

Inauguration of

NEP LECTURE SERIES

Situating Life Skills Education in NEP 2020 for Transformative Learning

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Teachers' Day Celebration

Date: September 5, 2025

Online Platform: Google Meet

Organised by: Indian Association of Life Skills Education (IALSE)

In collaboration with: Centre for Life Skills, Loreto College, Kolkata

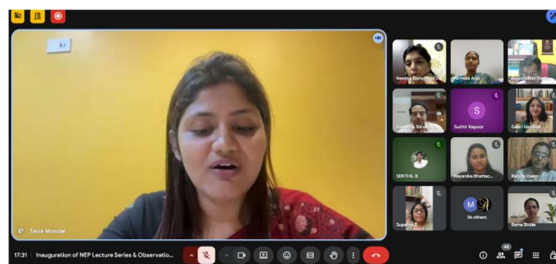
EVENT REPORT

The NEP Lecture Series: **Situating Life Skills Education in NEP 2020 for Transformative Learning** explores the intersection of policy and practice.

The NEP Lecture Series aims to achieve the following goals:

- **Host Monthly Sessions** that examine life skills through the lens of NEP 2020.
- **Reflect on the NEP's transformative potential** in shaping adaptable, empathetic, and responsible learners.
- **Position life skills** as an integral component of holistic education.

The inauguration of the NEP Lecture Series was held on the occasion of Teachers' Day. The theme of the lecture was "*Life Skills in the NEP Era: Navigating Challenges and Opportunities.*" The event witnessed enthusiastic participation from academia and industry across India. Ms. Tania Mondal, Coordinator, Centre for Life Skills, Loreto College, opened the program with her welcoming remarks.



Sr. (Dr.) A. Nirmala, Teacher-in-Charge of Loreto College, extended a warm and gracious welcome to dignitaries, participants, and guests. She highlighted the significance of inaugurating the NEP Lecture Series in resonance with the philosophy of Dr. Sarvepalli Radhakrishnan. Sr. Nirmala



emphasized commitment of Loreto College, Kolkata, to holistic learning, mentorship, and value-based education.

Dr. Radhakrishnan Nair, President, IALSE delivered the Presidential Address, in which he emphasized the core mission of IALSE to establish life skills as an indispensable part of holistic education. He noted that NEP 2020 offers a transformative framework that moves beyond conventional academics and seeks to nurture learners who are not only knowledgeable but also adaptable, empathetic, and socially responsible. He reflected on how life skills such as critical thinking, problem-solving, emotional intelligence, and ethical values are no longer optional add-ons but are central to preparing students for real-life challenges.



Dr. Nair highlighted that education in the NEP era should create balanced individuals who can navigate complexity with resilience, creativity, and compassion. Through his address, he inspired the participants to envision education as a means of character formation and nation-building, rooted in both cultural wisdom and global competencies, and urged collective efforts to make life skills education a cornerstone of transformative learning.

The keynote address was delivered by Professor Debasish Bandopadhyay, Vice Chancellor, Kalinga Institute of Social Sciences, on *“Life Skills in the NEP Era: Navigating Challenges and Opportunities.”* Prof. Bandopadhyay reflected on challenges posed by digital technologies, shrinking family structures, and increasing competition. He drew on philosophical perspectives—Advaita Vedanta, biblical teachings, Plato, Aristotle, and Einstein—to highlight self-awareness as central to holistic education.



Prof. Bandopadhyay stressed on the role of life skills in promoting mental well-being, citing mindfulness practices and their positive effects on brain physiology. Prof. Bandopadhyay concluded that life skills must be treated as central, not peripheral, to education, and their integration is essential for the success of NEP 2020.

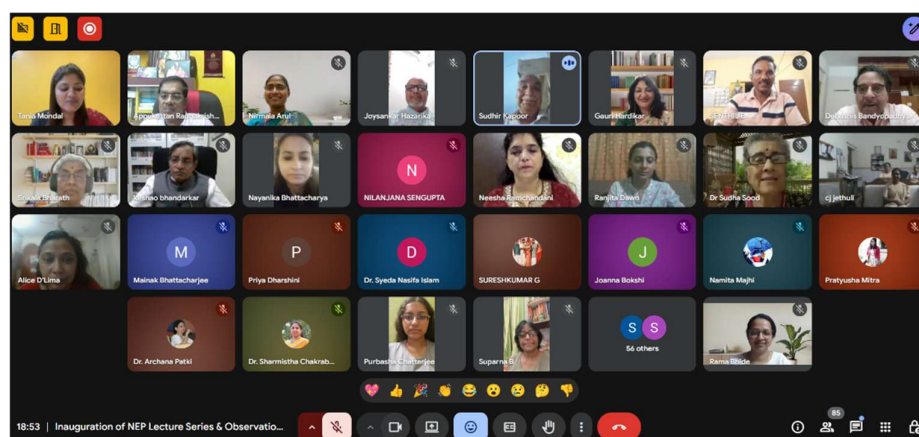
During the interactive session, participants raised several thought-provoking questions which the resource person, Prof. Debasish Bandyopadhyay, addressed with clarity and depth. In response to a query on simplifying the concept of ego and incorporating heart-based decision-

making into life skills education, he emphasized the importance of discipline and rational intervention in managing emotions, along with the role of community living and group activities such as debates, discussions, NSS and NCC in nurturing compromise and altruism. When asked how students could cope with stress during competitive examinations in the context of nuclear families and the increasing influence of gadgets, he recommended a balanced, humanistic approach through varied study routines, multidisciplinary learning, and the inclusion of art therapy, music and sports as means of relaxation. Another question focused on the neurological basis of life skills, to which he explained the scientific evidence from mindfulness research demonstrating reduced amygdala activity and improved emotional regulation, also linking it to Swami Vivekananda's practice of enhancing concentration by observing distractions. Finally, when participants sought to understand the philosophical and psychological foundations of life skills, Prof. Bandyopadhyay highlighted their deep roots in Advaita Vedanta, Platonic ideals of absolute beauty, and Freudian psychology, showing how these traditions converge to promote self-awareness, altruism, and effective stress management.

Dr. Gauri Hardikar, Vice President, IALSE delivered the vote of thanks. She began by acknowledging that the NEP Lecture Series originated from an idea given by IALSE President, Dr. Radhakrishnan Nair, whose vision has shaped it. She acknowledged the speakers, participants, and the joint efforts of Loreto College and IALSE in making the event a success.



The inauguration of the NEP Lecture Series, held alongside the celebration of Teachers' Day, honoured educators while reinforcing the vision of building an education system rooted in competence, creativity, and compassion.



REPORT PREPARED BY:

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