



AKSHAYA LIFE SKILLS

A joint initiative of Edumedia and Akshaya Patra, Akshaya Life skills was started with the vision of: *“enabling young children to develop into responsible social beings with a competence to respond to their personal, social & cultural needs”*.

Impact Study 2012

BACKGROUND

A survey carried out by Activity in the Government schools revealed:

- Self-esteem and confidence levels of students is very low
- Students experience high levels of stress and worry. The major causes of stress are - abuse faced at home and outside, financial problems, family problems among others
- Responses also indicate the need to understand and cope with issues like AIDS, peer pressure, teenage pregnancy, drugs, domestic violence, alcoholism, sexual abuse, etc., hence students needed emotional support and guidance
- Unanimously all the participants indicated the need to improve their communication skills

Research revealed that there is an urgent need to build confidence & make the children aim higher in life!!!

Everyday millions of children enter the gates of Government and corporation schools to become 'something' in life. Schools focus primarily on imparting scholastic knowledge of science, mathematics etc. precious little is being done for the all-round development of children. Organized efforts are not made to get children ready for LIFE.

Therefore a joint initiative of Edumedia and Akshaya Patra, Akshaya Life skills was started with the vision of:

“enabling young children to develop into responsible social beings with a competence to respond to their personal, social & cultural needs”.



AIMS and OBJECTIVES of Akshaya Life Skills (ALS):

- To inspire the children & build confidence in them to think big and aim higher in life
- To develop skills to live life effectively & have a positive outlook in life
- To improve quality & performance levels of students in these schools
- To constantly innovate and look for opportunities to add value to the children
- To Face the examinations more confidently” and “score higher marks in Exam
- To enhancement of teaching skills of the teachers in these schools
- To improve quality & performance levels of teachers in these schools

Project COMPONENTS

- Life Skills Sessions

The sessions are designed to boost a child’s self-esteem, confidence and to help a child develop in all aspects. Life Skills covered by the programme include self-awareness, communication, creative thinking, critical thinking, dealing with stress and emotions as well as interpersonal skills.

- Talent Development Programme

The programme encourages students to help nurture their talent at a young age and to hone their skills. Participation in Debates, Essay Writing, Painting/Art, Quiz, Mehendi & Dance competitions is mandatory for all students.

- Awareness Programme

Road shows, Poster making, Awareness camps etc provides a platform for children to participate in social and environmental projects. This programme increases their awareness of issues concerning today’s society.

The awareness programme is action oriented and students participate with a lot of enthusiasm. It helps in building their overall interpersonal skills and boosts their self-confidence

- Leadership Development Programme

Student Committees are initiated in schools for the analysis and development of Leadership skills.

Discipline, Cleanliness and Guidance Committees are the decisive committees, with 6 firm and responsible students leading each committee. The outcome of these committees has resulted in a sound environment in the school, obedience in students and great self-esteem among the committee members.

❑ Akshaya Help Centers

Children need focused help and assistance in dealing with their life issues and this is addressed through ALS counseling. The Life Skills sessions conducted follow the group therapy format. This brings out several personal issues of children to the forefront.

The entire Akshaya Life Skills team consists of trained counselors. They visit the schools every Saturday for children come to them with their issues and problems.

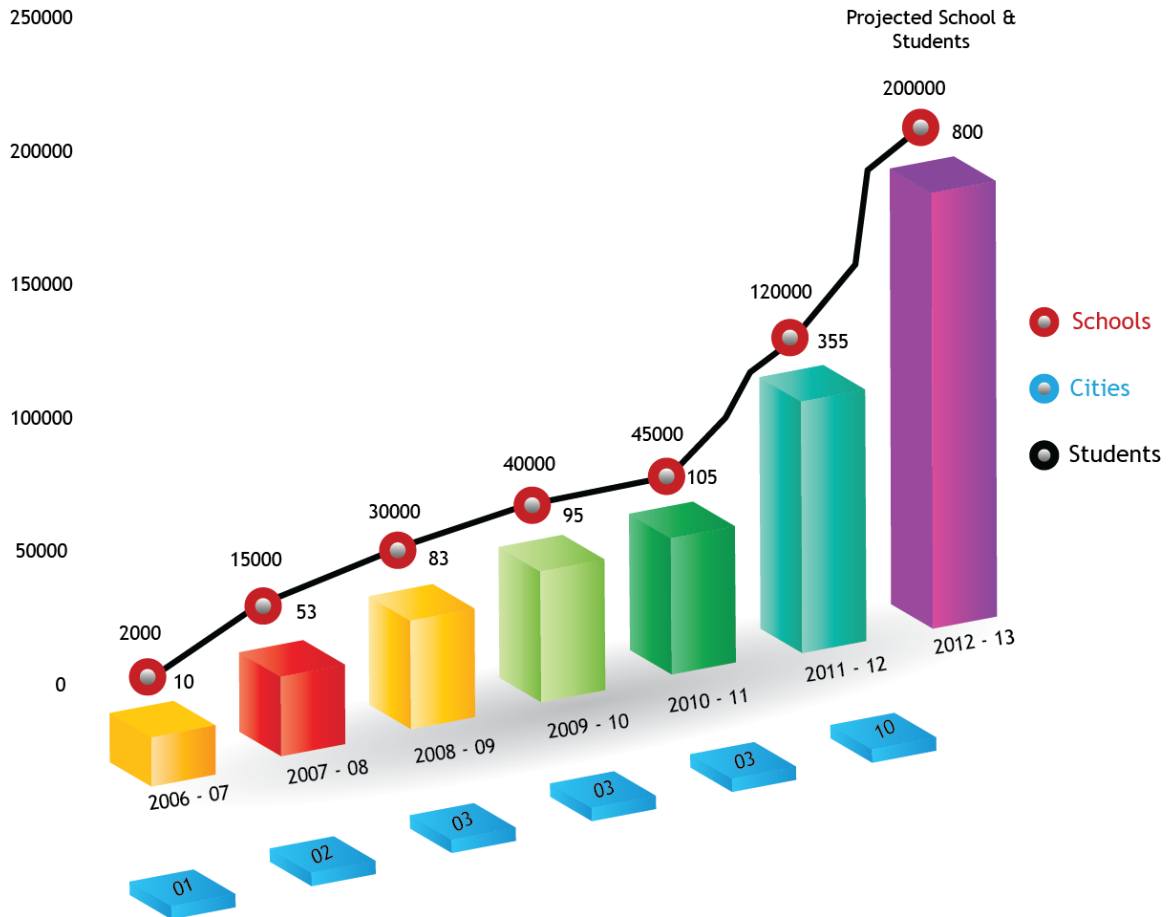
❑ Principal & Teachers Workshops

Teachers and principals are encouraged to revise their knowledge and understanding of subjects in this programme. The workshop also enhances teaching skills and helps teachers deal with children's academic issues from a fresh perspective.

ALS Content and Learning

- ❑ The research, content and execution is entirely handled by The Activity (a brand of EduMedia), one of the pioneers in organized life skills education in India
- ❑ Several leading organizations like NIMHANS, Banjara Academy, Mysore University, Kuvempu University, Manipal University, Janaagraha contribute to the programme
- ❑ The implementation team comprises of motivated individuals with a Masters/Bachelors in psychology & social work chosen from prominent universities
- ❑ The programme is conducted in the regional languages
- ❑ The programme is supported and guided by eminent personalities like Mr. Mohandas Pai (Manipal University), Mr. Ramesh Ramanathan (Janaagraha), Dr. Shekar Sheshadri (NIMHANS), Dr. Ali Khwaja (Banjara Academy), Dr. Vidya

LIFE SKILLS REACH



Karnataka:

- ❑ Bangalore - 10,000 students
- ❑ Yeshwanthpura - 5,000 students
- ❑ Mysore - 3000 students
- ❑ Hubli - 8,500 students

Rajasthan

- ❑ Jaipur - 31,000 students

Andrapradesh

- ❑ Hyderabad - 21,000 students

Total No of Students : 78,500



Karnataka:

- ❑ Mangalore - 12,000 students
- ❑ Gulbarga - 12,000 students

Rajasthan

- ❑ Nathdwara - 11,000 students

Jammu & Kashmir

- ❑ Doda - 7,500 students

Total No of Students : 42,500

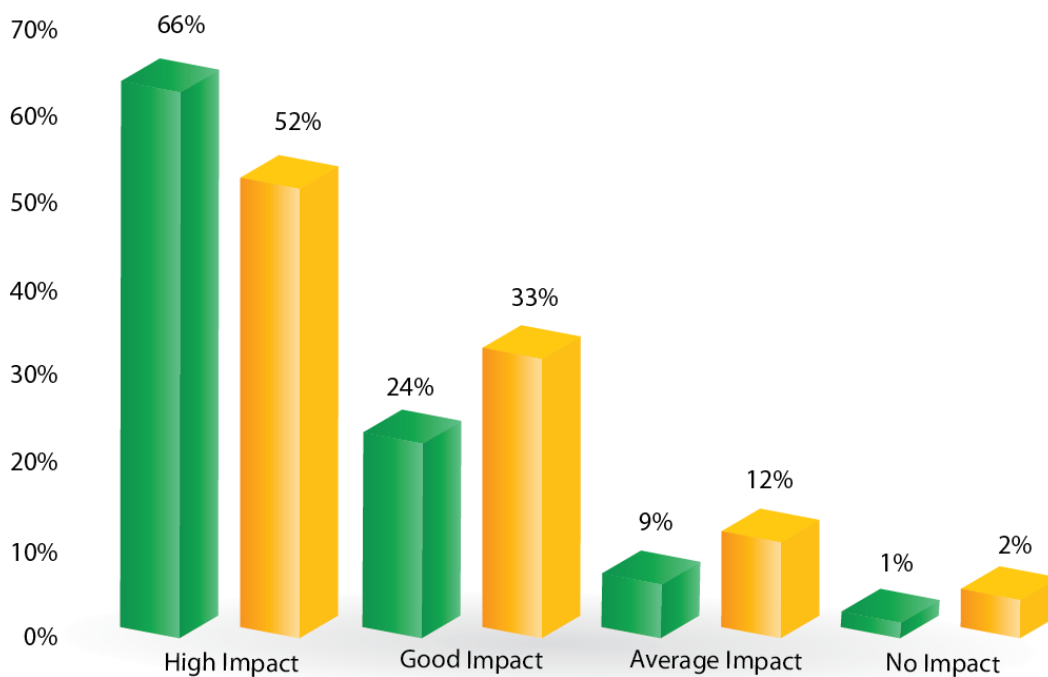
PROGRAMME IMPACT

Component 1

IMPACT ON CO-SCHOLASTICS

- Did this programme have any change on the students' skills, values, attitude and personality?
- Change measured by psychometric tests

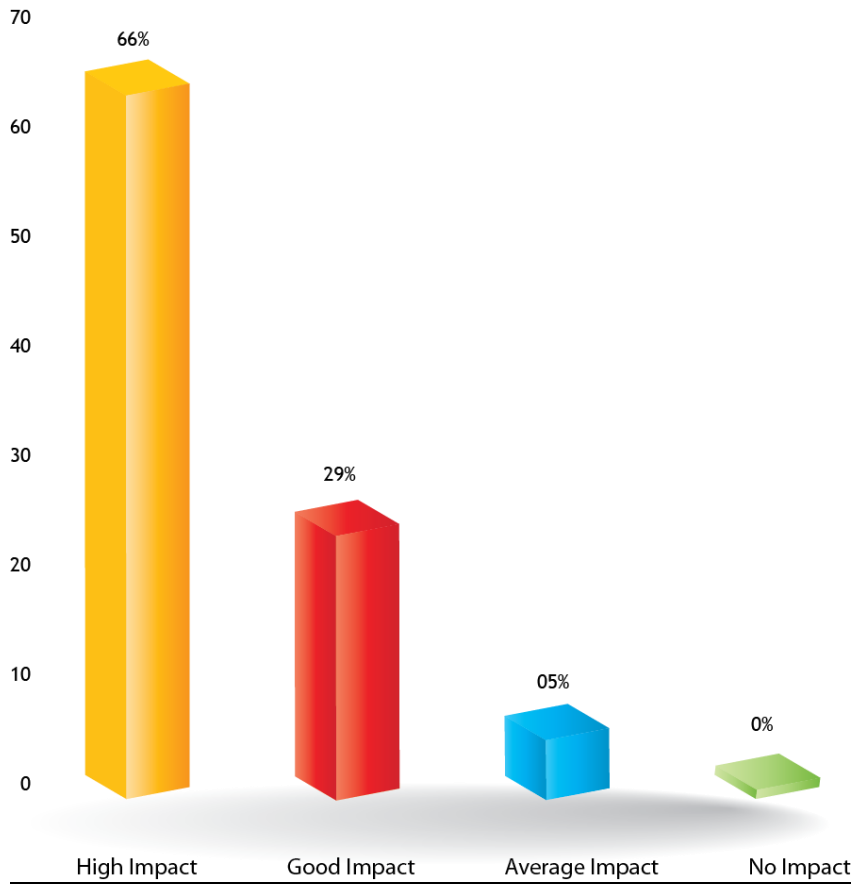
LEVEL OF SELF AWARENESS POST SESSIONS



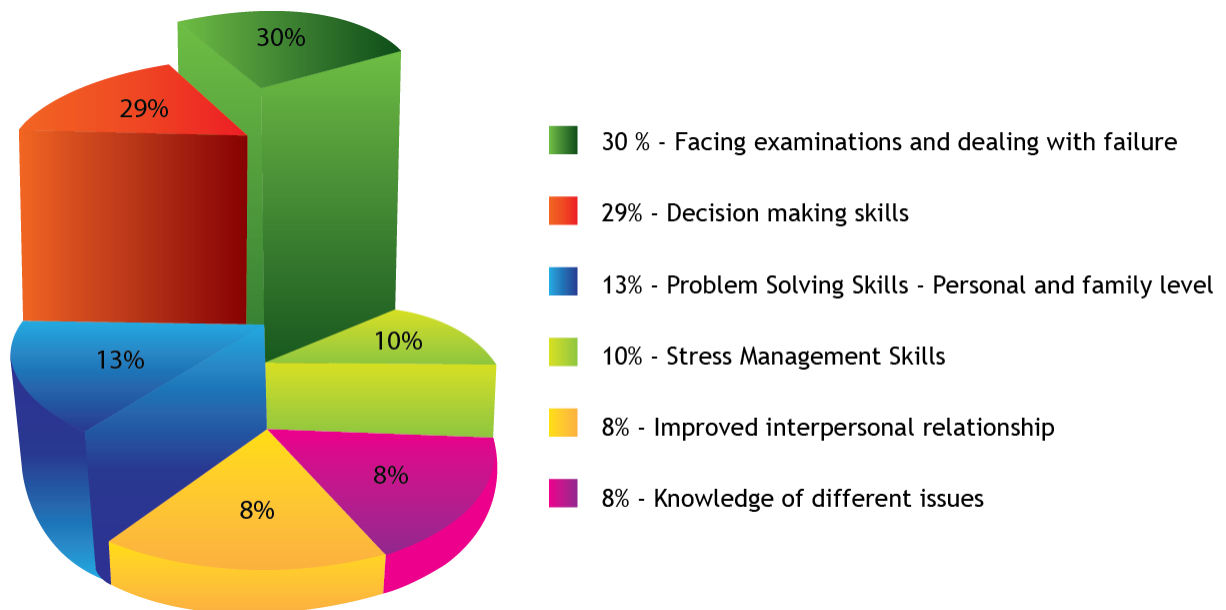
■ Junior ■ Senior

High Impact	66%	52%
Good Impact	24%	33%
Average Impact	9%	12%
No Impact	1%	2%

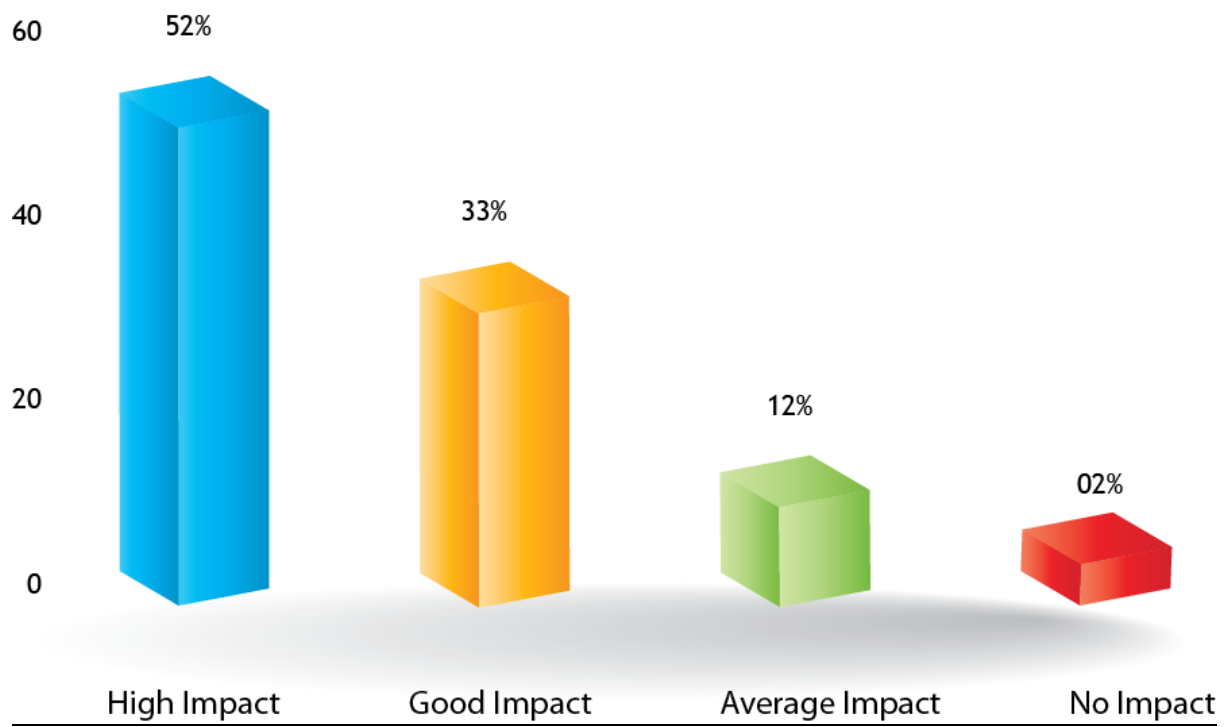
GOAL SETTING SKILLS POST SESSIONS



IMPORTANT SKILLS DEVELOPED POST SESSIONS: SENIOR DIVISION



STUDENTS INTERESTED IN COMPETITIONS POST TDP



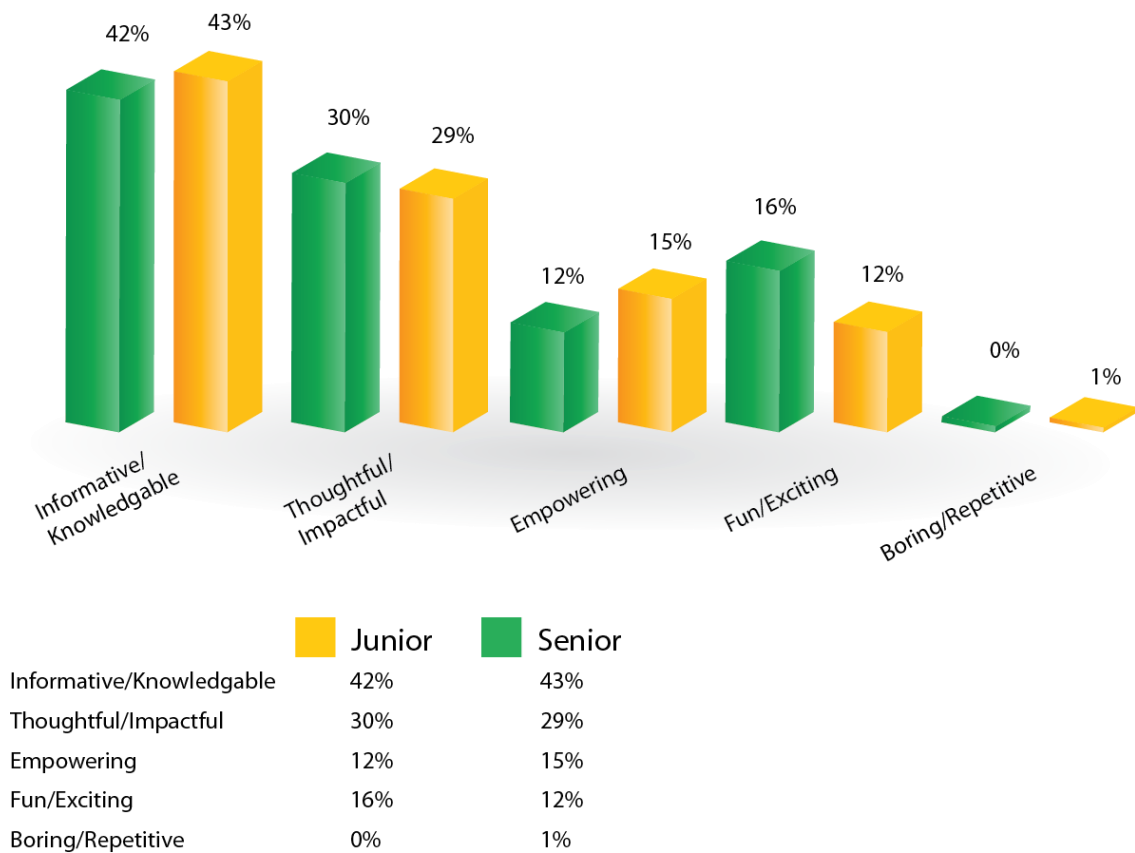
PROGRAMME IMPACT

Component 2

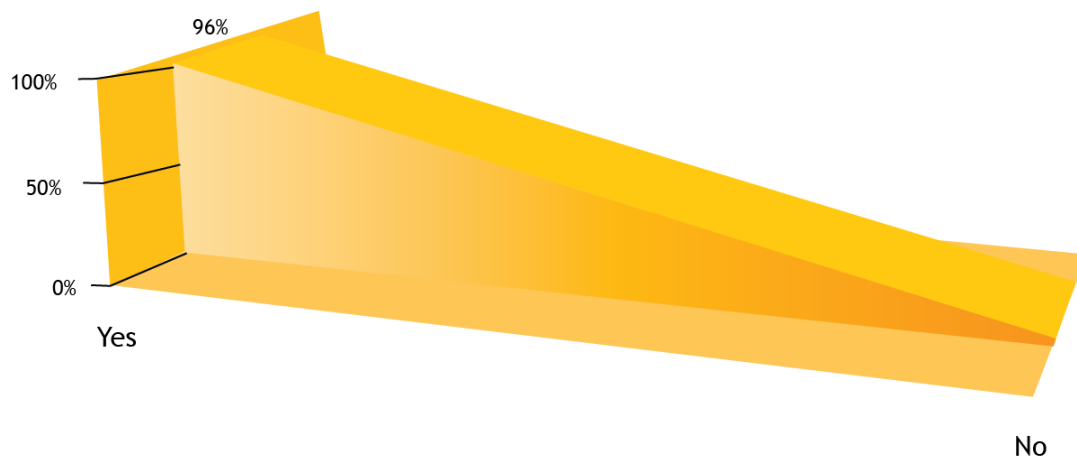
PERCEPTIONAL ANALYSIS

- Have the parents and teachers noted changes in the students' behaviour after the programme? What are the different perceptions about the programme?
- Change measured by constant feedback

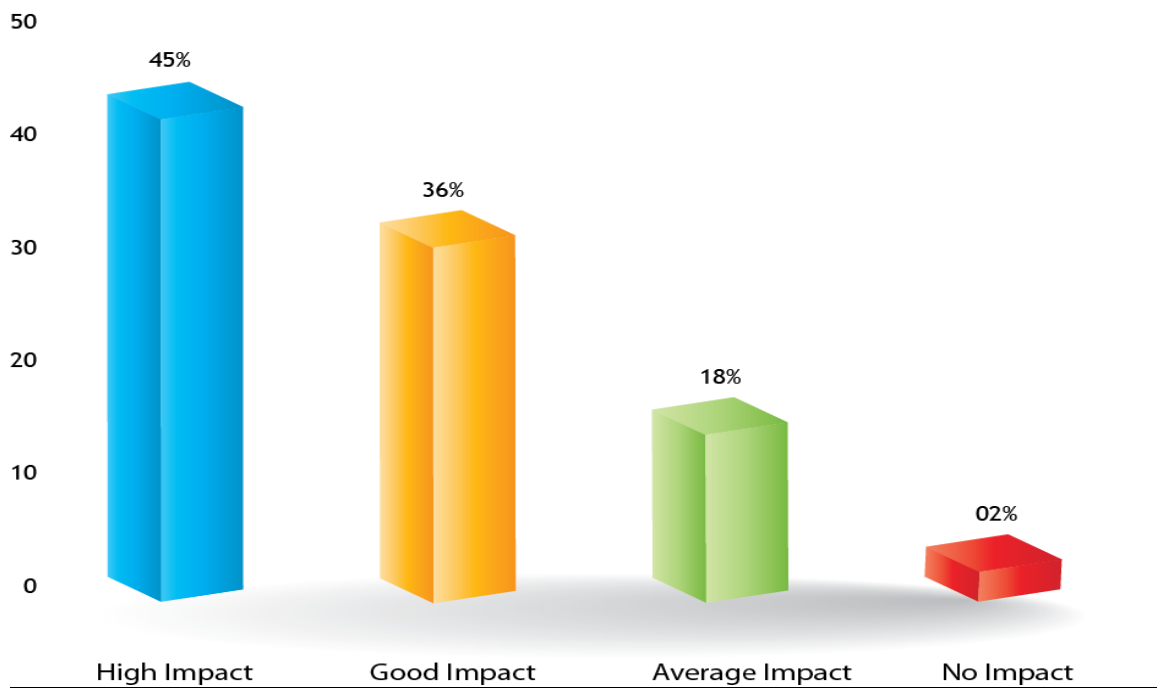
STUDENTS OPINION OF AKSHAYA LIFESKILLS



STUDENTS' RESPONSE TO POSITIVE CHANGE IN BEHAVIOUR



PARENTS AND TEACHERS OBSERVATION OF POSITIVE CHANGES IN STUDENTS BEHAVIOR POST SESSIONS – SENIOR DIVISION



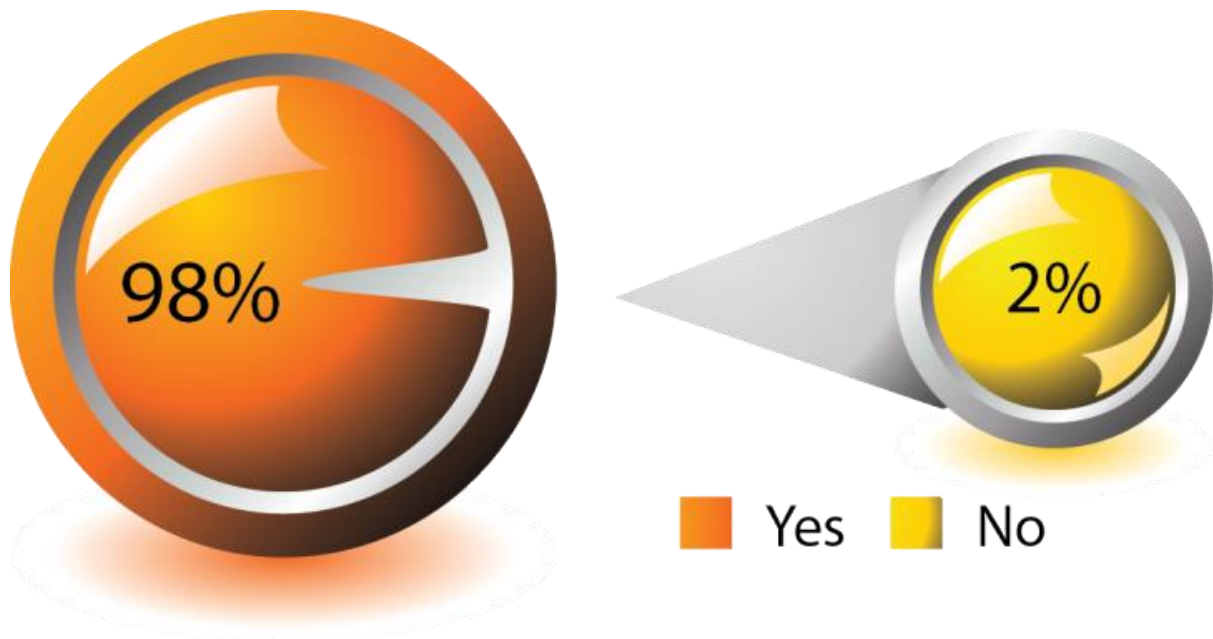
PROGRAMME IMPACT

Component 3

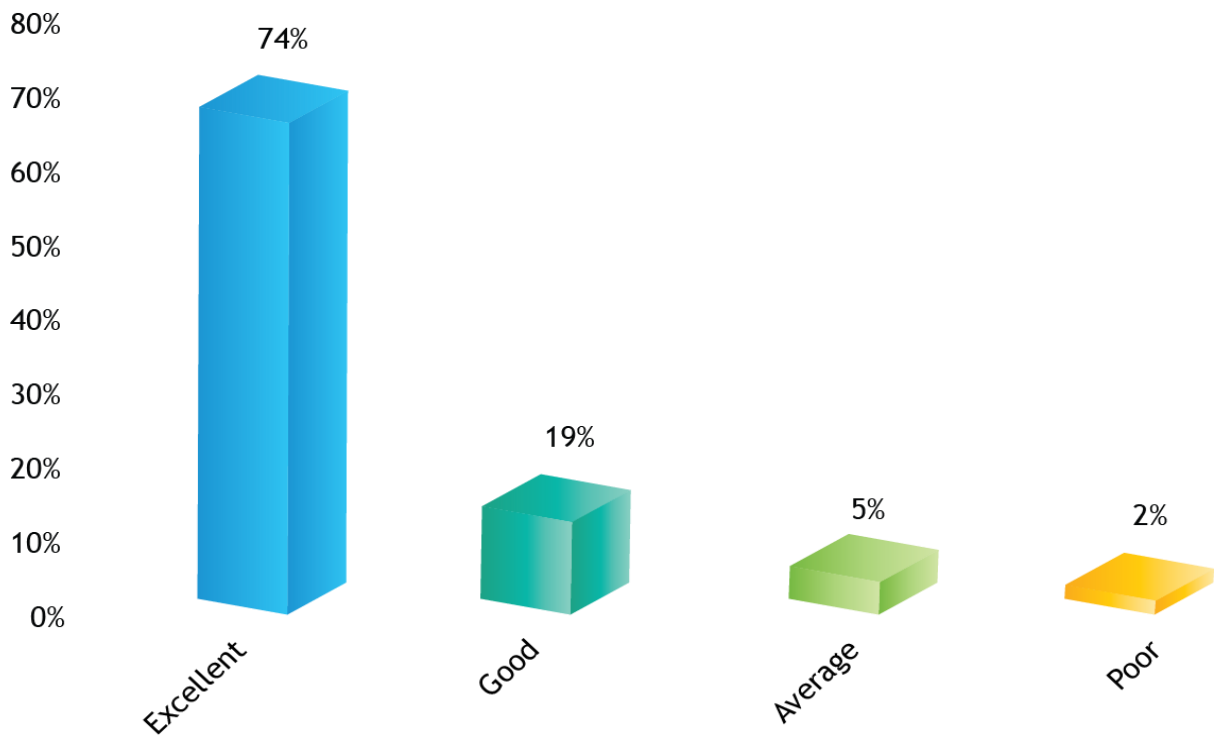
IMPACT ON SCHOLASTICS

- Has this programme had any change on the academic performance of students?
- Change measured by results in examinations

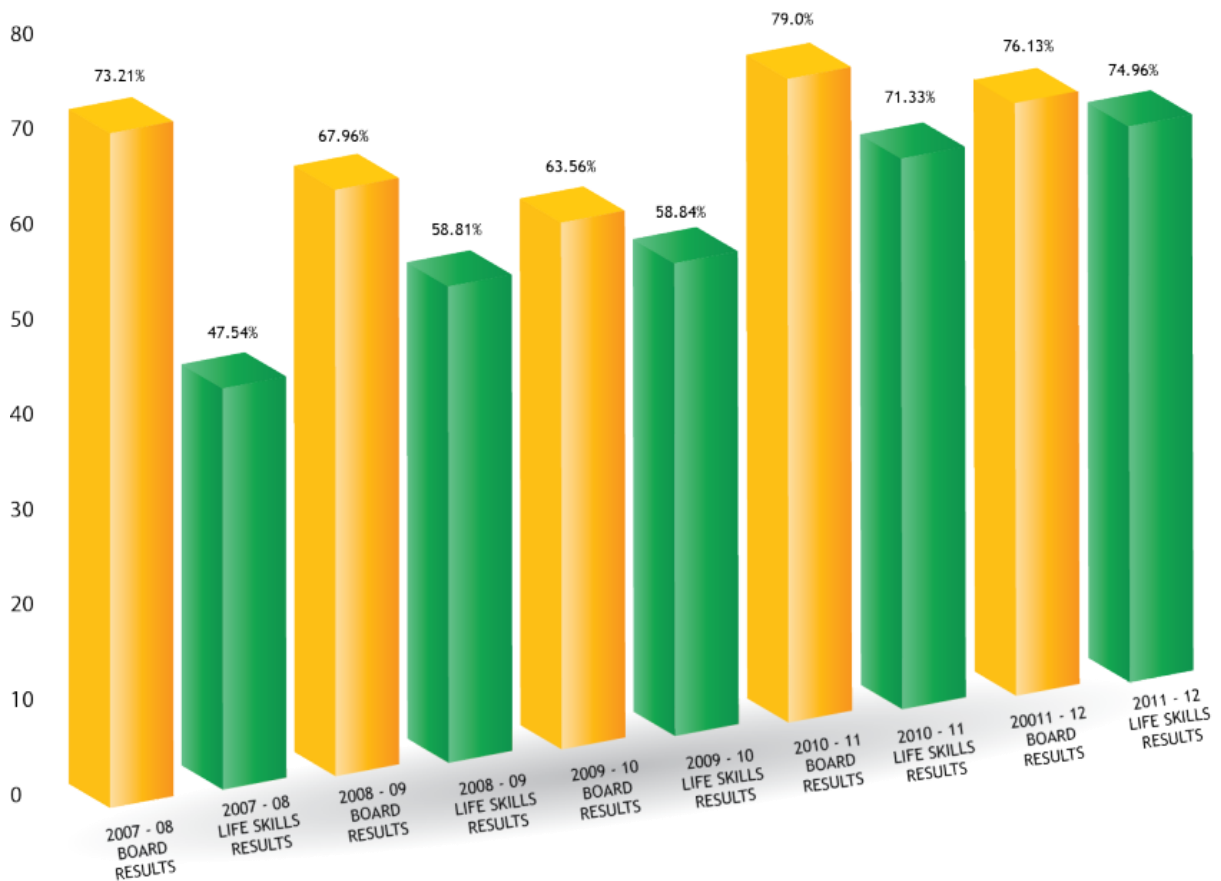
Percentage of students who are motivated to pursue higher studies Post sessions



Junior students level of understanding the importance of education post sessions



SSLC COMPARATIVE RESULTS OF BOARD AND LIFE SKILLS SCHOOLS



Children Speak

Monika, Bangalore

"ALS motivated me to do good in studies and stay focused to achieve my goal"

Bhagyasree, Bangalore

"I gain knowledge of empathy and self-awareness"

Divya, Gulbarga

"Before attending Akshaya Life Skills, I was misusing time. Now I know the value of time and education, now I'm using it for the best"

Nayana, Bangalore

"After Akshaya Life Skills classes, I gain a lot of concentration to study well, to get more marks and to maintain good relationships with my friend circle. I study better now."

TESTIMONIALS

“The Akshaya Life Skills program has greatly helped the children who took up the program. I am very impressed with the quality of Life Skills training imparted to the government school children in my Yeshwanthpura constituency. As far as children of Government Schools are concerned, it is imperative that we provide them with life skills that enhance their ability to go out into the world with confidence to face the challenges. I strongly feel that all children should undergo Life Skills training as part of the school curriculum, and more companies should take up such initiatives like EduMedia and reach out to Government Schools across Karnataka.” ~ **Shobha Karandlaje** - **Minister for Energy, Food, Civil Supplies and Consumer Affairs – Government of Karnataka**

“The most essential attribute to succeed in life, apart from our academic accomplishments, is our ability to communicate and demonstrate clear thinking buttressed with a problem solving attitude. This attribute is best accomplished by participating in extra-curricular activities in school and competing with other students. As our society evolves, competition intensifies and the winner is always the person who can market better. Children in Government schools are deprived of such programmes for many reasons and suffer lifelong due to this. We have worked with Akshaya Life Skills to inculcate such life skills amongst children of Government Schools and this programme has qualitatively enhanced the confidence and performance of such children.” ~ **Mohan Das Pai, Chairman, Manipal Universal Learning, Trustee – The Akshaya Patra Foundation. Former - Director, Infosys Technologies Limited**

“Akshaya Life skill is one of the valuable program for the students of Government schools. There is lot of improvement seen in the student’s behavior after Akshaya Life skills classes. We hope this kind of program could continue in future too” ~ **Chandrakala, Principal, Government High School, Rajajinagar, Bangalore**

“Akshaya Life skills programme was conducted in our school. The programme was very useful for students and successful. This is the new concept in education sector. In ALS programme sessions, TDP and other awareness programme was conducted in our school. All those programme motivated our students.” ~ **Riyazuddin Khan, Principal, Faiz-A-Aam Middle School, Jaipur**

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AKSHAYA LIFE SKILLS ASSOCIATIONS



MANIPAL LIFE SKILLS ASSOCIATIONS



ABOUT EDUMEDIA

The training arm of EduMedia, Activity pioneered organized life skills learning as part of the school curriculum in India in 1997. Activity specializes in designing & delivering need-based training programs to private and government school students, teachers and principals. Activity creates research-based content on issues related to the psycho-social development of students and empowers them to secure a better future for themselves. It has partnered with organizations like Akshaya Patra Foundation, Manipal Foundation, BBMP, BESCO, Michael and Susan Dell Foundation, Janaagraha, Education Department – Govt. of Karnataka, Education Department – Govt. of J&K & Education Department – Govt. of Rajasthan to deliver innovative life-skills and citizenship programs for students of government schools across India. Activity has over 1 million hours of training to its credit impacting the lives of almost 500,000 students and teachers over the past 15 years.