



unitar

United Nations Institute for Training and Research

Unitar Online Catalogue

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

People, Accelerating SDG Implementation, The Defeat NCD Partnership

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| Type: | Course |
| Location: | Web-based |
| Duration: | 1 Months |
| Programme Area: | Special event, , Local Development, , Other |
| Website: | https://defeat-ncd.org/ |
| Price: | \$0.00 |
| Event Focal Point Email: | layal.barjoud@unitar.org |
| Contact Number: | +41796817496 |
| Partnership: | Ministry of Youth Affairs and Sports (3114) |

BACKGROUND

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.

EVENT OBJECTIVES

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

LEARNING OBJECTIVES

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)

CONTENT AND STRUCTURE

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

METHODOLOGY

20 exercises delivered in an interactive, gamified manner.

TARGETED AUDIENCE

Youth volunteers in India