



CENTRAL UNIVERSITY OF KARNATAKA

SCHOOL OF SOCIAL & BEHAVIORAL SCIENCES

DEPARTMENT OF SOCIAL WORK

ORGANIZING

LIFE SKILLS TRAINING PROGRAMME-2023 December 1st to 9th 2023

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

Chief Guest

Dr. D. Goutam
Head, Dept. of Tourism & Hotel Management
Central University of Karnataka

Life Skills Facilitators

Prof. Channaveer, Dr Chitkala, Dr. Sivamoorthy
Dr. Srinivasa, Dr Bhagyashree, Mr. Praveen

Date: December 1st 2023

Time: 9.30 am

Venue: Department of Social Work

All are cordially invited

Dr. Chitkala Venkareddy
Coordinator, Life Skills Training



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SCHOOL OF SOCIAL AND BEHAVIOURAL SCIENCES

LIFE SKILL TRAINING FOR MASTER OF SOCIAL WORK [MSW]

Date: 1/12/2023-9/12/2023

Timings	Program schedule	Module	Facilitator
Day-1 1/12/2023			
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-6.00pm	Report writing		
Day-2 2/12/2023			
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-6.00pm	Report writing		

Day-3 3/12/2023			
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 3.50pm	Break		
4.00pm-6.00pm	Report writing		
Day-4 4/12/2023			
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
2.45pm-3.45pm	Managing anger	Coping with Emotions	Dr.Sivamoorthy
3.45pm-4.00pm	Break		
4.00pm-6.00pm	Report writing		
Day-5 5/12/2023			
9.00am-9.30am	Morning Session		Dr.Sivamoorthy
9.30am-10.30am	Managing Sadness	Coping with Emotions	Dr.Sivamoorthy
10.30am-10.45am	Break		

10.45am-11.45am	Rainbow and clouds	Coping with Emotions	Dr.Sivamoorthy
11.45am-12.45pm	Mood Meter	Coping with Emotions	Dr.Sivamoorthy
12.45pm-1.45pm	Lunch Break		
1.45pm-2.45pm	How to be in the field		Praveen
3.00pm-6.00pm	Report writing		
Day 6 6/12/2023			
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-3.00pm	Bridge Model &Activity Grid		Dr Chitkala
3.00pm-3.10pm	Break		
3.10pm-6.00pm	Report writing		
Day 7 7/12/2023			
9.00am-9.30am	Morning Session		Dr Srinivasa
9.30am-10.30am	To smoke or not	Substance Use	Dr Srinivasa
10.30am-10.40am	Break		
10.40am-11.40am	Tempt me,Tempt me not	Substance Use	Dr.Srinivasa
11.40am-12.40pm	I wish I hope	Reaching My Goals	Dr.Srinivasa
12.40pm-1.40pm	Lunch break		
1.40pm-2.40pm	Advertisement do not lie	Substance Use	Dr Srinivasa
2.40pm-3.40pm	Book of me	Coping with emotions	Dr Srinivasa

3.40pm-4.00pm	Break		
4.00pm-6.00pm	Report writing		
Day-8 8/12/2023			
9.00am-9.30am	Morning Session		Praveen
9.30am-10.30am	Testing Water	Decision-Making.	Praveen
10.30am-10.40am	Break		
10.40am-12.40pm	3Cs	Decision-Making.	Praveen
12.40pm-1.40pm	Lunch Break		
1.40pm-2.40pm	Choosing Behavior	Decision-Making.	Praveen
2.40pm-3.40pm	How different are we	Growing up	Dr Bhagyashree
3.40pm-4.40pm	Bad touch	Growing up	Praveen
4.40pm-5.00pm	Break		
5.00pm-6.00pm	Report writing		
Day-9 9/12/2023			
9.00am-9.30am	Morning Session		Praveen
9.30am-10.30am	HIV transmission/Doors of entry	Preventing and living with HIV	Praveen
10.30am-10.40am	Break		
10.40am-11.40am	Alcohol Abuse	Substance Abuse	Praveen
11.40am-12.40pm	3P Matrix	Coping with Emotions	Dr Chitkala
12.40pm-1.40pm	Lunch Break		
1.40pm-2.40pm	Magic Box	Reaching my Goals	Praveen
2.40pm-3.40pm	Experience and opinion sharing and winding up with candle lighting		All Teachers

Head,Department of Social Work
Prof.Channaveer R.M

Coordinator,Life Skills Training
Dr Chitkala Venkareddy







