



# BREADS

BANGALORE RURAL EDUCATIONAL AND DEVELOPMENT SOCIETY

# A Slice 2012

Volume: IV

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### MAJOR EVENTS IN OCTOBER

- Concluding ceremony and certification of Bosco Plus
- Placement Meet of LIST project
- Staff training and SHG training at FCDP Kollam and Hospet
- First Implementation Plan Meeting for Child Right Promotion Project
- Fr Provincial's Visit to BREADS

### UPCOMING EVENTS IN NOVEMBER

- Launching of Child Rights Promotion Project
- Training for SHG Leaders at Deodurga & Pavur
- ToT for DB TECH Staff in Bangalore
- DB Tech Batch Review in Hospet
- Children's Day celebrations in various projects
- Visit by Ms. Margret Vogt from Don Bosco Missions, Germany
- Arrival of Thijmen and Kimberly - Volunteers from Netherlands

### HIGHLIGHTS

**"KARNATAKA CATHOLIC RATNA"  
for BREADS DB Tech - Karnataka**



Fr. Jeelson Kurian receiving the Award from Mar Lawrence Mukkuzhi, Bishop of Belthangadi

### Provincial Visitation at BREADS Bangalore



Fr. Provincial interacting with BREADS Staff

### From the Director's Desk...

Life Skills largely include skills associated with managing and living a better quality of life and those that help young people to accomplish their ambitions and to live to their full potential. Life skills have been defined as *"the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life"* (WHO).

Life skills include psychosocial competencies and interpersonal skills that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and cope with managing their lives in a healthy and productive manner. Essentially, there are two kinds of skills - those related to thinking termed as "thinking skills"; and skills related to dealing with others termed as "social skills". While thinking skills relate to reflection at a

personal level, social skills include interpersonal skills and do not necessarily depend on logical thinking. It is the combination of these two types of skills that are needed for achieving assertive behaviour and negotiating effectively.

BREADS, in its education programs, skill training projects and community development initiatives, has included life skills training as an indispensable component. All our vocational training institutes impart life skill education to the young people as they choose a career and start a new leaf in their lives. In this issue of "A SLICE" we focus on the interventions by BREADS in imparting life skills education to young people.

Fr. Joy Nedumparambil SDB  
Executive Director



### News...



#### Dasara Camp at DB Chitradurga for Child Labourers

A camp was organized for the children at the child labour centre to help them discover their talents. The participants had the opportunity to learn spoken English, drawing, good manners, singing, dancing and enjoy much fun. ...

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#### Multi-specialty Medical Camp by NIAT at Sneha Bhavan, Palluruthy

As a part of Navy Week Celebration 2012, Naval Institute of Aeronautical Technology (NIAT), Kochi, in collaboration with INHS Sanjeevani, organized a multi-specialty medical camp at Sneha Bhavan, Palluruthy, on 14 October 2012.

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#### DB Tech Bathery - Alumni Meet - October 20

An alumni meet was organised at DB Tech Sulthan Bathery, Wayanad, on October 20, 2012. Mrs. Vijaya, President - Block Panchayath, Sulthan Bathery & Mr Vinayan Vice President - Block Panchayath, Sulthan Bathery were the Chief Guests for the alumni ...

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#### INAUGURATION OF RETAILP6-B2& PARENTS 'MEET DBTECH S.BATHERY

Inauguration of third batch Retail Sales (Accenture)& Parents meet of second batch Automobile and Electrical (Bosch) was held at Don Bosco Tech, Sulthanbathery on 15th October 2012 ...

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#### BOSCO, Bangalore, Organizes Workshop on Foster Care

Two-day workshop on Foster Care, first of its kind after the implementation of the long awaited Integrated Child Protection Services (ICPS) in the country, was organized by BOSCO, Bangalore, on 28 & 29 September at NBCLC (Bangalore). ...

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#### BOSCO PLUS' SUCCESSFULLY COMES TO ITS CONCLUSION

Bosco Plus Finishing School came to an end on Saturday 12th October after the two months duration intensive training in English, Computer and Life skills. ...

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## BOSCO PLUS - Fine tuning the skills of youth for life and employment...

Bosco Plus is the finishing school programme initiated by BREADS in association with DB Tech India. It aims at fine-tuning the life skills of the students of Don Bosco technical schools in Kerala and Karnataka in order to improve their employability and entrepreneurial skills .

For the past four years BREADS has organized four batches of "Bosco Plus" for the youth trained in vocational training from Don Bosco Technical schools in Kerala and Karnataka states. The course comprises of communicative English, basic computer skills, life skills and work place readiness. The two-month residential training harnesses the skills of the youth and makes them employable to the present day job market. Some of them are motivated to innovate their own business ventures. The program integrates group building exercises, interactive sessions, interview skills, placement support, and sports and games. Over the years, 83 youth were trained and 80% of them got jobs.



### ACCHIEVEMNTS THROUGH YEARS

YEAR	YOUTH TRAINED	JOB PLACED
2009	25	75%
2010	22	70%
2011	18	70%
2012	18	90%
TOTAL	83	

### Life Skills Training in Don Bosco Technical Schools

The present work culture is guided by Performance, Result and Profit. It is a race and it is the survival of the fittest. In such an environment, coping with the present day work environment is a great challenge. Any organization, hiring human resource, looks not so much for academic qualifications but more importantly for skills and attitude. Through Bosco Plus, BREADS gives more importance to skill acquisition that enables young people to face life and work. Life skills training is at the heart of "the Don Bosco pedagogy". Any young person, trained in a Don Bosco center steps out brimming with joy and confidence as he or she has already a good foundation on moral and social values.

role play, story enacting, group work, chart making, collage, games, etc.

**Induction:** As the young people begin their training they are oriented towards certain goals. Induction is a time to know each other; socialize with others; set the goal for oneself; value time, etc. It sets the ball

stage of training and when the youth are ready to take up a job they are helped with grooming, mock interviews, resume preparation, dress code, interacting with Peers & Juniors, negotiating Leaves, safety at workplace, refusal skills, negotiating salary, organizational structures & management, etc.

### Impact

The two month long **Bosco Plus** Training Programme prepared the students to be competent at their work places and also perform better in their personal lives. It has encouraged the young people to face life with courage and optimism.

**Life skill training** has been helping the youth in many ways. It makes trainees of Don Bosco stand apart from other employees—they are more energetic and open minded. The HR heads and the proprietors of different companies and industries are of the opinion that trainees from Don Bosco get along with others more easily and learn the work quickly.

With rising work related tensions, stress and pressures, life skills training helps the young person to lead a healthy emo-



"Life skills has helped us to reflect on our values."- Sameer

"I learnt a lot of new words and feel more confident when speaking English."-Prathap



"The Life skills classes gave us new energy."- Vishnu



Life skill is imparted at three stages. All the life skill sessions are activity based; like

rolling.

**Ongoing:** As the technical training is being carried on, they have sessions on values, personality development, motivation, self esteem, teamwork, dealing with criticism and body language.

**Workplace Readiness Module:** As they approach the final