

RECONSTRUCTION IN EDUCATION FOR IMPACTING A SUSTAINABLE TOMORROW



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Certificate

OF PUBLICATION

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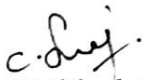
Alagappa University, Karaikudi, Tamil Nadu.

has published a chapter LIFE SKILLS EDUCATION:

A WAY TO HOLISTIC DEVELOPMENT

in the e-Book (E-ISBN: 978-81-1907436-4) entitled

**RECONSTRUCTION IN EDUCATION FOR
IMPACTING A SUSTAINABLE TOMORROW**


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Er. S. Lakshmanan
Publisher
Shanlax Publications

LIFE SKILLS EDUCATION: A WAY TO HOLISTIC DEVELOPMENT

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Abstract

By education, we get holistic development of a person. It enables the person to live his life successfully. Life skills help everyone to achieve the successful life that they wish for. It also promotes mental wellbeing. Life skills are the best companions for students in their holistic development. After the pandemic situation, many students have behavioral problems and emotional imbalance. Holistic development means all round development of a student, especially physically, socially, emotionally, intellectually and spiritually. The present study investigates the relationship between life skills education and holistic development. Through life skills education, holistic development becomes easy and fruitful.

Keywords: Life skills training, Life skills education, Holistic development, Behavioral problems, Mental wellbeing, Pandemic

Introduction

Education, according to Mahatma Gandhi is the realization of the best in man: - body, soul and spirit. Education is not something that must be confined to bookish learning. However, our present education system does not invoke the realization of the best hidden in the students and is often limited to bookish learning. With the coming of the pandemic, gone are the days when the students used to depend on the teachers for learning. Nowadays, students actively learn by using online media. But, with the use of technology, the ability of the students to interact with their society has gone down. It is imperative that with the use of technology in education, the holistic development of a student must take place.

Every child has a unique personality regarding the attributes, interests, preferences, values, perspectives, strengths, and weaknesses. The educational curriculum must assist the children in discovering their place in the world. Holistic development is a multidimensional learning approach aiming to develop the abilities of an individual. Holistic development focuses on developing the capabilities, intellectual abilities, emotional abilities, cognitive skills and social skills.