



unitar

United Nations Institute for Training and Research

Unitar Online Catalogue

India Youth Training Programme _ [REDACTED] 1: [REDACTED] [REDACTED]
[REDACTED] [REDACTED] [REDACTED] _ Module 1 - Hindi Version

[REDACTED] , [REDACTED] , The Defeat NCD Partnership

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

[REDACTED]

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.

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

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1. Introduction to the module
 2. What is personality development?
 3. Dimensions of personality development
 4. Empathy
 5. Coping, critical thinking, problem-solving, decision making
 6. Teamwork and importance of teamwork
 7. Leadership
 8. Qualities of a good leader
 9. Communication
 10. One-way and two-way communication
 11. Components of a communication loop
 12. Verbal and non-verbal communication
 13. Body language
 14. Public speaking
 15. Writing skills

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)

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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

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20 exercises delivered in an interactive, gamified manner.

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