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Title: Experience sharing of the AACCI LSE Youth webinars during Covid - Lesson from Indian culture and heritage

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Background

LSE has become the need of the hour in today's world owing to the increased burden of mental health issues and other challenges associated with the modern era. During pandemic of COVID-19 offline delivery of LSE was interrupted so we switched over to an online, webinar-based delivery system in order to maintain the continuity of delivery of LSE to adolescents.

Objective

The objective was to provide and equip adolescents with LSE, especially in times of the pandemic to prepare them to face the challenges that came with the pandemic.

Methods

Using an online, live-stream-based delivery platform, several webinars were conducted by AACCI youth forum members for the adolescents. Some of the topics included in webinars were 'challenges of E-learning during the pandemic', and 'involvement of grandparents in imparting life-skills education to adolescents. A video compilation of all the issues that could be faced by adolescents in light of the COVID-19 pandemic was also made to sensitize them about adolescent health.

Results

The webinars were highly effective in delivering the message to the community about adolescent health and the feedback about the sessions was positive. This indicated that the webinars especially in the background of the pandemic, was suitable and feasible to convey important information about life-skills education.

Conclusions

Such webinar-based delivery of life-skills education can be used frequently to deliver life-skills education, especially in today's digital world. The method is feasible, cost-effective and saves time without compromising on the quality of life skills education imparted.

Keywords

Adolescents, Life Skills Education, Webinars

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