YUVA SHAKTI ABHIYAN 12/09/2019 SOCIAL RESPONSIBILITY, VALUES AND LIFE SKILLS



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Values are **Basic and Fundamental Beliefs** that guide or motivate attitudes or actions of an Individual.

Value is a kind of hardware which allow to function these software-

Important Things according to you...

Money/Properties Beauty Principles Name/Fame Political Positions Relationships

Personal Qualities of yours'

Honesty Courage Cleverness Character Opportunist Cowardice

Personality Attitude of yours'....

Optimism Constructive Pessimism

Destructive

How I Treat Others...

With respect /care /love I am helpful/cooperative I take stand/support I am loyal /trustworthy

How I Want Others to Treat Me.... Respect /Love/Care Helpful/Cooperative/Understanding Trust/Honesty

How to identify our core values of life



1.Identify the times

when you were happiest

when you were most proud

when you were most fulfilled and satisfied

2.Determine your top values, based on your experiences of happiness, pride, and fulfillment

Authenticity-----Joyfulness-----Responsibility-----Fearlessness------ Truthfulness-----Curiosity-----Love-----Loyalty----

3.Prioritize your top values4.Reaffirm your values









Madam curie



Helen keller











• Kannan Gopinathan



The term '*Life Skills*' refers to the skills you need to make the most out of life.

Any skill that is useful in your life can be considered a life skill.

Certain skills may be more or less relevant to you, depending on your life circumstances, your culture, beliefs, age, geographic location, etc. *List of some life skills one should learn to survive better-----*

1. Conversation....



Parent Ego State

Behaviours, thoughts and feelings copied from parents or parent figures

Adult Ego State

Behaviours, thoughts and feelings which are direct responses to the here and now

Child Ego State

Behaviours, thoughts and feelings replayed from childhood



2. Thinking....

Critical thinking Rational thinking Emotional thinking Analytical thinking Positive thinking Negative thinking



- 3. Money and Finance literacy....
- 4.Government and Civics skills....
- 5. Relationships and Emotional intelligence....
- 6.Electronics and Electrical skills.....
- 7. Cooking and basic Household works.....
- 8.First aid and Self defense....
- 9.Time management and Law
- **10.Hobby and Passion**
- **11. Travel/Etiquette....**

