## India Youth Training Programme _ ▯▯▯▯▯ 1: ▯▯▯ ▯▯▯ ▯▯ ▯▯▯▯▯▯▯ ▯▯▯▯ _ Module 1 - Hindi Version

Personas, Acelerar la Aplicación de los ODS, The Defeat NCD Partnership

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|---|---|
| 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

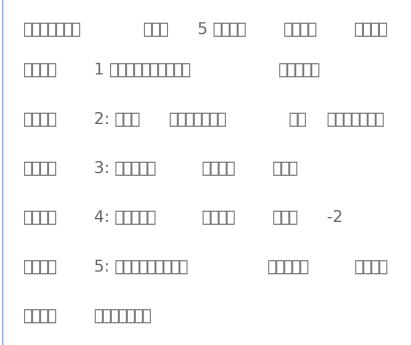□□□□□□    1: □□□□    □□□□    □□    □□□□□□□□□    □□□□□

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**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

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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