



Life skills education is an essential component of a comprehensive school curriculum that aims to equip students with the necessary skills to effectively cope with the challenges of everyday life. These skills encompass a wide range of abilities, including communication, decision-making, problem-solving, critical thinking, emotional intelligence, and interpersonal skills. Implementing life skills education in schools can have a positive impact on students' personal development, well-being, and overall success in various aspects of life.

The School Education Department, Government of West Bengal has, through collaboration of PBSSM, SCERT(WB) and UNICEF arranged a training program for around 135 Resource Persons in the state level at NSATI, WB, and many more subsequent trainings in the district levels to implement the following steps:

1. Curriculum Integration: Schools need to integrate life skills education into various subjects and grade levels, ensuring that these skills are taught in a contextually relevant manner.
2. Teacher Training: Teachers should incorporate life skills education effectively into their teaching practices. This training equips educators to facilitate discussions, group activities, and experiential learning that promote life skills development.
3. Assessment and Monitoring: Develop assessment methods to measure students' progress in acquiring life skills, and regularly monitor and evaluate the effectiveness of the program.

The implementation of life skills education in West Bengal schools is aimed by imparting it particularly through the duration period in schools' time table marked as "Ananda Parishar".