



India Youth Training Programme _ Module 1: Life Skills and Personality Development _ English Version

People, Accelerating SDG Implementation, The Defeat NCD Partnership

Tipo:	Course
Ubicación:	Web-based
Duración:	1 Months
Área del programa:	Special event, , Local Development, , Other
Sitio web:	https://defeat-ncd.org/
Precio:	0,00 US\$
Correo Electrónico del Centro de Coordinación del Evento:	layal.barjoud@unitar.org
Número del Centro de Coordinación del evento:	+41796817496
Colaboración:	Ministry of Youth Affairs and Sports (3114)

ANTECEDENTES

In collaboration with the Ministry of Youth Affairs and Sports and the Nehru Yuva Kendra Sangathan (NYKS) programme, The Defeat-NCD Partnership at the United Nations Institute for Training and Research (UNITAR) is transforming the training modules of NYKS to be delivered digitally.

The course will provide easy-to-access, interactive, and adaptable training to youth volunteers across India. The full training includes essential life skills and personality development and lifestyle modifications for the prevention and control of communicable and non-communicable diseases.

OBJETIVOS DEL EVENTO

The purpose of this event is to train 14,000 youth volunteers on the Life Skills and Personality Development module.

OBJETIVOS DEL APRENDIZAJE

At the end of the module, participants will be able to:

- Define what is personality development
- List out various dimensions of personality development related to volunteers
- Explain empathy
- Describe coping, critical thinking, problem-solving, decision making and their relevance in personality development
- Define teamwork and appreciate the importance of teamwork
- Explain what is leadership
- List out qualities of a good leader
- Explain what is communication
- Define one-way and two-way communication
- List out the components of a communication loop
- Describe what is verbal and non-verbal communication and what is body language

- Practice skills for effective public speaking
- Describe the importance of writing skills
- Explain what is G-A-T-H-E-R approach for interpersonal communication (IPC)

CONTENIDO Y ESTRUCTURA

The module consists of 5 sessions.

Session 1: Personality Development

Session 2: Team Building and Leadership

Session 3: Communication Skills - Part 1

Session 4: Communication Skills - Part 2

Session 5: Interpersonal Communication Skills

Final Exam

METODOLOGÍA

20 exercises delivered in an interactive, gamified manner.

PÚBLICO OBJETIVO

Youth volunteers in India