

**DEIVAM**

**GURU**

**PITHA**

**MATHA**



**Right knowledge to build our life...**



**50%**

**Academics**

**50%**

**Values**



**Right knowledge**





## Role of **Academics**



## Role of Values

# **EDU** C(RE)ATION

**Std of Living**

**Std of Life**



# Academic Studies

## (Std of Living)





Rat Race.....

# Life Skills

## (Std of Life)



# 1. Right thinking

Right thinking is an ability to analyze information and experiences in an objective manner.



## 2. Decision making

Decision making helps us to deal constructively with decisions about our lives.



### 3. Problem solving

Problem solving helps us to deal constructively with problems in our lives. Significant problems that are left unresolved can cause mental stress and give rise to accompanying physical strain.



## 4. Interpersonal relationship

Interpersonal relationship skills help us to relate in positive ways with the people we interact with. This may mean being able to make and keep friendly relationships, which can be of **great importance to our mental and social well-being.**



## 5. Effective communication

Effective Communication means that we are able to express ourselves, both verbally and non-verbally, in ways that are appropriate to our cultures and situations. This means being able to express opinions and desires, and also needs and fears. And it may mean being able to ask for advice and help in a time of need.



## 6. Managing stress

Coping with stress means recognizing the sources of stress in our lives, recognizing how this affects us, and acting in ways that help us control our levels of stress, by changing our environment or lifestyle and learning how to relax.



## 7. Handling emotions

Coping with emotions means involving recognizing emotions within us and others, being aware of how emotions influence behavior and being able to respond to emotions appropriately.

Intense emotions like anger or sadness can have negative effects on our health if we do not respond appropriately



# Life Skills

1. Right thinking
2. Decision making
3. Problem solving
4. Effective communication
5. Interpersonal relationship
6. Managing stress
7. Handling emotion



## **HEAD**

**Academic**  
**Information**  
**Outer World**  
**Creation**  
**Scientists**  
**Laboratories**  
**What is World?**  
**Std of Living**  
**Civilization**

## **HEART**

**Value**  
**Transformation**  
**Inner World**  
**Creator**  
**Rishis**  
**Himalayas**  
**Who is God & Man?**  
**Std of Life**  
**Culture**