

# Saksham – Character building through values and life skills



*“Education must not simply teach work, it must teach Life.” – W. E. B. Du Bois*

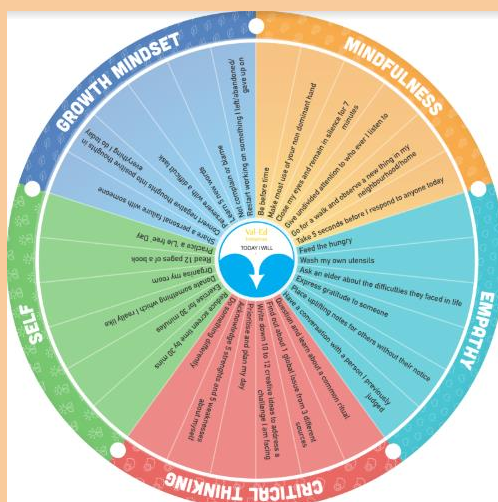


‘Saksham’ (meaning, to be capable) is a unique curriculum integrated, experiential learning program for students in schools, colleges and universities. The program helps students, teachers and parents prepare for the future by creating awareness within them about their thoughts, ideas, emotions and actions, and empower them towards a happy and healthy life.

Saksham is a holistic transformational program designed to cater to all the aspects of an individual’s life such as emotional, mental, social, physical, psychological and spiritual. The program is intended towards helping participants imbibe values and life skills which enable them to be **Good (Ethical), Successful (Prosperous) and Flourishing (Realising their Fullest Life Potential)** individuals.

## Outline of the program:

- A three-day training at the beginning of the year would be conducted (for all teachers in the city at once), followed by two 1-day training/workshops per city in the subsequent quarters.
- Personal Class Reviews would be conducted with each teacher every two months (Zoom/Skype Calls)
- Saksham classes: The teacher would conduct the classes for each value and life skill, once a week for each grade and section in the school.
- Saksham events: The teacher would help conduct values-based events for the students and their parents as a part of the program. This helps in involving all the stakeholders in the student’s life to be a part of the Saksham journey.



## Benefits of the program:

- This program would help in the growth and enablement of the teachers in their emotional, mental and social skills along with their practice of various values and skills in their daily lives as well.
- The program would help the teacher work on building stronger character in students so that they show better discipline in class, feel stronger and learn to handle failure better.
- It would help a student's chances of long-term success, both inside and outside the school.

- It would help improve emotional and spiritual well-being of the teacher as well as the students.
- This program would help the teacher become more confident and creative and help them plan values-based and integrated lessons for their students.
- This program would enable the teacher with skills for better interaction and engagement with the students and understand through this experience, how far the children are able to reciprocate, share and participate in the classroom.

### **What teachers will receive:**

- The teachers would receive the Saksham curriculum with the list of values and life skills would be sent to the teachers
- They would also receive the module content via email or an online access link which would help them conduct the respective classes in the school, after the 3-day training mentioned above.
- The modules are designed in such a way that it caters to all types of learners. Each module contains a mix of stories, videos and activities for an experiential learning in the classroom.
- Each value / life skill will be covered for 3 weeks and the 3rd week will have a practical application of the value that has been discussed in class in the previous 2 weeks, through various activities such as games, role plays, group debates, class discussions, etc.
- The teachers would receive regular support from the Saksham team for any queries, suggestions, ideas for the content for a better class session and interaction.



### **What teachers will need to commit to:**

- In the next 9 months, the teacher is expected to:
  - Attend a 3-day training to understand the program, curriculum and content and various aspects of classroom management, narrative and story-telling, understanding personality types, etc.
- Take one class a week for 9 months for the students.
- Conduct assessments at the end of the year for the students to capture changes in the emotional, cognitive and social skills of the student over the course of the program.
- Conduct and lead values-based events for parents and students.
- Update the class tracker with data on the classroom session that would help the team analyse and review the progress of the Saksham program.