

With the changing dynamics of the World, our education system too needs to develop new and advanced skills and methods to stay relevant in the current world scenario. Often we think, is our child learning the skills required in the real world. Since schools are the primary institutions imparting knowledge, life skills education must be given equal importance as it teaches the child the ways to deal with different situations with confidence. Such skills have practical implications in the real world and are much more than theoretical knowledge.

We have all been in this situation at least once in our school life where we know the answer but are too scared to raise our hands or we've been asked to perform on stage and we froze numb or even worse, backed out at the last moment because our fear took the best of us. But pause and think why? Why were we fluent in writing but not speaking? Why can we write long paragraphs and letters describing how we feel but end the entire speech in 2 sentences when we are asked to speak? Lack of personal development skills is the answer. We've written essays countless times, but rarely have we participated in public speaking. The lack of practice and it being an optional subject or a co-curricular activity is what led to our doom.

### **Understanding Life Skill Education**

According to the World Health Organization, life skills are the ability to adapt to and deal effectively with the demands and challenges of everyday living. UNICEF defines life skills as a development approach to address a balance of knowledge, attitude, and skills. To simplify it, an individual requires a certain set of skills to interact and function in the outside world, these personal and social skills are known as life skills. Skill based learning, on the other hand is a learning approach where students apply whatever skills they have learnt in the classroom to real-world situations.

### **Why is Skill-based Education Important?**

Today's world is more than just academic knowledge. In order to achieve success in the 21st century, one must back their academic achievements with life skills to have a booming career. Since children spend most of their time in school, our education system must develop its scope to include personality development skills in its curriculum.