

ROLE OF LIFE SKILLS IN MOLDING STUDENTS PERSONALITY THROUGH THE PRISM OF UPANISHAD AND ARTIFICIAL INTELLIGENCE ERA

Sanchita Banerjee

PhD Research Scholar
JG University

Abstract

Life Skills are the essential skills and attributes that prepare individuals to deal with the challenges and complexities of Artificial intelligence driven world. From ancient Upanishadic teaching to Artificial Intelligence the integration of life skills in education enables students to develop their general knowledge, cognitive and social skills necessary for their personal and professional growth. It plays a crucial role in shaping an adolescent's personality and character building. Our present society is entrenched with many evil customs like violence, cybercrime, drug abuse, picture morphing, bullying etc., causing a great hinderance towards the path of moral development among adolescents. The present article aims to trace the significance of Life Skills in fostering holistic development among the students across the Upanishadic time to the current era of artificial intelligence.

Keywords: Life Skills, Personality, Emotional Intelligence, Social Skills, Character Building, Education, Holistic Development

INTRODUCTION

In the ever-evolving panorama of education, the integration of life skills in education in shaping the personality and building strong character among the students is significant. As per UNICEF, life skill means a behavior change or behavior development approach to address a balance of 3 areas ; knowledge, attitude and skills. It promotes the strength and ability among the students to develop a life concept in the present world. The profound teachings of Upanishads and philosophical texts also reflects the integral role of life skills in the student's life learning cycle.

Today's technologically driven world has affected the life of the students through loneliness, depression, anxiety, stress, low self-esteem etc. Artificial Intelligence has brought many advancements and ease in student's life, but it is incompetent in preparing the students from the major corners of self -awareness, critical thinking, empathy, decision-making, creative thinking, problem solving approach, coping with stress and emotions, effective communication, interpersonal relationship, leadership. To explore the enduring relevance of life skill in shaping well rounded individuals this article delves into the interplay of life skill across the wisdom found in ancient Upanishads and the challenges posed by the contemporary Artificial Intelligence era.

ROLE OF LIFE SKILLS DURING UPANISHAD ERA

In the tapestry of time, it becomes evident that the teachings of the Upanishads have not only been a source of guidance but also offering profound insights into moulding the personalities of students.

These ancient Hindu texts hold intense knowledge and teachings on the nature of Self, Reality and God. The Upanishadic Period spanned approximately from 800 to 200 BCE. During the Upanishad period life skills were mainly focused on Philosophical and spiritual teachings. To develop a deeper insight of self-existence and interconnectedness of all things Upanishads emphasized on self-realization, inquiry, meditation, ethical conduct, and the pursuit of knowledge as essential life skills.

To shape the personality of students during Upanishad Era Life skills has been integrated in teaching through the following components:

1. Self Realisation
2. Meditation and Contemplation
3. Inquiry and Critical Thinking
4. Emotional Intelligence
5. Adaptability and Resilience
6. Ethical Conduct
7. Detachment
8. Yoga and Physical Discipline
9. Ahimsa
10. Self- Discovery and Introspection

- 1. Self Realisation (Atma-Jnana):** Upanishad emphasizes the individuals to discover their true nature and establish the interconnectedness of all existence in the pursuit of knowledge.
- 2. Meditation and Contemplation (Dhyana) :** The Upanishad illustrates the regular practice of meditation and contemplation helps the students to achieve inner peace ,concentration and spiritual insight.
- 3. Inquiry and Critical Thinking:** Upanishad teachings emphasizes the importance of curiosity and maintain their enthusiasm in pursuit of knowledge. Students were encouraged to question the nature of reality. These life skills fostered a curiosity and analytical thinking.
- 4. Emotional Intelligence:** The Upanishads guided the students to maintain harmony in relationships and fostered emotional intelligence through empathy and compassion. These life skills equipped the student to navigate the intricacies of human interactions.
- 5. Adaptability and Resilience:** The Upanishadic thoughts taught the students about the everchanging nature of existence and how to accept the change with adaptability and cultivate resilience in the face of challenges.
- 6. Ethical Conduct:** Living in accordance with morals and righteous principles are the central themes of Upanishads. It guides the students to fulfil one's duties and responsibilities within the societal order.
- 7. Detachment (Vairagya):** Upanishad cultivates a sense of detachment from material possessions and transient aspects of life. It enlightens the students about the impermanence of world pursuits.
- 8. Yoga and Physical Discipline:** Upanishad encouraged the involvement of students in physical disciplines like yoga to acknowledge the connection between physical well-being and spiritual growth.
- 9. Ahimsa (Non-Violence):** Practice of non-violence ,love for living beings and interconnectedness of all life has been highlighted in Upanishad texts to be inculcated in students.
- 10. Self-Discovery and Introspection:** In the Upanishadic era, students were encouraged to develop a profound understanding of their strengths, weakness and aspirations. Introspection was deemed essential for understanding one's true nature and purpose.

Role of Life Skills in the Era of AI

The role of life skills has become very crucial for navigating the technological complexities of the present Artificial Intelligence era. To combat the complex technological competencies of the present era, Adaptability, Critical thinking, Creative thinking are the necessary abilities to be empowered among the students to evolve through the complexities and work collaboratively and effectively in the diverse teams. Life skills fosters resilience and creativity, enhancing student's ability to harness AI for positive impact and address the complex challenges.

Ten Essential Life Skills

The world bodies such as UNICEF, UNESCO and WHO listed the ten core Life Skills as Empathy, Self-Awareness Building Skills, Creative Thinking, Critical thinking, Problem Solving, Decision Making, Effective Communication, Interpersonal Relationship Skills, Coping with Stress Coping with Emotions.

Every nation, society and community aim at promoting adolescents' mental health, behaviour, knowledge, attitude and values. To meet such promotions and transformations in their life further the ten essential life skills can be segregated in three core groups.

Thinking Skills

- Self-Awareness
- Problem-Solving
- Decision-Making
- Critical-Thinking
- Creative Thinking

Social Skills

- Interpersonal Relationship
- Effective Communication
- Empathy

Emotional Skills

- Managing Feelings
- Emotions
- Coping with Stress

1. Self-Awareness: Self-awareness includes our recognition of 'self', of our character, of our strengths and weaknesses, desires and dislikes. Developing self-awareness can help the students to recognize their stress. It is also often a pre-requisite to effective communication and interpersonal relations, as well as developing empathy for others.

2. Critical Thinking: Critical thinking is an ability to analyse information and experiences in an objective manner. Critical-thinking can contribute by helping the students to recognize and assess the factors that influence attitudes and behaviour, such as values, peer-pressure, and the media that AI may not intuitively generate.

3. Problem Solving: It enable the individuals 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. AI systems excel at processing vast amounts of data and executing predefined tasks, but human oversight is essential for creative problem solving.

4. Creative Thinking: contributes to both decision-making and problem-solving by enabling us to explore the available alternatives and various consequences of our actions or non-action. It helps us to look beyond our direct experience and even if no problem is identified, or no decision is to be made, creative thinking can help us to respond adaptively and with flexibility to the situations of our daily lives.

5. Decision Making: It helps us to deal constructively with decisions about our lives. This can have positive consequences for the health of young people when they actively make decisions about their own health practices by assessing different options and the effects of different decisions.

6. Interpersonal Relationship Skills: Interpersonal relationship skills helps 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. It may mean keeping good relations with family members, which are an important source of social support. It may also mean being able to end relationships constructively.

7. Effective Communication: Effective communication means that we can 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, but also needs and fears. And it may mean being able to ask for advice and help in a time of need.

8. Empathy: Empathy is the ability to imagine what life is like for another person, even in a situation that we may not be familiar with. Empathy can help us to understand and accept others, who may be very different from ourselves. So, this skill can improve social interactions, for example, in situations of ethnic or cultural diversity.

9. Managing Feelings And Emotions: It includes skills for increasing internal locus of control for managing emotions, anger and stress.

10. Coping with Stress: Coping with stress means that we take action to reduce the sources of stress, for example, by making changes to our physical environment or lifestyle. It also means learning how to relax, so that tensions created by unavoidable stress do not give rise to health problems.

The various Life-Skills work best in conjunction. Many Life-Skills are required to manage a particular situation and cope with it effectively. One skill may be effectively utilized in diverse situations. The appropriate combination of Life-Skills at a given moment is an art. Artificial Intelligence can augment and automate certain aspects of our lives, but life skills ensure the ability to balance these technological proficiency and enable the students to serve this society in a novel way.

CONCLUSION

From the above discussion we can conclude that Life skills paly a pivotal role in shaping the personality of students since Upanishad time to Artificial Intelligence era. To make the students competent and strong to navigate the complexities of advanced technology even today also we need to fuse the Upanishad principles, with contemporary life skills. Which enable them to come up as a noble personality.

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