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**Abstract :**

A good old proverb goes like this– "Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a life-time." The main idea is that it is more valuable to teach someone how to do something for themselves rather than doing it for them. As parents or educators, our job is to empower children with life skills so that they can reach their fullest potential and be happy individuals. Additionally, these skills will help them make meaningful contributions to society as future leaders. Life skills education starts at home. In the words of Geetika (A mother of a child)- "most of us can agree that home-schooling and online schooling are likely to continue due to the pandemic or pollution related issues. As a parent, I face the challenge of motivating my six-year-old child to complete his assignments on time. I have tried various methods like talking, scolding, rewarding, and even mild punishment, but none of them have a long-lasting effect. I am concerned that this could become an attitude problem later in life and it was causing strain on our relationship. However, while writing this, I realized that using a story might be a better way to convey my message. I came across a story called 'Kankucho birds' (a famous Buddhist parable from the book Cub Corner collection) that illustrates the consequences of procrastination. Although it hasn't made a significant difference yet, I believe that telling stories will eventually have an impact. It allows him to understand the messages and apply them in his own life. Additionally, our conflicts have reduced, creating a positive outcome for both of us. In addition to the efforts made by schools and educators, as parents, we also have the ability to greatly contribute to the education of our children. We can start by changing our approach towards education within our own homes. By sharing inspiring stories and encouraging deep thinking, we can help our children develop the necessary skills for a successful future. The small seeds of knowledge we plant in their minds today will ultimately shape the kind of individuals they become in the future." Through this article, we will try to elaborate and explained the provisions of life skills in National Education Policy-2020 because this policy focuses on the wholistic development of the child and dedicated to make a sensible and moral full society.

**Key Words:** Life, Skills, Life Skills, NEP-2020

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**Introduction:**

"Education is not simply the transmission of knowledge. It is not simply the development of talent. Education is the great enterprise of steadily and surely passing on the fullness of humanity from past to the

future." – *Dr Daisaku Ikeda, Buddhist, Prolific Writer, Peace Activist and Educator.* Prior to delving into the specifics of Enhancing Life Skills, it is crucial to grasp the essence of life. Is it simply the period between a person's birth and death? No, it is not. Is it

the disparity between happiness and sadness? No, it is not. So, what is life? Life is about living and progressing by adhering to righteousness. And in order to do so, one must overcome four flaws: envy, desire, anger, and harshness. By following these principles, one can lead a happy, fulfilling life and continue to grow. Now, let us consider the concept of happiness. It is a state of contentment with one's life and the progress they are making. When one is happy and content, they are more likely to engage in positive actions. It means we are responsible for our own good and bad deeds, not those of others. The National Educational Policy-2020 recognizes the urgent need for students to understand and cultivate life skills in order to become lifelong learners.

#### **Life Skills as Abilities:**

The World Health Organization defines life skills as abilities that enable individuals to effectively navigate the challenges of everyday life and behave in a positive and adaptive manner. These skills include self-awareness, creative thinking, decision-making, and effective communication.

#### ✓ *Self Awareness*

Self-awareness involves the process of gaining a clear and objective understanding of oneself through reflection and introspection. It is important for individuals to recognize their strengths, weaknesses, desires, and preferences. By identifying and addressing our weaknesses, we can transform them into strengths and work towards our goals. Developing self-awareness also helps us understand our stress triggers, identify problem areas in our behavior, character, communication, and relationships with others. This understanding allows us to effectively manage our weaknesses and achieve our desired objectives. However, it can be challenging to be objective when evaluating ourselves, as our perception of how others see us may differ from reality. Two factors that contribute to this illusion are attribution error, where

we judge others based on personality traits but attribute our actions to the given situation, and the spotlight effect, where we perceive ourselves as constantly being in the spotlight. It is essential not to judge others solely based on their personality traits but rather consider their actions towards us or society as a whole. To gain a clear understanding of self-awareness, we must ask ourselves who we truly are. It is not just about our soul, body, or name but primarily about our actions. Our actions speak louder than words and contribute significantly to our overall perception. The more we understand ourselves, the greater our potential for success. The amount of time and effort we believe realignment will require also affects our actions. If we perceive a significant discrepancy between our current state and our desired standards, progress may be slow, and we may be less motivated to make the necessary changes. However, if teachers cultivate self-awareness among students, they can boost productivity and help students realize their true abilities. By understanding themselves, individuals can make a positive impact not only on their lives but also on society as a whole. Students can develop a genuine interest in subjects by utilizing their creativity, applying concepts in practice, and becoming lifelong learners.

#### ✓ *Creative Thinking*

Throughout history, humans have been capable of thinking and have used their creative abilities to advance society. This progress has been seen in the development of civilization, the establishment of religions, and the creation of various forms of government such as monarchy and democracy. These advancements have been possible due to the collective thinking and creative approaches of individuals.

In order to continue moving forward, it is important for each individual to think outside of the box and approach problems with an open mind. This involves being able to solve problems, organize ideas, and effectively communicate. Lateral thinking, which is the

ability to see patterns that may not be obvious, is a key aspect of creativity.

Being a creative thinker means finding new ways to approach tasks, solving problems, and facing challenges by bringing a fresh perspective. This type of thinking breaks away from linear thought processes and encourages considering alternative perspectives and solutions. By embracing creative thinking, individuals can gain confidence in their ideas and make valuable contributions to their work and the larger group. Education plays a crucial role in promoting creative thinking and the application of ideas.

#### ✓ **Decision Making**

Decision making is the process of choosing between options. It emphasizes the importance of discerning the truth, regardless of who speaks it. In everyday life, decision making is often seen as a choice between two alternatives. However, in problem-solving scenarios, it involves considering both intuition and reasoning. When making a judgment in a court of law, for example, the judge listens to different perspectives before analyzing the situation and relying on intuition to deliver a verdict. Reasoning is rooted in facts and the present moment, but it may overlook emotions and past events that could impact the decision's implementation. Teachers should demonstrate the decision-making process by swiftly analyzing facts and arriving at a solution, inspiring their students to do the same.

#### ✓ **Effective Communication**

Communication is the act of sharing thoughts, opinions, information, and emotions through speech, writing, or signs. It becomes effective when it inspires confidence, helps build relationships and unique personality, and demonstrates one's abilities. Effective communication has important goals, such as exchanging information, persuading others by ensuring clear understanding, and influencing behavior. Developing effective communication skills is crucial for personal growth and can greatly impact one's

personality. Good communication promotes strong bonds and improves relationships with others. Human beings can express their emotions through speech and body language, and they can communicate with multiple people simultaneously. An unknown sage from ancient times recognized the power of speech and its importance in society. He believed that those who can speak on various subjects in a pleasing manner would be accepted and admired by the world. He also emphasized the value of knowledge and wisdom in effective communication. In education, teachers play a vital role in imparting effective communication skills to students. They should possess deep subject knowledge and use language that is understandable to students.

#### **The Role of Education:**

Education has a defining role to play as well as having a sound philosophy at the core of our lives. And if we can integrate the two, we will have the finest blueprint for the betterment of our children's future.

Talking about the role of education even the Government of India now recognizes the need for overhauling the entire education system right from the foundational stage that is as early as 3 -8 years in schools.

#### **Life-Skills Education**

The National Education Policy- 2020 drafted by the think tanks in the government addresses some key changes in the education system and rightly points out the need to incorporate life skills in mainstream education. The vision is to implement this new policy by 2022 across all schools in India.

#### **Key Highlights and Excerpts in the NEP-2020:**

Education must move towards less content, and more towards learning about how to think critically and solve problems, how to be creative and multidisciplinary, and how to innovate, adapt, and absorb new material in novel and changing fields.

Pedagogy must evolve to make education more

experiential, holistic, integrated, inquiry-driven, discovery-oriented, learner-centred, discussion-based, flexible, and, of course, enjoyable.

Education must build character, enable learners to be ethical, rational, compassionate, and caring, while at the same time prepare them for gainful, fulfilling employment.

The aim of education will not only be cognitive development but also building character and creating holistic and well-rounded individuals equipped with the key 21st-century skill. All aspects of curriculum and pedagogy will be reoriented and revamped to attain these critical goals.

#### **Life Skills in Early Child Care Education (ECCE):**

Early Child Care Education (ECCE) focuses on—

- ✓ Building life skills like creativity and critical thinking to encourage logical decision-making and innovation
- ✓ Life skills such as communication, cooperation, teamwork, and resilience.
- ✓ Experiential learning for children where story telling based learning is certainly on the cards. There is a special mention about including the opportunity to read and learn from the original stories of the *Panchatantra*, *Jataka*, *Hitopadesh*, and other *fun fables* and *inspiring tales* from the Indian tradition and learn about their influences on global literature.

The government's announcement is certainly good news, but there are obstacles to consider when it comes to putting it into practice. Meanwhile, Nutspace has long envisioned this and already incorporated it in the various programs it offer. However, this is at a micro-level and our dream is to leave larger footprints wherein the parent involvement becomes crucial.

#### **Conclusion:**

The National Educational Policy-2020 has highlighted the significance of cultivating Life Skills among students in order for them to be more dynamic and

continue learning throughout their lives. When individuals become self-aware, they gain self-assurance, approach problems with creativity, make timely and appropriate decisions, and communicate efficiently. Students must learn to adapt to challenging situations by developing problem-solving skills and effectively communicating their decisions with precision.

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