



**CENTRAL UNIVERSITY OF KARNATAKA**  
SCHOOL OF SOCIAL & BEHAVIORAL SCIENCES  
DEPARTMENT OF SOCIAL WORK

## **LIFE SKILL TRAINING PROGRAMME- 2023**

**Cordially Inviting for Life skill training programme-2023**

 **Venue:** Department of social work

 **Date :** 16th - 25th February 2023

 **Time:** 9:00 am to 5:30 pm

### **Inauguration**

**Prof. Battu Satyanarayana**

Hon'ble Vice Chancellor,  
Central University of Karnataka

### **Speaker**

**Prof. Channaveer R.M**

Head, Department of Social Work,  
Central University of Karnataka

### **Facilitators**

Prof. Channaveer R.M, Dr. Lakshmana.G,  
Dr Chitkala, Dr Sivamoorthy, Dr. Srinivasa, Dr. Bhagyashree

**All are cordially invited**

**Coordinator**

**Dr.Chitkala Venkareddy**

# CENTRAL UNIVERSITY OF KARNATAKA-DEPARTMENT OF SOCIAL WORK

## Life Skill Training for MASTER OF SOCIAL WORK 1st Year Students

DATE-16-2-2023 To 25-2-2023

| Timings                | Program schedule                       | Module           | Facilitator          |
|------------------------|----------------------------------------|------------------|----------------------|
| <b>Day-1 16/2/2023</b> |                                        |                  |                      |
| 9.00am-10.00am         | Orientation on life skill              |                  | Prof. Channaveer R.M |
| 10.00am-11.00am        | Introduction to life skill             |                  | Dr Chitkala          |
| 11.00am -11.10am       | Break                                  |                  |                      |
| 11.10am - 11.45am      | Child to child model                   |                  | Dr Chitkala          |
| 11.45am - 12.30pm      | Understanding children's participation |                  | Dr.Chitkala          |
| 12.30pm -1.15pm        | Active learning method                 |                  | Dr Chitkala          |
| 1.15pm -2.15pm         | Lunch Break                            |                  |                      |
| 2.15pm-3.15pm          | Double Wheel                           | Getting Started  | Dr.Bhagyashree       |
| 3.15pm-4.15pm          | Ground Rules and Expectations          | Getting Started  | Dr.Chitkala          |
| 4.15pm-4.30pm          | Break                                  |                  |                      |
| 4.30pm-5.15pm          | How to be in the field                 |                  | Dr Lakshmana.G       |
| 5.15pm-5.45pm          | Assigning Mock Session to the group    |                  | Dr Chitkala          |
| <b>Day-2 17/2/2023</b> |                                        |                  |                      |
| 9.30am-10.00am         | Morning Session                        |                  | Dr.Lakshmana.G       |
| 10.00am-11.00am        | Testing Water                          | Decision-Making. | Dr.Lakshmana.G       |
| 11.00am-11.15am        | Break                                  |                  |                      |
| 11.15am- 12.15pm       | 3Cs                                    | Decision-Making. | Dr.Lakshmana.G       |
| 12.15pm -1.15pm        | Choosing Behavior                      | Decision-Making. | Dr.Lakshmana.G       |
| 1.15pm -2.15pm         | Lunch Break                            |                  |                      |
| 2.15pm-3.15pm          | How different are we                   | Growing up       | Dr.Lakshmana.G       |
| 3.15 pm- 4.15pm        | Bad touch                              | Growing up       | Dr.Lakshmana.G       |
| 4.15pm to 4.30pm       | Break                                  |                  |                      |
| 4.30pm- 5.15pm         | Assigning Mock Session to the group    |                  | Dr. Lakshmana.G      |

|                        |                                     |                                |                |
|------------------------|-------------------------------------|--------------------------------|----------------|
| <b>Day-3 18/2/2023</b> |                                     |                                |                |
| 9.00am- 9.30am         | Morning Session                     |                                | Dr.Lakshmana.G |
| 9.30am -10.30am        | HIV transmission/Doors of entry     | Preventing and living with HIV | Dr.Lakshmana.G |
| 10.30am-10.45am        | Break                               |                                |                |
| 10.45am-11.45am        | Alcohol Abuse                       | Substance Use                  | Dr.Lakshmana.G |
| 11.45am- 12.45pm       | Relationship Maps                   | Relationships                  | Dr.Srinivasa   |
| 12.45pm-1.00pm         | Break                               |                                |                |
| 1.00pm- 2.00pm         | This and That                       | Relationships                  | Dr.Srinivasa   |
| 2.00pm-3.00pm          | Lunch Break                         |                                |                |
| 3.00pm-4.00pm          | Abuse: Hurting Someone              | Relationships                  | Dr.Srinivasa   |
| 4.00pm-5.00pm          | Book of me                          | Coping with Emotions           | Dr Srinivasa   |
| 5.00pm-5.10pm          | Break                               |                                |                |
| 5.10pm- 5.30pm         | Assigning Mock session to the group |                                | Dr.Srinivasa   |
| <b>Day-4 20/2/2023</b> |                                     |                                |                |
| 9.00am -9.30am         | Morning Session                     |                                | Dr.Srinivasa   |
| 9.30am - 10.30am       | Advertisement do not lie            | Substance Use                  | Dr Srinivasa   |
| 10.30am-10.45am        | Break                               |                                |                |
| 10.45am -11.45am       | To smoke or not                     | Substance Use                  | Dr Srinivasa   |
| 11.45am-12.45pm        | Tempt me,Tempt me not               | Substance Use                  | Dr.Srinivasa   |
| 12.45pm-1.45pm         | Lunch Break                         |                                |                |
| 1.45pm -2.45pm         | I wish I hope                       | Reaching My Goals              | Dr.Srinivasa   |
| 2.45pm- 3.30pm         | Assigning Mock session to the group |                                | Dr.Srinivasa   |
| <b>Day-5 21/2/2023</b> |                                     |                                |                |
| 9.00am-9.30am          | Morning session                     |                                | Dr.Sivamoorthy |
| 9.30am-10.30am         | You Are in The Driver's Seat        | Decision-Making.               | Dr.Sivamoorthy |
| 10.30am-10.45am        | Break                               |                                |                |
| 10.45am-11.45am        | Mixed Messages                      | Communication                  | Dr.Sivamoorthy |
| 11.45am-12.45pm        | Act to Meet                         | Communication                  | Dr.Sivamoorthy |
| 12.45pm-1.45pm         | Lunch Break                         |                                |                |
| 1.45pm-2.45pm          | Saying "No" and Meaning It          | Communication                  | Dr.Sivamoorthy |

|                        |                                     |                      |                |
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| 2.45pm-3.30pm          | Assigning Mock Session to the Group |                      | Dr.Sivamoorthy |
| <b>Day-6 22/2/2023</b> |                                     |                      |                |
| 9.00am-9.30am          | Morning Session                     |                      | Dr.Sivamoorthy |
| 9.30am-10.30am         | Managing anger                      | Coping with Emotions | Dr.Sivamoorthy |
| 10.30am-10.45am        | Break                               |                      |                |
| 10.45am-11.45pm        | Managing Sadness                    | Coping with Emotions | Dr.Sivamoorthy |
| 11.45pm-12.45pm        | Rainbow and clouds                  | Coping with Emotions | Dr.Sivamoorthy |
| 12.45pm-1.45pm         | Lunch Break                         |                      |                |
| 1.45pm-2.45pm          | Mood Meter                          | Coping with Emotions | Dr.Sivamoorthy |
| 2.45pm-3.30pm          | Assigning Mock Session to the Group |                      | Dr.Sivamoorthy |
| <b>DAY-7 23/2/2023</b> |                                     |                      |                |
| 9.00am-9.30am          | Morning Session                     |                      | Dr Chitkala    |
| 9.30am-10.30am         | Fear not                            | Coping with Emotions | Dr Chitkala    |
| 10.30am-10.40am        | Break                               |                      |                |
| 10.40am-11.40am        | Pass the feeling                    | Coping with Emotions | Dr.Chitkala    |
| 11.40am-12.40pm        | I Love My Self                      | Knowing Myself       | Dr.Chitkala    |
| 12.40pm-1.40pm         | Value voting                        | Knowing Myself       | Dr Chitkala    |
| 1.40pm-2.40pm          | Lunch Break                         |                      |                |
| 2.40pm-3.40pm          | River of Life                       | Knowing Myself       | Dr Chitkala    |
| 3.40pm-4.00pm          | Break                               |                      |                |
| 4.00pm-4.30pm          | Assigning Mock Session to the Group |                      | Dr.Chitkala    |
| <b>DAY-8 24/2/2023</b> |                                     |                      |                |
| 9.00am-9.30am          | Morning Session                     |                      | Dr Bhagyashree |
| 9.30am-10.30am         | I am happy to be a girl/boy         | Knowing Myself       | Dr Bhagyashree |
| 10.30am-10.45am        | Break                               |                      |                |
| 10.45am-11.45am        | My protective shield                | Knowing Myself       | Dr Bhagyashree |
| 11.45am-12.45pm        | Hero Heroines                       | Relationships        | Dr.Bhagyashree |
| 1.45pm-2.45pm          | Lunch Break                         |                      |                |
| 2.45pm-3.45pm          | My best friend                      | Relationships        | Dr.Bhagyashree |

|                        |                                                                    |                   |                |
|------------------------|--------------------------------------------------------------------|-------------------|----------------|
| 3.45pm-4.45pm          | Hot Line                                                           | Relationships     | Dr Bhagyashree |
| 4.45pm-5.00pm          | Break                                                              |                   |                |
| 5.00pm-5.30pm          | Assigning Mock Session to the Group                                |                   | Dr.Bhagyashree |
| <b>DAY-9 25/2/2023</b> |                                                                    |                   |                |
| 9.00am-9.30am          | Morning Session                                                    |                   | Dr Chitkala    |
| 9.30am-10.30am         | 3P Matrix                                                          |                   | Dr Chitkala    |
| 10.30am-10.45am        | Break                                                              |                   |                |
| 10.45am-12.30am        | Bridge Model &Activity Grid                                        |                   | Dr Chitkala    |
| 12.30pm-1.30pm         | Break                                                              |                   |                |
| 1.30pm-2.30pm          | Magic Box                                                          | Reaching My Goals | Dr Bhagyashree |
| 2.45pm- 3.00pm         | Break                                                              |                   |                |
| 3.00pm to 4.00pm       | Experience and opinion sharing and winding up with candle lighting |                   | All Teachers   |