Unitar Online Catalogue

India Youth Training Programme _ □□□□□□□ 1: □□□□ □□□□ □□ □□□□□□□□□□ □□□□□ _ Module 1 - Hindi Version

People, Accelerating SDG Implementation, The Defeat NCD Partnership

Type:	Course
Location:	Web-based
Duration:	1 Months
Thematic 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

मॉड्यूल 1: जीवन कौशल और व्यक्तित्व विकास

मॉड्यूल के अंत में, प्रतिभागी निम्न में सक्षम होंगे :

परिभाषित करें कि व्यक्तित्व विकास क्या है

स्वयंसेवकों से संबंधित व्यक्तित्व विकास के विभिन्न आयामों की सूची बनाएं

सहानुभूति की व्याख्या करें

व्यक्तित्व विकास में मुकाबला , आलोचनात्मक सोच, समस्या समाधान , निर्णय लेने और उनकी
प्रासंगिकता का वर्णन करें

टीम वर्क को परिभाषित करें और टीम वर्क के महत्व
की सराहना करें

समझाएं कि नेतृत्व क्या है

एक अच्छे नेता के गुणों की सूची बनाएं

समझाएं कि संप्रेषण क्या है

एकतरफा और दोतरफा संचार को परिभाषित करें

संचार लूप के घटकों की सूची बनाएं

वर्णन करें कि मौखिक और गैर -मौखिक संचार क्या है और शरीर की भाषा क्या है

प्रभावी सार्वजनिक सम्बोधन के लिए अभ्यास कौशल

लेखन कौशल के महत्व का वर्णन करें

इंटरपर्सनल कम्युनिकेशन (आईपीसी) के लिए जी -ए -टी -एच -ई -आर दृष्टिकोण क्या है, इसकी व्याख्या करें।

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

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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

METHODOLOGY

20 exercises delivered in an interactive, gamified manner.

TARGETED AUDIENCE

Youth volunteers in India