CENTRAL UNIVERSITY OF KARNATAKA

SCHOOL OF SOCIAL & BEHAVIORAL SCIENCES

DEPARTMENT OF SOCIAL WORK

ORGANIZING

LIFE SKILLS TRAINING PROGRAMME-2025
SEPTEMBER 15TH to 24th 2025

Inauguration

Prof. Battu Satyanarayana
Hon'ble Vice-Chancellor
Central University of Karnataka

Presence

Prof. Pavitra.R.Alur
Head, Department of Social Work
Central University of Karnataka

Life Skills Facilitators

Prof. Pavitra, Prof. Channaveer, Dr. Lakshmana, Dr. Srinivasa
Dr Chitkala, Dr. Sivamoorthy, Dr. Harish, Dr Bhagyashree.

Date: September 15st 2025 **Time: 9.30 am** **Venue: Department of Social Work**

All are cordially invited

Dr. Chitkala Venkareddy
Coordinator, Life Skills Training

CENTRAL UNIVERSITY OF KARNATAKA

DEPARTMENT OF SOCIAL WORK

SCHOOL OF SOCIAL AND BEHAVIOURAL SCIENCES

LIFE SKILL TRAINING FOR MASTER OF SOCIAL WORK [MSW]

Date:15/9/2025-24/9/2025

Timings	**Program schedule**	**Module**	**Facilitator**
Day-15 /9/2025			
9.30am-10.30am	Inauguration & Orientation on life skill		Prof Pavitra.
10.30am-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
3.30pm-4.30pm	Ground Rules and Expectations	Getting Started	Dr.Chitkala
4.30pm-4.45pm	Break		
4.45pm- 5.30pm	Report writing		
Day-2 16/9/2025			
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	Lunch Break		
1.40pm-2.40pm	Value voting	Knowing Myself	Dr Chitkala

2.40pm-3.40pm	River of Life	Knowing Myself	Dr Chitkala
3.40pm-4.00pm	Break		
4.00pm-5.30pm	Report writing		
Day-3 17/9/2025			
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-10.40am	Break		
10.40am-11.40am	My protective shield	Knowing Myself	Dr Bhagyashree
11.40am-12.40pm	Hero Heroines	Relationships	Dr.Bhagyashree
12.40pm -1.40pm	Lunch Break		
1..40pm-2.40pm	My best friend	Relationships	Dr.Bhagyashree
2.40pm-3.40pm	Hot Line	Relationships	Dr Bhagyashree
3.40pm to 4.00pm	Break		
4.00pm-5.30pm	Report writing		
Day-4 18/9/2025			
9.00am-9.30am	Morning session		Dr.Sivamoorthy
9.30am-10.30am	Saying “No” and Meaning It	Communication	Dr.Sivamoorthy
10.30am-10.40am	Break		
10.40am-11.40am	Mixed Messages	Communication	Dr.Sivamoorthy
11.40am-12.40pm	Act to Meet	Communication	Dr.Sivamoorthy

12.40pm-1.40pm	Lunch Break		
1.40pm-2.40pm	Mood Meter	Coping with Emotions	Dr.Sivamoorthy
2.40pm-3.40pm	Managing anger	Coping with Emotions	Dr.Sivamoorthy
3.40pm-4.00pm	Break		
4.00pm-5.30pm	Report Writing		
Day-5 19/9/2025			
9.00am-9.30am	Morning Session		Dr.Sivamoorthy
9.30am-10.30am	Managing Sadness	Coping with Emotions	Dr.Sivamoorthy
10.30am-10.40am	Break		
10.40am-11.40am	Rainbow and clouds	Coping with Emotions	Dr.Sivamoorthy
11.40am-12.40pm	You are in the Driver's Seat	Decision-Making.	Dr.Sivamoorthy
12.40pm-1.40pm	Lunch Break		
1.40pm-2.40pm	3P Matrix	Coping with emotions	Prof Pavitra
2.40pm-3.40pm	I wish I hope	Reaching My Goals	Dr.Srinivasa
3.40pm-4.00pm	Break		
4.00pm-5.30pm	Report writing		
Day 6 22/9/2025			
9.00am-9.30am	Morning Session		Dr Srinivasa
9.30am-10.30am	Relationship Maps	Relationships	Dr.Srinivasa

10.30am-10.40am	Break		
10.40am-11.40am	This and That	Relationships	Dr.Srinivasa
11.40am-12.40pm	Abuse: Hurting Someone	Relationships	Dr.Srinivasa
12.40pm-1.40pm	Lunch Break		
1.40pm-2.40pm	To smoke or not	Substance Use	Dr Srinivasa
2.40pm- 3.40pm	Tempt me, Tempt me not	Substance Use	Dr.Srinivasa
3.40pm-4.00pm	Break		
4.00pm-5.00pm	Bridge model		Dr Chitkala
5.00pm-5.30pm	Report writing		
Day 7 23/9/2025			
9.00am-9.30am	Morning Session		Dr Srinivasa
9.30am-10.30am	Advertisement do not lie	Substance Use	Dr Srinivasa
10.30am-10.40am	Break		
10.40am-11.40am	Book of me	Coping with emotions	Dr Srinivasa
11.40am-12.40pm	Alcohol Abuse	Substance Abuse	Dr Lakshmana
12.40pm-1.40pm	Lunch break		
1.40pm-2.40pm	How different are we	Growing up	Dr Lakshmana
2.40pm-3.40pm	Testing Water	Decision-Making.	Dr Lakshmana
3.40pm-3.50pm	Break		
3.50pm-4.50pm	HIV transmission/Doors of entry	Preventing and living with HIV	Dr Lakshmana
5.00pm-5.30pm	Report writing		
Day-8 24/9/2025			

9.00am-9.30am	Morning Session		Dr Lakshmana
9.30am-10.30am	3Cs	Decision-Making.	Dr Lakshmana
10.30am-10.40am	Break		
10.40am-11.40pm	Choosing Behavior	Decision-Making.	Dr Lakshmana
11.40pm-12.40pm	Bad touch	Growing up	Dr Lakshmana
12.40pm-1.40pm	Lunch Break		
1.40pm-2.40pm	Magic Box	Reaching my Goals	Dr Bhagyashree
2.40pm-3.00pm	Break		
3.00pm-4.00pm	Experience and opinion sharing and winding up with candle lighting		All Teachers

Head,Department of Social Work
Prof. Pavitra.Alur

Coordinator,Life Skills Training
Dr Chitkala Venkareddy