Competence - Skill Building
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Competence

Today, schooling has changed from providing development of knowledge into one of competence. Competition has come to play a hectic role in what a student does than what he is capable of. Every parent and the school expect that they need to give all they have in improving the competence of the students. To decide their career and profession, students also need to undergo those extra efforts beyond their stretch. It is important for the students to understand about their pressure and they need to be aware of their potential and also their support facilities to respond adequately to the pressures on them. It is also imperative that the student community be given opportunities to probe about themselves and understand their potential and cope with the ever increasing pressure for academic excellence. Considering these realities, both the union and state governments have advocated life skills education even at the secondary level.

Skill building

Samrakshana has expertise and experience in skill building for the students. It has to its credits half a dozen schools in the last academic year to promote skills for their students either through training or orientation sessions. There is an individual report for each student after the training and there is also follow up. Based on its interactions with students and its experience at schools, Samrakshana has come out with a comprehensive training module at the lowest cost possible so that every student in the school can benefit.
The module I is for the students of 7th standard aiming at their self-improvement and self-disciplined attitudes. **It includes several skills like**

| ✭ Self-esteem and confidence-building skills | ✭ Goal-setting  
| ✭ Self-awareness skills on influences, values, attitudes, strengths and weaknesses | ✭ Creativity  
| ✭ Monitoring skills and self-assessment skills | ✭ Communication  
|                                            | ✭ Prioritization and practices  
|                                            | ✭ Planning  
|                                            | ✭ Competence in handwriting,  
|                                            | ✭ Health and hygiene and  
|                                            | ✭ Pocket money |

The module I shall spread for 10 months period in 10 sessions inclusive of assessment sessions with one session per month. The session will be at the convenience of the school and will not disturb any class working hours. **This module I will make students**

→ Developing own schedule of work at home and practicing it
→ Has improved handwriting
→ Understanding their parents
→ Writing a diary
→ Developing values and being more attentive at school
→ Has an acknowledged and understanding area of studies
The subsequent modules are for the next two years for the same students in their 8 and 9th classes that also include relationships and career building. The modules thus address the holistic development of student's emotional competence. This shall ensure the students in their final class – 10th standard – to prepare and face their examination challenges with more clarity and purpose. It strives for each student to realize his/her responsibility in taking up studies as their prime source of success and there is no failure among the students. This a cooperative effort from the school, parents and Samrakshana and Samrakshana takes the initiative for all of us to come together and help our students. The cost is minimal at Rs.750/- per student per annum and this is for a minimum of 300 students in a school. The payment may be made into three terms (Rs.250 + Rs.250 + Rs.250).

**SAMRAKSHANA**
C 4 Viswa Flats,  
First Floor, First street,  
Soundarya Nagar, Gowrivakkam,  
Chennai-600073;  
Ph. 044 – 65184760  
e mail: samaritansamrakshana@gmail.com  
website: www.samsamaritan.com