responsible	Tried to fulfill expectation of all relations	Tries to fulfill expectation of all relations
	Sometimes tried to take care of relations	Takes care of all relations
	Did not able to do for welfare of relations	Tries to do for welfare of all relations
		Shows devotion towards all relations
	Had concerned for relations	Has concern for all relations
	Gave more importance to family members in her life	Gives importance to all relations in her life
	Acknowledged importance of family members in her life	Acknowledges importance of all relations in her life
	Paid more attention to family members	Pays attention to all relations in her life
	Sometimes felt burden of relations in her life	Does not feel burden of relations in her life
Honest	Hesitated to share her ideas, views, opinions with relations	Shares her ideas, views, opinions with relations
	Hesitated to express her feelings with outsiders	Expresses her feelings to right person at right time
	Did not able to tell mistakes of relatives	Tries to tell mistakes of relatives
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Listen ideas, views, opinions presented by others	Understands ideas, views, opinions presented by others
Independent	Sometimes took help of others to present own idea, views, opinions in front of others	Confidently present her ideas, views, opinions in front of others
	Hesitated to share her ideas, views, opinions with others	Shares her ideas, views, opinions with others independently
		Confidently rganises information before communicating to others
		Does planning before communicating
	Got confused while communicating to others	Systematically presents her ideas, views, opinions in front of others
Rational Thinker	Hesitated to share her ideas, views, opinions with others	Does planning before communicating to others

		Organises information before communicating to others
	Got confused while communicating to others	Shares her ideas, views, opinions systematically with others
		Makes appropriate use of tone and language while communicating to others
Open Minded	Listen ideas, views, opinions presented by others	Accepts relevant information provided by others
	Did not able to bring change in her ways of communication	Tries to bring change in her ways of communication
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not analyse all aspects of information before accepting	Analyses all aspects of information before accepting
		Pays attention to all aspects of information before arrive at generalization
		Compares information provided by others with her previous knowledge
Independent	Listen information provided by others	Analyses all aspects of information before accepting independently
		Compares information provided by others with her previous knowledge confidently
		Collects relevant information to arrive at generalization
	Followed directions provided by others	Does task as per her directions
	Did not have disagreement with information provided by others	Tries to register her disagreement with information provided by others
Non Conformist	Did not evaluate all aspects of information before accepting	Evaluates all aspects of information before accepting
	Did not have disagreement with information provided by others	Tries to register her disagreement with information provided by others
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Sometimes able to think differently than others	Thinks differently than others
	Tried to incorporate all aspects of object for generating innovative ideas	Incorporates all aspects on objects for generating innovative ideas
	Sometimes able to see abstract things	Able to see abstract things
	Did task as per direction provided by others	Follows her direction to perform task
		Tries to bring change in her ways of performing task
		Enjoys performing task differently
Independent	Did task as per direction provided by others	Follows her direction to perform task confidently
		Tries to bring change in her ways of performing task
	Hesitated to present her innovative ideas	Share her innovative ideas with others
	Did not able to apply her innovative ideas as solution to the problem	Applies her innovative ideas as solution to the problem
Original ideas Creator	Did not able to share her innovative ideas with others	Stands different by presenting her innovative ideas in front of others
	Tried to create different ideas than others	Creates different ideas than others
	Sometimes remained engage in creating innovative things	Remains engage in creating innovative things
	Sometimes got bored by performing task in same manner	Gets bored by performing task in same manner
	Did not able to bring change in her ways of performing task	Tries to bring change in her ways of performing task
Clear Visionary	Sometimes did not have clarity regarding own innovative ideas	Has clarity regarding her innovative ideas
		Has clarity regarding her creation
	Did not able to link her innovative ideas as solution to the problem	Able to explain her innovative ideas as solution to the problem

		Able to elaborate her innovative ideas
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Followed directions provided by others	Has clarity regarding her decisions
		Has clarity regarding result of her decisions
Risk Taker	Did not able to take decisions	Tries to take decisions
	Hesitated to bare consequences of decisions	Ready to bare consequences of her decisions
		Tries to bring change in her ways of taking decisions
	Took help of family members to face challenging situation	Tries to face challenging situation her self
Rational Thinker	Depended on others for taking decisions	Analyses all aspects of information before taking decisions
		Analyses all alternatives before taking decisions
		Does planning for taking decisions
	Listen information provided by others	Accepts relevant information for taking decisions
Independent	Depended on others for taking decisions	Tries to take decisions confidently
		Analyses all alternatives before taking decisions
		Does planning for taking decisions
	Listen information provided by others	Accepts relevant information for taking decisions
	Followed direction provided by others	Follows own direction to perform task
Optimistic	Depended on others for taking decisions	Thinks positive while taking decisions
		Thinks positive for result of her decisions
		Thinks positive for challenging situation in her life
		Tries to bring change in her ways of taking decisions as per requirement of the situation
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Did not able to analyse all aspects of information to find out solution to the problem	Analyses all aspects of information to find out solution to the problem
	Did not able to take decision to solve the problem	Tries to take decisions to solve the problem
	Did not able to solve the problem	Does planning to solve the problem
		Tries to apply her innovative ideas to solve the problem
		Analyses the problem for understanding
		Incorporates all aspects of information to find out solution to the problem
	Followed others' direction to solve the problem	Follows her direction to solve the problem
	Took help of others to face challenging situation	Tries to face challenging situation own self
	Listen ideas, views, opinions provided by others	Pays attention to ideas, views, opinions presented by others
		Tries to collect relevant information to provided by others to find out solution to the problem
Independent	Followed others' direction to solve the problem	Follows her direction to solve the problem confidently
	Took help of others to face challenging situation	Tries to face challenging situation independently
	Listen ideas, views, opinions provided by others	Pays attention to ideas, views, opinions presented by others
		Tries to collect relevant information to provided by others to find out solution to the problem
	Did not able to take decisions to solve the problem	Confidently tries to take decisions to solve the problem
	Did not able to solve the problem	Confidently does planning to solve the problem
		Tries to apply her innovative ideas to solve the problem confidently
		Analyses the problem for generating understanding regarding the problem independently



Optimistic	Did not able to solve the problem	Thinks positive while solving the problem
		Thinks positive for result of solution to the problem
		Tries to think positive while facing challenging situation in her life
		Tries to bring change in her ways of performing task
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not reflect on result of solution after applying to the problem	Tries to reflect on result of solution after applying to the problem
Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Hind her feelings in the situation	Expresses her feelings to right person at right time
	Hesitated to express her feeling to outsiders	
	Sometimes hesitated to express her feelings to family members	
	Did not hurt others' feelings	Does not hurt others' feelings
	Felt inferiority regarding her self	Does not feel inferiority regarding her self
Open Minded	Did not able to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Sometimes did not able to understand feelings of others	Tries to understand feelings of others
	Hesitated to face challenging situation in her life	Thinks positive for all situation in her life
		Tries to face challenging situation with positive thinking
	Hind her feelings in the situation	Expresses her feelings to right person at right time
	Felt inferiority regarding herself	Does not feel inferiority regarding herself
Rational Thinker	Sometimes did not able to understand the situation	Analyses the situation for understanding the situation
		Does planning before behaving in the situation
	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Hind her feelings in the situation	Expresses her feelings to right person at right time
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Did not analysed situation	Analyses the situation for deciding her behaviours
	Did not able to find out solution to come out of stressful situation	Tries to find out solution to come out of stressful situation
		Tries to concentrate on stressor
		Does planning before behaving in the situation
	Listen ideas, views, opinions presented by others	Pays attention to information provided by others
		Tries to collect relevant information provided by others
Independent	Took help of others to face challenging situation in her life	Tries to find out solution to come out of stressful situation confidently
		Tries to face challenging situation independently
		Does planning before behaving in the situation
		Tries to concentrate on stressor
		Tries to bring change in her behaviours as per requirement of the situation
Optimistic	Hesitated to bring change in her behaviours as per	Tries to bring change in her behaviours as

	requirement of the situation	per requirement of the situation
	Hesitated to face challenging situation own self	Thinks positive for all situation in her life
		Tries to face challenging situation in her life
	Felt inferiority regarding herself	Does not feel inferiority regarding herself
	Hesitated to face challenging situation	Does not quite herself to face any situation in her life
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation

She was lacking in most of the Life Skills. She did not have clarity regarding her self. Due to lack of Self Awareness Skill she was weak in other Life Skills. Also she hesitated to express her feelings to others and sometimes even to her family members. She was a creative person but hesitated to share her innovative ideas with others. She depended on others for taking decisions on her behalf. She followed directions provided by others. She had concern for others but she was not able to stand with them to bring them out of painful situation. It was due to lack of Decision Making Skill and Problem Solving Skill. She felt stress in her life due to inability to express own feeling to others. She felt inferiority regarding self.

Through experiencing the programme, she has changed a lot. She has developed confidence by knowing herself more clearly. She has identified her capacity and tries to behave in the situation by considering her capacity. She tries to express feelings to right person at right time. She shares her innovative ideas with others. She helps others to bring them out of painful situations. She tries to take her decisions independently. She applies her Critical Thinking Skill and Creative Thinking Skills for solving problems in her life. She has decided her goals of life and makes efforts to achieve those. She does not feel much stress in her life and does not feel inferior and tries to face challenging situation in her life.

She has mentioned about the programme that it has helped her to take her decisions and face the problems in her life confidently.

4.3.20 Case 20 (29 year, M.Com (Accounting and Financial Management), married and one year teaching experience)

Table: 4.20 Pre-Status and Post-Status on the Ten Life Skills

Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes behaved as per his capacity	Behaves as per his capacity
	Sometimes paid attention to ideas, views, opinions	Pays attention to ideas, views, opinions

	provided by others	provided by others
	Sometimes acknowledged importance of others views, ideas, opinions	Acknowledges importance of others' views, ideas, opinions
	Sometimes tried to reduce his mistakes	Tries to reduce his mistakes and weaknesses
Independent	Followed his direction to perform task	Follows his directions to perform task
	Sometimes behaved as per his capacity	Behaves as per his capacity
	Knew his goals of life	Has clarity regarding his goals of life
	Sometimes took help of others to achieve his goals of life	Has clarity regarding path to achieve his goals of life
Open Minded	Sometimes hesitated to bring change in his behaviours as per requirement of the situation	Tries to bring change in his behaviours as per requirement of the situation
	Felt his life meaningful	Feels his life meaningful
	Sometimes accepted his mistakes	Accepts his mistakes
	Sometimes tried to reduce his mistakes	Tries to reduce his mistakes
		Tries to reduce his weaknesses
		Ready to bring changes in his behaviours as per requirement of the situation
Clear Visionary	Had clarity regarding his goals of life	Has clarity regarding his goals of life
	Had clarity regarding path to achieve his goals of life	Has clarity regarding path to achieve his goals of life
	Sometimes behaved by considering his capacity	Behaves by considering his capacity
Empathy Skill	Pre- Status	Post- Status
Dependable	Sometimes did not able to help others to bring them out of painful situation	Tries to help others to bring them out of painful situation
	Sometimes did not able to stand with others having pain	Stands with others having pain
	Did not have much concern for others having pain	Has concern for others having pain
	Sometimes experienced feelings of others having pain	Experienced feelings of other having pain
Responsible	Sometimes did not feel his responsibility to help others to bring them out of painful situation	Feels his responsibilities to help others to bring them out of painful situation
	Sometimes felt bad for others having pain	Feels bad for others having pain
	Sometimes acknowledged feelings of others having pain	Acknowledges feelings of others having pain
	Sometimes made show off of his concern	Does not make show off of his concern
	Tried to do not hurt others' feelings	Does not hurt others' feelings
	Did not have much concern for others having pain	Has concern for others having pain
Reflective Thinker	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes reflected on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Sometimes linked his feelings with others	Links his feelings with others feelings
Rational Thinker	Sometimes did not pay attention to painful situation of others	Pays attention to painful situation of others
		Analyses painful situation others having pain
		Tries to find out solution to bring them out of painful situation
		Does planning to bring them out of painful situation
Interpersonal Relationships Skill	Pre- Status	Post- Status
Open Minded	Sometimes shared his ideas, views, opinions with relations	Shares his ideas, views, opinions with relations
	Sometimes hesitated to express his feelings to relations	Expresses his feelings to right person at right time
	Sometimes hesitated to bring change in his behaviours as per requirement of the situation	Brings change in his behaviours as per requirement of the situation
	Sometimes found his self uncomfortable with outsiders	Finds his self comfortable with all relations
	Sometimes did not able to understand feelings of relations	Understands feelings of all relations
	Enjoyed all most all relations in his life	
Dependable	Allowed relations to depend on him	Allows relations to depend on him
	Made feel comfortable more family members by	Makes feel comfortable all relations by his

	own presence	presence
	Ready to do for welfare of family members	Ready to do for welfare of all relations
Responsible	Felt his responsibility more towards family members	Feels his responsibility towards all relations
	Took care of more family members	Takes care of all relations
	Ready to do for welfare of family members	Ready to do for welfare of all relations
	Tried to fulfill expectation of relations	Tries to fulfill expectation of all relations
	Acknowledged more importance of family relations in his life	Acknowledges importance of all relations in his life
	Tried to show devotion towards family members	Shows devotion towards all relations
	Had concerned more for family members	Has concern for all relations
	Tried to pay attention to all relations	Pays attention to all relations
	Sometimes felt burden of relations in his life	Does not feel burden of relations in his life
Honest	Sometimes shared his ideas, views, opinions with all relations	Shares his ideas, views, opinions with all relations
	Sometimes told mistakes of relatives	Tells mistakes of relatives appropriately
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes did not able to understand ideas, views, opinions provided by others	Understands ideas, views, opinions provided by others
Independent	Sometimes took help of others to present his ideas, views, opinions in front of others	Systematically presents his ideas, views, opinions
	Sometimes did planning for communicating to others	Does planning for communicating to others
	Sometimes made appropriate use of appropriate use of tone and language in his communication	Makes appropriate use of appropriate use of tone and language in his communication
	Sometimes required help of others for understanding information provided by others	Understands information provided by others independently
Rational Thinker	Sometimes did planning before communicating to others	Does planning before communicating to others
	Sometimes made appropriate use of tone and language in his communication	Makes appropriate use of tone and language in his communication
	Sometimes organised information before communicating	Organises information before communicating
Open Minded	Did not able to bring change in his ways of communication	Tries to bring change in his ways of communication
	Sometimes did not able understand ideas, views, opinions provided by others	Understand ideas, views, opinions provided by others
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Sometimes reflected on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
		Reflects on information after accepting
Rational Thinker	Sometimes analysed all aspects of information before accepting	Analyses all aspects of information before accepting
	Compared information provided by others with his previous knowledge before accepting	Compares information provided by others with his previous knowledge before accepting
		Collects relevant information to arrive at generalization
Independent	Sometimes took help of others for understanding	Confidently analyses information before accepting
	Compared information provided by others with his previous knowledge before accepting	Confidently compares information provided by others with his previous knowledge before accepting
	Sometimes paid attention to ideas, views, opinions provided by others	Pays attention to ideas, views, opinions provided by others independently
	Sometimes accepted relevant information provided by others	Accepts relevant information provided by others
		Collects relevant information to arrive at

		generalization
Non Conformist	Evaluated information before accepting	Evaluates information before accepting
	Sometimes registered his disagreement to information provided by others	Registers his disagreement to information provided by others
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Did not think differently than others	Tries think differently than others
		Tries to incorporate different aspects of objects
	Did not stand differently by presenting innovative ideas	Tries to stand differently by presenting innovative ideas
	Did not able to see abstract things	Tries to see abstract things
	Did not bring change in his ways of performing task	Tries to bring change in his ways of performing task
Independent	Did not able to think differently	Tries to think differently
	Did task as per own direction	Follows his direction to perform task confidently
	Did not bring change in his ways of performing task	Tries to bring change in his ways of performing task independently
		Tries to apply his innovative ideas as solution to the problem
		Tries to share his innovative ideas in front of others
		Sometimes likes to apply his innovative ideas to perform task differently
Original ideas Creator	Did not stand differently by presenting his innovative ideas	Tries to stand differently by presenting innovative ideas
		Sometimes remains engage in creating innovative things
	Did not bring change in his ways of performing task	Tries to bring change in his ways of performing task independently
		Sometimes gets bored by performing task in same manner
Clear Visionary	Did not able to think differently than others	Has clarity regarding his innovative ideas
		Has clarity regarding his creation
		Able to explain his innovative ideas as solution to the problem
		Able to elaborate his innovative ideas
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Had clarity regarding his decision	Has clarity regarding his decision
	Sometimes did not have much clarity regarding result of his decisions	Has clarity regarding result of his decisions
Risk Taker	Sometimes hesitated to bare consequences of his decisions	Ready to bare consequences of his decisions
	Sometimes tried to bring change in his ways of taking decisions	Tries to bring change in his ways of taking decisions
	Followed his directions to perform task	Follows his directions to perform task
	Sometimes hesitated to face challenging situation in his life	Tries to face challenging situation in his life confidently
Rational Thinker	Analysed all alternatives to take decisions	Analyses all alternatives to take decisions
	Analysed all information provided by others for taking decisions	Analyses all information provided by others for taking decisions
	Did planning for taking decisions	Does planning for taking decisions
	Followed his directions to perform task	Follows his directions to perform task
	Sometimes paid attention to information provided by others	Pays attention to information provided by others
	Sometimes collected relevant information for taking decisions	Collects relevant information for taking decisions
	Sometimes tried to bring change in his ways of taking decisions	Tries to bring change in his ways of taking decisions
	Sometimes hesitated to face challenging situation in his life	Tries to face challenging situation in his life confidently by analysing the situation
Independent	Followed his directions to perform task	Follows his directions to perform task
	Sometimes hesitated to face challenging situation in his life	Tries to face challenging situation in his life confidently

	Analysed all alternatives for taking decisions	Analyses all alternatives for taking decisions
	Sometimes took help of others for taking decisions	Takes decisions himself
	Did planning for taking decisions	Does planning for taking decisions
Optimistic	Sometimes thought positive for challenging situation in his life	Thinks positive for all situation in his life
	Thought positive while taking decisions	Thinks positive for taking decisions
	Sometime did not think positive for result of his decisions	Thinks positive for result of his decisions
	Sometimes tried to bring change in his ways of taking decisions	Tries to bring change in his ways of taking decisions
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Analysed all aspects of the problem for understanding	Analyses all aspects of the problem for understanding
	Analyses all aspects of information for finding out solution to the problem	Analyses all aspects of information for finding out solution to the problem
	Sometimes hesitated to take decisions to solve the problem	Ready to take decisions
	Did planning for finding out solution to the problem	Does planning for finding out solution to the problem
	Tried to incorporate all aspects of information to find out solution to the problem	Incorporates all aspects of information to find out solution to the problem
	Paid attention to information provided by others	Pays attention to information provided by others
	Sometimes collected relevant information to find out solution to the problem	Collects relevant information to find out solution to the problem
		Tries to apply his innovative ideas to solve the problem
Independent	Sometimes took help of others to face challenging situation	Confidently solve the problem
	Did planning for finding out solution to the problem	Does planning for finding out solution to the problem independently
		Tries to apply his innovative ideas to solve the problem confidently
	Analysed all aspects of the problem for understanding	Analyses all aspects of the problem for understanding
	Analyses all aspects of information for finding out solution to the problem	Analyses all aspects of information for finding out solution to the problem
	Sometimes hesitated to take decisions to solve the problem	Confidently takes decisions to solve the problem
Optimistic	Sometimes hesitated to face challenging situation independently	Thinks positive for all situation in his life
	Sometimes did not able to think positive while solving the problem	Thinks positive while solving the problem
	Sometimes did not think positive for result of solution to the problem	Thinks positive for result of solution to the problem
		Does not quit him self for facing any challenging situation
	Sometimes hesitated to bring change on own ways of solving the problem	Tries to bring change in his ways of solving the problem
Reflective Thinker	Sometimes reflected on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes reflected on result of solution after applying to the problem	Reflects on result of solution after applying to the problem
Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	Sometimes over reacted to the situation	
	Sometimes behaved by considering his capacity in the situation	Behaves by considering his capacity in the situation
	Sometimes hesitated to express his feelings to others	Expresses his feelings to right person at right time
	Sometimes hurt feelings of others unknowingly	Does not hurt others' feelings
Open Minded	Sometimes hesitated to bring change in his	Tries to bring change in his the situation

	behaviours as per requirement of the situation	
	Tried to understand feelings of others	Understands feelings of others
	Sometimes did not able to think positive while facing challenging situation in his life	Thinks positive while facing challenging situation in his life
	Sometimes hesitated to express his feelings to others	Expresses his feelings to right person at right time
Rational Thinker	Sometimes did planning for deciding his behaviours in the situation	Does planning for deciding his behaviours in the situation
	Sometimes reacted spontaneously to the situation	Analyses situation before behaving in the situation
		Behaves as per requirement of the situation
Reflective Thinker	Sometimes reflected on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	Sometimes did planning for deciding his behaviours in the situation	Does planning for deciding his behaviours in the situation
	Sometimes did not able to analyse the situation before behaving in the situation	Analyses situation before behaving in the situation
	Sometimes analysed situation to find out solution to come out of stressful situation	Analyses situation to find out solution to come out of stressful situation
	Sometimes did not able to concentrate on stressor	Tries to concentrate on stressor
	Paid attention to information provided by others	Pays attention to information provided by others
	Sometimes collected relevant information to find out solution	Collects relevant information to find out solution
Independent	Sometimes took help of others to face challenging situation in his life	Confidently face challenging situation in his life
	Sometimes analysed situation to find out solution to come out of stressful situation	Analyses situation to find out solution to come out of stressful situation independently
	Sometimes did not able to concentrate on stressor	Tries to concentrate on stressor
	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	Sometimes did planning before behaviors in the situation	Does planning before behaving in the situation
Optimistic	Sometimes did not think positive while facing challenging situation in his life	Thinks positive for all situation in his life
		Confidently face challenging situation in his life with positive thinking
		Does not quit himself to face challenging situation in his life
Reflective Thinker	Sometimes reflected on his behaviours with reference to the situation	Reflects on his behaviours with reference to the situation
	Sometimes reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation

He was lacking in Empathy Skill and Creative Thinking Skill. He possessed Critical Thinking Skill a great deal as compared to other Life Skills. Due to well possessed Critical Thinking Skill by him, he was able to take decisions and solve the problems in his life. He took decisions himself and followed them to come out of problems. He was having good Interpersonal Relations with others, but, sometimes he hesitated to express his feelings to them. Sometimes, he was lacking self confidence to face challenging situations and took help of others. He felt stress in his life and spontaneously reacted to the situation.

After experiencing the programme, improvement is found in himself. He has become more confident and behaves as per requirement of the situation by considering his capacity in the situation. He has gained more clarity regarding himself. He is able to understand feelings of others and tries to stand with them to bring them out of painful situation. He has started thinking differently and tries to share his innovative ideas with others confidently. He enjoys performing task differently. He is able to express his feelings to right person at right time. He has reduced stress in his life. He takes care of all his relations.

About the programme, he has mentioned that it has helped him to understand himself and emotions in well manner and in improving his relations with others.

4.3.21 Case 21 (25 years, M. Com (Accounting and Financial Management), unmarried and having six months teaching experience at primary level)

Table: 4.21 Pre-Status and Post-Status on the Ten Life Skills

Skill-wise and Component-wise

Self Awareness Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflected on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflected on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes did not able to pay attentions to her capacity	Tries to pay attention to her capacity
	Sometimes tried acknowledge importance of ideas, views, opinions presented by others	Acknowledges importance of ideas, views, opinions presented by others
	Hesitated to bring change in her behaviours for her improvement	Tries to bring change in her behaviours for her improvement
	Did not able to reduce her weaknesses	Tries to reduce her weaknesses
	Sometimes tried to reduce her mistakes in future	Tries to reduce her mistakes in future
Independent	Depended on her family members for taking decision	Tries to take her decision for her life
	Followed directions provided by her mother	Tries to follows her directions confidently
	Did not have clarity regarding her goals of life	Know her goals of life
	Took help of others for deciding her goals of life	Has clarity regarding path to achieve her goals of life
Open Minded	Did not able to reduce her weaknesses	Tries to reduce her weaknesses
	Sometimes tried to reduce her mistakes in future	Tries to reduce her mistakes in future
	Hesitated to bring change in her behaviours for her improvement	Tries to bring change in her behaviours for her improvement
	Did not able to accept relevant information provided by others for her improvement	Tries to accept relevant information provided by others for her improvement
	Thought negative for her life	Thinks positive for her life
Clear Visionary	Did not have clarity regarding her goal of life	Has clarity regarding her goal of life
	Took help of others for deciding her goals of life	Has clarity regarding path to achieve her goals of life
	Did not able to behave in the situation by considering her capacity	Behaves in the situation by considering her capacity
Empathy Skill	Pre- Status	Post- Status
Dependable	Did not able to stand with others having pain	Tries to stand with others having pain
	Did not able to help others having pain	Tries to help others having pain
	Had concerned for others having pain	Has concern for others having pain
	Sometimes did not able to experience feelings of others having pain	Experiences feelings of others having pain
Responsible	Sometimes felt her responsibility to help others to	Feels her responsibility to help others to

	bring them out of painful situation	bring them out of painful situation
	Sometimes unknowingly hurt others' feelings	Does not hurt others' feelings
	Felt bad for others having pain	Feels bad for others having pain
	Sometimes easily forgot pain of others	Does not able to forget pain of others
	Sometimes acknowledged feelings of others having pain	Acknowledges feelings of others having pain
	Had concerned for others having pain	Has concern for others having pain
Reflective Thinker	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Sometimes linked her feelings with others feelings	Links her feelings with others feelings
Rational Thinker	Did not able to analyse situation to find out solution to bring others out of painful situation	Analyses situation to find out solution to bring others out of painful situation
	Sometimes did not able to stop her self to forget pain of others	Does not able to stop her self to forget pain of others
	Did not able to find out solution to bring others out of painful situation	Tries to find out solution to bring others out of painful situation
Interpersonal Relationships Skill	Pre- Status	Post- Status
Open Minded	Hesitated to share her ideas, views, opinions with outsiders	Shares her ideas, views, opinions with all relations
	Expressed her feelings to her mother only	Expresses her feelings with right person at right time
	Hesitated to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Found her self comfortable with family members	Finds her self comfortable with all relations
	Sometimes did not able to understand ideas, views, opinions of relatives	Tries to understand ideas, views, opinions of relations
	Enjoyed more family relations	Enjoys all relations in her life
Dependable	Did not able to allow relations to depend on her	Tries to allow relations to depend on her
	Did not able to make relations feel comfortable by her presence	Tries to make relations feel comfortable by her presence
	Did not able to do for welfare of relations	Tries to do for welfare of relations
Responsible	Did not feel her responsibility to take care of outsiders	Feels her self responsible for all relations
	Sometimes took care of family members	Tries to take care of all relations
	Tried to fulfill expectation of family members	Tries to fulfill expectation of all relations
	Did not able to do for welfare of relations	Tries to do for welfare of relations
	Had concern for family members	Has concern for all relations
	Paid more attention to family members	Tries to pay attention to all relations
	Gave more importance to family members in her life	Acknowledges importance of all relations in her life
	Sometimes felt burden of relations in her life	Does not feel burden of relations in her life
		Tries to show devotion towards relations
Honest	Hesitated to share her ideas, views, opinions with outsiders	Shares her ideas, views, opinions with all relations
	Gave more importance to family members in her life	Gives importance to all relations in her life
	Sometimes told mistakes of relations	Tries to tell mistakes of relations in proper way
Effective Communication Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Sometimes did not able to understand information provided by others	Understands information provided by others
Independent	Sometimes got confused while presenting her ideas, views, opinions	Systematically present her ideas, views, opinions in front of others
	Sometimes did not do planning before communicating to others	Does planning before communicating to others independently
	Sometimes required help of her mother to present her ideas, views, opinions in front of others	Organises information before communicating to others confidently

		Makes appropriate use of tone and language while communicating to others
Rational Thinker	Sometimes got confused while presenting her ideas, views, opinions	Systematically present her ideas, views, opinions in front of others
	Sometimes did not do planning before communicating to others	Does planning before communicating to others
	Sometimes required help of her mother to present her ideas, views, opinions in front of others	Organises information before communicating to others
		Makes appropriate use of tone and language while communicating to others
	Sometimes did not able to understand information provided by others	Understands information provided by others
Open Minded	Hesitated to bring change in her ways of communication	Tries to bring change in her ways of communication
	Listen information provided by others	Accepts relevant information provided by others
	Hesitated to share her ideas, views, opinions with others	Shares her ideas, views, opinions with others
Critical Thinking Skill	Pre- Status	Post- Status
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Rational Thinker	Sometimes analysed information before accepting	Analyses information before accepting
	Took help of her family members to understand information provided by others	Analyses information provided by others before accepting independently
	Did not able to compare information provided by others with her previous knowledge	Compares information provided by others with her previous knowledge before accepting
	Did not collect relevant information to arrive at generalization	Collects relevant information to arrive at generalization
Independent	Took help of her family members to understand information provided by others	Analyses information provided by others before accepting independently
	Did not analyse all aspects of information before arrive at generalization	Confidently analyses all aspects of information before arrive at generalization
	Did not able to compare information provided by others with her previous knowledge	Compares information provided by others with her previous knowledge before accepting
	Listen information provided by others	Accepts relevant part of information provided by others
Non Conformist	Did not evaluate all aspects of information before accepting	Evaluates all aspects of information before accepting
	Did not able to register her disagreement with information provided by others	Registers her disagreement with information provided by others
Creative Thinking Skill	Pre- Status	Post- Status
Imaginative Thinker	Sometimes thought differently than others	Thinks differently than others
	Sometimes able to see abstract things	Able to see abstract things
	Hesitated to present her innovative ideas in front of others	Presents her innovative ideas in front of others
	Did not able to stand different by presenting her innovative ideas	Tries to stand differently by presenting her innovative ideas
	Tried to incorporate all aspects of object for generating innovative ideas	Incorporates all aspects of object for generating innovative ideas
Independent	Hesitated to apply her innovative ideas as solution to the problem	Tries to apply her innovative ideas as solution to the problem confidently
	Hesitated to share her innovative ideas with others	Confidently shares her innovative ideas with others
	Liked to perform innovative task	Tries to perform task differently independently
	Hesitated to bring change in her ways of performing task	Tries to bring change in her ways of performing task independently
	Followed others direction to perform task	Confidently follows her direction to perform task
Original ideas Creator	Did not able to stand different by presenting her	Tries to stand differently by presenting her

	innovative ideas	innovative ideas
	Sometimes generated innovative ideas than others	Generates innovative ideas than others
	Liked to perform innovative task	Tries to perform task differently
	Sometimes remained engaged in creating innovative things	Remains engage in creating innovative things
	Sometimes got bored by performing task in same manner	Gets bored by performing task in same manner
Clear Visionary	Sometimes had clarity regarding her creation	Has clarity regarding her creation
	Sometimes able to elaborate her innovative ideas	Able to elaborate her innovative ideas
	Did not able to explain her innovative ideas as solution to the problem	Tries to explain her innovative ideas as solution to the problem
Decision Making Skill	Pre- Status	Post- Status
Clear Visionary	Followed directions provided by others	Has clarity regarding her decisions
		Has clarity regarding result of decisions
Risk Taker	Hesitated to take decisions independently	Ready to take decisions in any situation
	Depended on her mother for taking decisions	Ready to bare consequences of decision
	Followed directions provided by others	Follows her directions to perform task
		Tries to bring change in her ways of taking decisions
Rational Thinker	Hesitated to take decisions independently	Does planning for taking decisions
	Depended on her mother for taking decisions	Analyses all alternatives for taking decisions
		Analyses all aspects of information for taking decision
	Followed directions provided by others	Follows her directions to perform task
	Listen others ideas, views, opinions provided by others	Collects relevant information as provided by others for taking decision s
		Tries to bring change in her ways of taking decisions
Independent	Followed directions provided by others	Follows her directions to perform task independently
	Hesitated to take decisions independently	Confidently take decisions
	Depended on her mother for taking decision	Does planning for taking decision confidently
	Transferred her task of decisions to her mother	Confidently takes decisions in any situation
Optimistic	Thought negative while taking decision	Thinks positive while taking decisions
	Followed directions provided by others	Thinks positive for result of decisions taken
		Tries to bring change in her ways of taking decisions
Problem Solving Skill	Pre- Status	Post- Status
Rational Thinker	Did not analyse all aspects of the problem for understanding	Analyses all aspects of the problem for understanding
	Did not analyse information for finding out solution to the problem	Analyses information for finding out solution to the problem
	Depended on others for taking decision	Tries to find out solution to the problem independently
	Followed directions provided by others for solving the problem	Tries to apply her innovative ideas to solve the problem
		Does planning for finding out solution to the problem
		Tries to incorporate all aspects of information for solving problem
		Ready to take decisions
Independent	Depended on others for taking decision	Tries to find out solution to the problem independently
	Followed directions provided by others for solving the problem	Follows her direction confidently
	Transferred task if solving problem to her family members	Does planning for solving the problem independently
		Ready to take decision to solve the problem
		Tries to apply her innovative ideas to solve the problem
		Tries to bring change in her ways of solving the problem
Optimistic	Thought negative while facing problem in her life	Tries to think positive while solving the problem

	Depended on others for solving problem	Thinks positive for result of solution to solve the problem
	Transferred task of solving problem to her family members	Tries to bring change in her ways of solving the problem
Reflective Thinker	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on result of solution after applying to the problem	Reflects on result of solution after applying to the problem
Coping with Emotions Skill	Pre- Status	Post- Status
Self Controlled	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	Hesitated to express her feelings to outsiders	expresses her feelings to right person at right time
	Expressed her feelings to her mother	
	Sometimes hurt feelings of others unknowingly	Does not hurt feelings of others
Open Minded	Hesitated to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Hesitated to share her ideas, views, opinions with others	Shares her ideas, views, opinions with others
	Thought negative while facing problem	Thinks positive while facing problem
	Hesitated to express her feelings to outsiders	expresses her feelings to right person at right time
Rational Thinker	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	sometimes did not do planning before in the situation	Does planning before behaving in the situation
		Analyses the situation before behaving in the situation
Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation
Coping with Stress Skill	Pre- Status	Post- Status
Rational Thinker	Sometimes did not analyse situation before behaving in the situation	Analyses situation before behaving in the situation
	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	sometimes did not do planning before in the situation	Does planning before behaving in the situation
		Analyses the situation before behaving in the situation
	Listen ideas, opinions, views presented by others	Pays attention to ideas, views, opinions presented by others
		Collects relevant information for finding out solution
	Depended on her mother	Tries to concentrate on stressor
		Tries to find out solution herself to come out of stressful situation
Independent	Sometimes reacted spontaneously to the situation	Behaves as per requirement of the situation
	Depended on her mother to come out of stressful situation	Tries to find out solution herself to come out of stressful situation
		Confidently does planning to find out solution
	Did not able to bring change in her behaviours as per requirement of the situation	Tries to bring change in her behaviours as per requirement of the situation
	Hesitated to express her feelings to outsiders	Confidently expresses her feelings to right person at right time
	Sometimes tried to reduce her mistakes in future	Tries to reduce her mistakes in future
Optimistic	Thought negative while facing challenging situation in her life	Thinks positive for all situation in her life
	Depended on her mothers to come out of stressful situation	Tries to find out solution to come out of stressful situation
		Does not lose confidence to come out of stressful situation

Reflective Thinker	Did not reflect on her behaviours with reference to the situation	Reflects on her behaviours with reference to the situation
	Did not reflect on others' behaviours with reference to the situation	Reflects on others' behaviours with reference to the situation

She was lacking in almost all the Life Skills. She was lacking self confidence and thought negative for her life. She was more depended on her mother. She followed directions provided by her mother. She expressed her feelings to her mother. She was a creative thinker and tried to share her creation with her family members. She hesitated to share her ideas, views, opinions with others. She was not a critical thinker. She had concern for others but was not able to help them due to lack of Decision Making Skill and Problem Solving Skill. She felt stress in her life and was not able to manage stress her self. She took help of her mother to manage stress in her life.

Improvement has been found through experiencing the programme. She has gained more clarity regarding herself. She has started expressing her feelings to right person at right time. She has improved her Interpersonal Relationships Skill. She has gained self confidence and reduced depending on her mother. She has started thinking critically and tries to take decisions her self. She does not feel much stress in her life. She shares her ideas, views, opinions with others because she has improved her Interpersonal Relationships Skill. She behaves in the situation by considering her capacity. She applies her Critical Thinking Skill and Creative Thinking Skill for solving the problems. She thinks positive for her life and has clarity regarding her goal of life. She makes efforts to achieve her goal of life.

About the programme, she has mentioned that she has gained more clarity regarding herself and started thinking positive for all situations in her life.

4.3.22 Overall scenario on the Life Skills

To study the effectiveness of the Life Skills Programme, 21 Student - Teachers' entry Life Skills were analyzed. By analyzing their Life Skills, it was found that a majority of them were weak in many Life Skills. Out of 21 Student - Teachers, 17 Student - Teachers were lacking Coping with Emotions Skill. They were lacking self confidence or possessed negative thoughts regarding their life. Due to lack of Self Awareness Skill, they lacked self confidence. And due to lack of Self Awareness Skill, they were weak in other Life Skills, like, Decision Making Skill, Problem Solving Skill, Coping with Emotions Skill, Effective Communication Skill and Coping with Stress Skill. Next most lacking Life Skills were Decision Making Skill

and Problem Solving Skill which were lacking in 14 Student - Teachers and those who were weak in Decision Making Skill were also weak in Problem Solving Skill. Out of 21 Student - Teachers, 15 Student - Teachers were lacking Coping with Stress Skill which was due to lack of Coping with Emotions Skill. Interpersonal Relationships Skill was possessed by 13 Student - Teachers in well manner which indicated that they were having good relationships in their life. Out of 21 Student - Teachers, 11 Student - Teachers were critical thinker and creative thinker but those who possessed both of these Life Skills were very less. Some of them possessed Critical Thinking Skill in well manner but were lacking Creative Thinking Skill and others who possessed Creative Thinking Skill in well manner lacked Critical Thinking Skill. Only 8 Student - Teachers possessed Empathy Skills and those who possessed Empathy Skill, they also possessed Interpersonal Relationships Skill in well manner. Out of 21 Student - Teachers, 03 Student - Teachers possessed almost all the Life Skills in well manner. They all were first child in their family, married, 01 was female and 02 were males. Out of 21 Student - Teachers, 03 Student - Teachers were lacking almost all the Life Skills. 02 Student - Teachers were females and 01 Student - Teacher was male and they all were pampered children of their families. Due to their high dependency on their family they were lacking in almost all the Life Skills. Out of 02 female Student – Teacher, 01 female Student - Teacher was married and after marriage also she depended on her family members.

Through the experience of the Life Skills Programme, improvement is found in all Student – Teachers. They all have improved their Life Skills. But amount of improvement in each Life Skill is different in all Student – Teachers. The most significant improvement found in all Student – Teacher is that they have gained self confidence. They have recognized their strengths and weaknesses through the experience of the Life Skills Programme which indicates the improvement in their Self Awareness Skill. Due to improvement in Self Awareness Skill, the improvement is found in all the Life Skills but more significant impact of Self Awareness Skill is found in Decision Making Skill, Problem Solving Skill, Coping with Emotions Skill, Coping with Stress Skill, Interpersonal Relations Skill and Effective Communication Skill. They have reduced stress in their life. Some of them have not decided their goal of life before experiencing the Life Skills Programme but now they know their goal of life. They all try to achieve their goals of life. The most significant development as found in their Life Skill are Self Awareness Skill, Decision Making Skill, Problem

Solving Skill, Coping with Emotions Skill, Effective Communication and Interpersonal Relationship Skill and moderate enhancement is found in Empathy Skill, Critical Thinking Skill, Coping with Stress Skill and Creative thinking Skill. The Student Teachers who were not creative thinker have started thinking creatively and try to apply their creative ideas in their life. All 03 Student – Teachers, who possessed almost all Life Skills very well in the beginning of the programme, have also improved their lacking part of Life Skills through the experience of the Life Skills Programme. Those who were not critical thinkers have started thinking critically and apply their Critical Thinking Skill in their life for taking decisions and understanding others. The improvement was found in their Interpersonal Relations Skill due to improvement in their Self Awareness Skill, Coping with Emotions Skill, Effective Communication Skill and Critical Thinking Skill. All Student – Teachers have become confident and optimistic for their life. Out of 21 Student – Teachers, 03 Student – Teachers who were lacking almost all Life Skills have improved their Life Skills and they have become confident and have reduced their dependence on others. They have decided their goals of life and take decisions themselves.

About the programme, they have mentioned that the Life Skills Programme helped them to know them selves more clearly. They have changed their outlook towards life as those who thought negative for their life have started thinking positive and feel their life meaningful and enjoyable. In the programme, 50 activities related to the Life Skills were provided. In the Life skills Programme, there were 11 - Games, 15 – Situational Discussion, 01 - Story Making, 08 - Puzzles, 03 - Role Play, 08 - Self Reporting, 02 -Brainstorming and 02 - Film Shows. Out of the 50 Life Skills activities, the more enjoyed activities are Games, Puzzles, Brainstorming, Film Shows, Role Play, whereas, moderately enjoyed activities are Story Making and Self Reporting and less enjoyed activities are Situational Discussions activities. They have suggested that there is need to include more Games and Puzzles kind of activities in the Life Skills Programme.

As a whole the Life Skills Programme developed by the investigator was found to be effective.