

A Report on
Life Skills Enhancement Program
Children's University, Gandhinagar

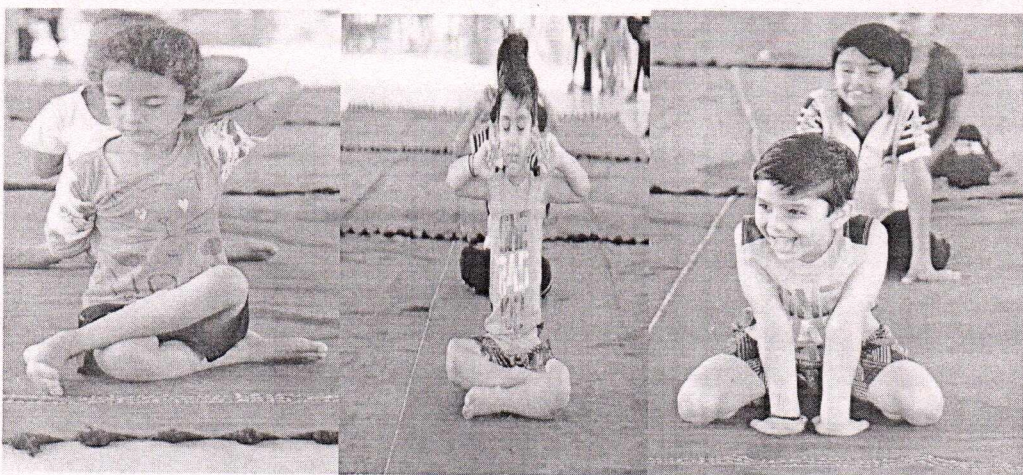
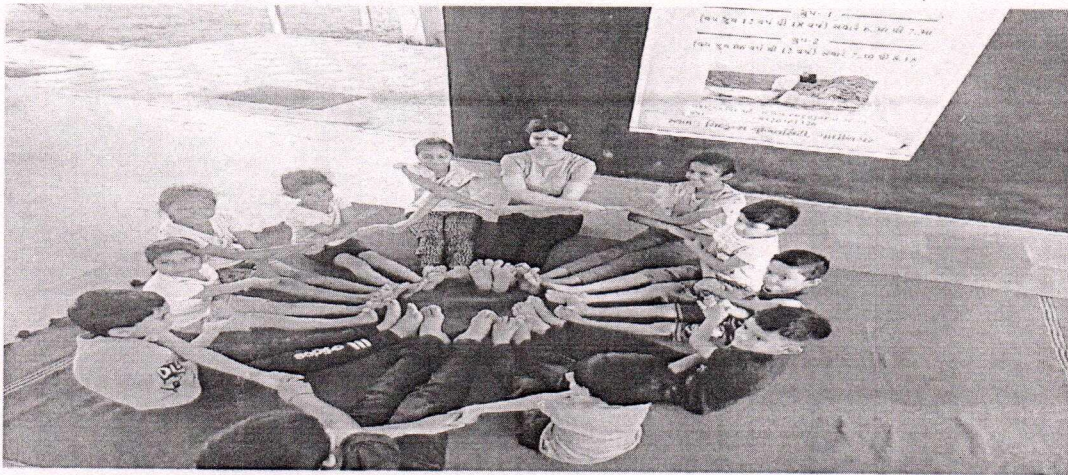
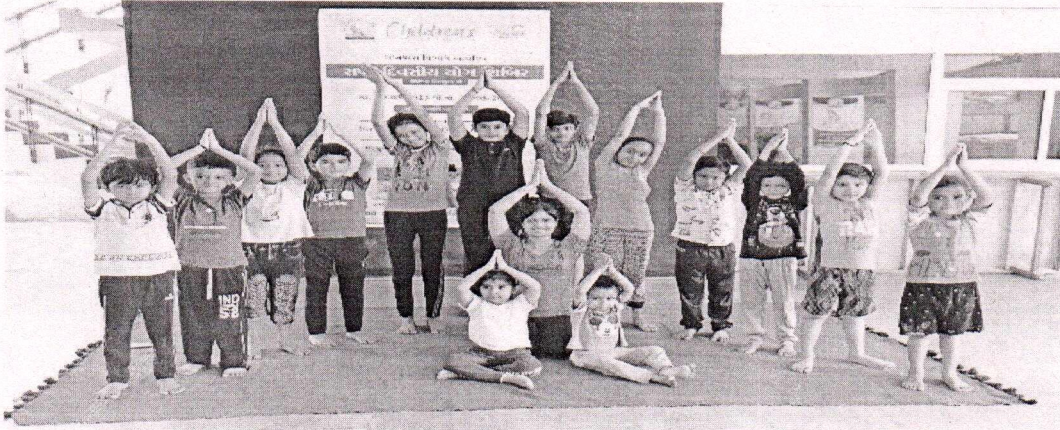
The Life Skills Enhancement Program holds paramount importance in equipping individuals with a diverse set of practical abilities essential for navigating the complexities of everyday life. It empowers participants with crucial skills encompassing effective communication, critical thinking, problem-solving, decision-making, and emotional intelligence. This program not only fosters personal development but also cultivates a strong foundation for professional success, enabling individuals to adapt, thrive, and contribute meaningfully in various social, educational, and professional contexts. Ultimately, the Life Skills Enhancement Program plays a pivotal role in fostering well-rounded, capable individuals capable of confidently and adeptly handling the challenges and opportunities that life presents.

In this regard, the yoga camp was organised in Children's University from 9th of May, 2023 to 15th of May, 2023. It aimed to achieve several objectives. Firstly, it sought to increase awareness about Yoga and its numerous benefits among both children and their parents. Additionally, the camp aimed to enhance the physical and mental fitness of the participating children through dedicated yoga practices. Moreover, it focused on improving the body balance of the children through regular yoga sessions.

The program yielded positive outcomes. Children actively engaged in learning and enjoying their yoga practice. Notably, their proficiency in balancing asanas showed significant improvement by the conclusion of the camp. One standout participant, a talented young girl named Vihana, demonstrated her exceptional skills in yoga during a live performance at the *Vande Bharat* event (*Kalamrutam 2023*) on the 16th of May 2023.

Feedback from parents was gathered to assess the impact of the camp. A total of 19 feedback forms were collected. Among these, 81.8% cited distance from Children's University as a barrier to attending yoga sessions. Additionally, 9.1% of parents reported being unable to bring their children due to work commitments. For those who did participate and provided feedback, 100% expressed that their children thoroughly enjoyed practicing yoga at the camp. Furthermore, 64.3% of parents noted positive changes in their children, while 21.4% did not observe any significant changes. Importantly, all respondents (100%) expressed a desire for Children's University to organize more such events. They also expressed interest in having longer duration yoga classes, and even suggested the inclusion of dance classes. Thus, the program organised under the umbrella of Life Skills Enhancement helped students learn a basic postures of yoga in a very comprehensive manner.

Memorable Moments :



Sweta
Malik



Registrar
Children's University,
Gandhinagar