

JeevanKaushal

We know too much and feel too little. At least we feel too little of those creative emotions from which a good life springs – Bertrand Russell

Gyaan...Gyaan... everywhere but we don't know what we should do today, this month, this year. Bugged with too many choices, over-concerned parents & flooded with desirable & not so desirable information from "Google Baba", today's students are not in an enviable position.

There is an urgent & important need to teach them life skills. Learning to be successful is important but handling failures is equally important. So what are we going to do about it?

Let us start by telling you what we DO NOT do? Ours is an environment friendly (and a bit miser too!) firm. So we don't load the students with beautiful work books, numerous pages of handouts / printouts of slides, which end up with the Kabbadiwala Bhaiyya....in most of the cases.

Instead we have designed a mix of learning & "un-learning" sessions where we practice rather than preach. The sessions include role plays & activities to give a feel & practice of a particular skill. Our program which can be customized after consultation with the school authorities focuses on meeting the following objectives.

- An increased level of confidence
- An increased ability to communicate
- An increased ability to work within a team environment
- An increased ability to assess a potentially dangerous situation
- An increased level of self esteem
- An increased understanding of social responsibility
- An increased understanding of the support available for children
- An increased understanding of the importance of setting goals



“The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, the education, the money, than circumstances, than failure, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% of how I react to it. And so it is with you... we are in charge of our Attitudes.”

- Charles R. Swindoll (American writer and clergyman)

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Life Skills programs for high school students from ROM Technologies covers the following topic:

1. **Goal Setting** - Do we know how to set up goals and should our goals be restricted to our professional lives only?
2. **Time Management** – Everybody’s resource, everybody’s problem.
3. **Confidence Building** - The need of the hour!! How to stay & appear confident...even in difficult & unpredictable situations
4. **Active Listening** - Practicing listening with ears, eyes & heart
5. **Communication Skills** - Going beyond language proficiency... the module aims to inculcate empathy, which is the pillar of effective communication
6. **Body Language** - Understanding the grammar of this language and also to make best use of it
7. **Leadership Skills** - Why are they important? How can we be good leaders?

The topics are taught through multiple one and a half hours hours interactive sessions which can be finalized after consultation with the school.



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