

Online Training for Sports Persons on Life Skills Education

Life skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and the challenges of everyday life. Life skills will help young people to think critically, communicate effectively and make informed decisions about their lives so that they can lead a healthy and productive life. Young athletes from different corners of state placed in different sports hostels and getting trained on different sports.

Sports & Youth Services Department, Government of Odisha has planned to conduct life skills education training with the technical support of United Nations Population Fund (UNFPA) to those young athletes residing in 16 sports hostels of Odisha.

An eight days virtual training programme was organised from date **08.12.2020** to **17.12.2020** on zoom platform.

Meantime similar kind of five days virtual training on life skills education was also organized from date **10.11.2020** to **14.11.2020** on zoom platform for 27 numbers of women hockey athletes of Odisha.

Objective of the training program

- i. Enabling the young athletes for coping with their challenges both at personal and professional level.
- ii. Promoting motivational skills among the young athletes for empowered living and progressive relaxation.
- iii. Empowering to take informed choices both in personal and professional life.

Participation

Near about 200 numbers of Athletes from different corner of Odisha were participated in this on line training programme on Life skills education. **As per the registration sheet total no of participants 179**

Methodology

- i. A whats-app group had been formed at state level for this online training program to share different information related to online training program
- ii. Link for the training was being shared through whatsapp group in daily basis.
- iii. Time slot for training was arranged as per the conveniences of Athletes.

- iv. Two-time Pre-orientation session (demo sessions) was organized for the participants to train them on using virtual platform for training.
- v. As per the planned schedule, sessions were facilitated by the state LSE training team and district program officers.
- vi. Per day training session was planned for one and half hours.
- vii. After one & half hours of online sessions, questions written by the participants in chat box were being clarified.
- viii. Google form registration sheet and post training questionnaire link were shared with the participants through whatsapp group.

The eight days of training has broadly divided focusing on the following thematic areas.

Training Sessions

The training programme is eight days long. Each day is planned in an efficacy manner to cater the requirements of the participants.

Though it is an online training programme still resource persons are using different techniques of as lecture with presentation, brainstorming, case studies etc.

Training Session

Day-1:Life Skills Education for informed choices to realize full potential

- Why Life Skills Education
- Life skills for empowered living
- Motivation
- Progressive relaxation

Day-2:Life Skills approach to empower sports persons

- Self-awareness, empathy
- creative and critical thinking

Day-3:Life Skills approach to empower sports persons

- Coping with emotion and overcoming stress
- Problem solving and decision making

Day-4:Life Skills approach to empower sports persons

- Effective communication
- Inter personal relationship

Day-5: Growing up process and changes during adolescence

- Sexual and reproductive health
- Relationship and managing affairs
- Myths associated with growing up process

Day-6: Sexual and reproductive health

- Consequences of early marriage and teen age pregnancy
- RTI, STI and HIV&AIDS

Day-7: Coping with day to day challenges

- Coping with peer pressure
- Avoiding the challenges of Substance abuses

Day-8: Coping with day to day challenges

- Understanding gender based discrimination
- Overcoming violence and abuses

Key Observations

- This program has provided a platform to the athletes to know about core skills of life skill which will help them to lead a quality life
- This program will help the athletes to take right decision both in their personal and professional life
- This program will help the athletes to develop effective communication and inter-personal relationship among the team for better performance
- This platform will also help the athletes to know their role and responsibility to ensure safety and security for themselves and others

Photo Gallery



