



Partha Foundation

# LIFE SKILLS PROGRAM

Rekindle hope, Inspire transformation



# ABOUT PARTHA FOUNDATION

---

PARTHA FOUNDATION is established to foster transformation in youth and society at large.

We are an independent foundation with an international team and global outlook, working in the sector of education, sustainability, health and wellbeing.

We believe that change starts from within. By reviving and adapting Vedic values and lifestyle to modern culture, we hope to act as facilitators of the process of gaining a deeper and more purposeful understanding of life.



**Partha Foundation**

Rekindle Hope , Inspire Transformation



# What are life skills?

The World Health Organization (WHO, 1999) defined life skills as the:

”

ability for adaptive and positive behavior that enables individuals to deal effectively with the demands and challenges of everyday life.

“

Life skills also involve:

- Early wisdom that focuses on behavioral change.
- Attitude and values transformed into actual abilities.
- Mastery of adaptive and positive behavior that lead people toward healthier and more productive lives.







# What are the benefits of Life Skills?

## ***Benefits for the Individual - Personal Excellence***

- Helps one find a life purpose and joy
- Helps in understanding and managing emotions
- Brings a more spiritual perspective of life
- Helps one finding new ways of thinking and in problem solving
- Improves relationships
- Builds confidence in communication skills and group collaboration

## ***Benefits for the society - Interpersonal Excellence***

- Brings cultural awareness that makes international cooperation easier
- Helps one to recognise the impact of one's own actions and take responsibility for them rather than blaming others
- Develops a greater sense of self-awareness and appreciation for others
- Creates respect for diversity, allowing creativity and imagination to flourish, which builds a more tolerant society
- Develops emphatic negotiation and networking skills, which results in resolutions rather than resentments

# Program Objectives

- To provide education for life not just livelihood. Develop personal qualities such as self-reliance, resilience, self-discipline, reflectiveness, and self-awareness in all individuals
- To nurture ourselves with both knowledge and values, so that we are able to meet the daily challenges of coping with the increasing pace and change of modern life.
- To equip ourselves in making decisions that contribute to our physical mental, and emotional health and well-being.
- To learn the real goal of life and find the right balance through transformative experiences of interactive learning.
- To Discover how to Transform Problems into Opportunities to Learn and Grow
- To Discover the Clarity to take action and pursue your own dreams




# Program Overview

## ONLINE LIFESKILLS TRAINING WORKSHOP :

- Duration: **10 Hours course**
- Total sessions - **6**
- Schedule : **2 days / week , SAT & SUN**
- Timings : **12.30 pm - 2 pm ( IST )**
- Date - **AUG 13th ,14th & 20th,21st & 27th ,28th, 2022**

**Course Fees : Rs 6000/-**

## ADDITIONAL INFO ON THE COURSE :

- Certificates will be provided after successful completion of the course
- Participants have a to undertake an assignment after the course, which they can submit by email
- Free Registration for India Immersion program in India, for those who are meritorious in the assignment.
- All Sessions will be on Zoom platform 
- Once participants register by paying the course fees, Zoom link access will be shared with the participants
- Life Skills sessions will have ppt's, interesting videos, life examples of different famous personalities, a 2-page summary handout for participants and all sessions materials will be shared with the participants.



# Life Skills Topics



## **Session 1 :**

**Introduction - Setting the Scene: Why learn Life Skills?**

**Life Compass - Success vs Satisfaction**

Schedule: Aug 13, Saturday

Timing: 12.30 PM ( IST )

## **Session 2 :**

**Motivation & Purpose**

Schedule: Aug 14, Sunday

Timing: 12.30 PM ( IST )

## **Session 3 :**

**Stress Management**

Schedule: Aug 20, Saturday

Timing: 12.30 PM ( IST )

## **Session 4 :**

**Power of Positive Attitude**

Schedule: Aug 21, Sunday

Timing: 12.30 PM ( IST )

## **Session 5 :**

**Goal Setting & Time Management**

Schedule: Aug 27, Saturday

Timing: 12.30 PM ( IST )

## **Session 6 :**

**Power of Habits**

Schedule: Aug 28, Sunday

Timing: 12.30 PM ( IST )





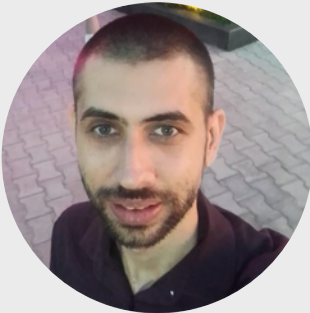
# Team members



**Rakesh Panda**  
Certified Life Coach



**Daria Ponomareva**  
Program Coordinator



**Plopeanu Cristian**  
Life skills Trainer



**Amardeep**  
Life skills Trainer



**Manisha Panda**  
Certified Yoga Trainer



**Saraswati**  
Certified Yoga & Wellness Trainer



# Partners of Partha



## Educational Partners

- PSG, COIMBATORE
- NATIONAL MODEL SCHOOL, COIMBATORE
- ADWAITH HIGHER SECONDARY
- SCHOOL, COIMBATORE
- FOREST HILL ACADEMY, COIMBATORE
- DIVERSE INDIAN PUBLIC SCHOOLS

# Contact

## ***Administrative office***

DLF Cyber City, Bhubaneswar

Odisha, 751 024

India

Email: [info@parthafoundation.com](mailto:info@parthafoundation.com)

Website: [www.parthafoundation.com](http://www.parthafoundation.com)

[www.lifeskillsprogram.co.in](http://www.lifeskillsprogram.co.in)



+91 8114 793 677



# Partha Foundation



**Partha Foundation**