



Life Skills Session

February 21, 2025 & February 22, 2025

“Life Skills are art of living, which help us to draw a personal and professional sketch of life.”

Life Skills are essential abilities and competencies that help individuals navigate various aspects of life, enabling them to achieve their goals, maintain well being, and succeed in their personal and professional lives. Life Skills activities in schools are essential for student’s holistic development.

APS organized a special Life Skills session for students of classes VI, VII and VIII on February 21, 2025 and February 22, 2025. These sessions were conducted during their regular life skills period. The objective of this session was to help students achieve a healthy life.

Highlights of the session:

- Skit by students sharing the importance of discipline in classroom.
- Skills to be incorporated to make our life better.
- A presentation highlighting the importance of Physical health, Mental health and Emotional health.
- Importance of using magic words; having a systematic routine; developing new hobbies and activities to make one happy.
- It was followed by Quiz to test the knowledge of students on Types of doctors and their speciality.

(Principal – cum – Director, APS) Mr. Hemant Kumar Sharma and (Vice Principal, APS) Dr. Renu Patidar congratulated Life Skills teachers Mr. Mohan Vaghela and Ms. Bhavna Panchal for organising engaging and an informative session on life skills. They also appreciated students for their active participation throughout the session.



