

## 4. Life Enrichment Programme

### 4.1 Education is like teaching one to fish

In the long term, we ought to be able to fish in different waters and all seasons, and constantly developing new techniques to increase our catch.

NIOS believes in building this analogy further by providing enrichment programmes to help shape a holistic form of modern-day education. We could be expecting a more responsible and humane "fisherman". This unique programme has been developed by NIOS to specially cater for its students - shaping students with a difference.

Besides the Academic and Vocational Education courses for various stages of school education, the NIOS continued developmental activities in respect of the Life Enrichment Programmes (LEPs) for varied clientele, such as **performing Arts (Music, Dance, Painting), Jan Swasthya (Public Health), Paripurna Mahila (Empowered Women), Yog and Jeevan Vigyan.**

Life Enrichment Programmes that boldly addresses the educational, social, cultural, and recreational needs of the under-represented and marginalized have potential to assist individuals in the community to enjoy leisure and recreational pursuits to elevate and strengthen skill development, promote self-esteem and build self-confidence.

While each programmes vary in size, structure and focus, they share the same goal of improving the educational status of an individual and contributes to enrich the lives of others in a humane manner.

Brief information about the Life Enrichment Programmes offered by NIOS is as follows.

### 4.2 Performing Arts Education (Music, Dance and Painting)

Performing Arts (Painting, Music and Dance) is a powerful way of self expression providing a sense of fulfillment and achievement. Performing Art is not just a form of art but it is a way of life. Values and Culture are inbuilt in this form.

Painting course is aimed at providing necessary inputs of practical work

and skill and familiarizing the learner with the theory of art through ages. Music has the power to familiarizing the learner with the theory of art through ages. Music has the power to take any living being towards joy and pleasure. This course will help in development of the learner of basic knowledge and initiation to the art and science of music.

The new Academic Course in Painting for Senior Secondary level which was offered to the NIOS learners from the session 2004-2005 is receiving good response from NIOS learners.

During the year 2005-2006, the enrolment in Painting Academic Course for Senior Secondary level was 3484 in Hindi Medium and 1167 in English medium. In April 2005 examination, in all 1617 learners appeared and the pass percentage was 65.18. Similarly, during October, 2005 examination, 397 candidates appeared and the pass percentage was 72.8.

A new course in Painting for Secondary level is also being developed for NIOS learners and this course will be offered to the NIOS learners.

A new six month Certificate Course in Carnatic Music is being developed and it will be ready to be offered to the NIOS learners soon.

### **4.3 Jan Swasthya**

Life enrichment course in Jan Swasthya is under revision. It is one year course with theory weightage of 40% and practical weightage of 60%. The course has 3 subjects, namely, Basic Life Science, Maternal and Child Health, and Diseases and its Prevention. The course is available to those who are 10th class pass. It is expected that this programme will be able to train and prepare skilled Health Workers. These trained persons will work in the community as Health Workers. They will also work as facilitators for creating health awareness, knowledge of Healthy Environment, Health and Hygiene, First Aid and Assist in getting appropriate treatment in emergency situations.

After passing, through this course, the trainees will have job opportunities as an Assistant/Health Worker in the Community or Hospital settings such as in Hospital, Nursing Homes, and Health Clubs etc.

### **4.4 Yog**

Yog was initially developed in Hindi and is now translated from Hindi to English. A separate Module on Yoga is also developed for inclusion in the Care of the Elderly, taking into consideration the structural and physical changes in aged. The yogic exercises have been made simple and easy to practice. That will go a long way in transforming the life pattern of the elderly. A video programme named "**Samradh Jeevan Ki Kunji-Yoga**" is being developed for the same. There are 7 series in this programme.

### **4.5 Paripurna Mahila**

Life enrichment programmes "Paripurna Mahila" is also being taken up for revision. The programme aims at empowerment of women.