




# unitar

United Nations Institute for Training and Research

## Unitar Online Catalogue

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

UN ,  , The Defeat NCD Partnership

UN :	Course
UN :	Web-based
UN :	1 Months
UN : :	Special event, , Local Development, , Other
UN :	<a href="https://defeat-ncd.org/">https://defeat-ncd.org/</a>
UN :	US\$0.00
UN email:	layal.barjoud@unitar.org
UN : :	+41796817496
UN :	Ministry of Youth Affairs and Sports (3114)



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.



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



**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)



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



20 exercises delivered in an interactive, gamified manner.



Youth volunteers in India