CENTRAL UNIVERSITY OF KARNATAKA

DEPARTMENT OF SOCIAL WORK

SCHOOL OF SOCIAL AND BEHAVIOURAL SCIENCES

LIFE SKILL TRAINING FOR MASTER OF SOCIAL WORK [MSW]

Date:21/10/2024-25/10/2024

Timings	**Program schedule**	**Module**	**Facilitator**
Day-1 21/10/2024			
9.00am-10.00am	Orientation on life skill		Prof. Channaveer R.M
10.00am-11.00am	Inauguration by Hon'ble VC		
11.00am -11.10am	Introduction to life skill		Dr Chitkala
11.10am - 11.45am	Double Wheel	Getting Started	Dr.Bhagyashree
11.45am - 12.30pm	Ground Rules and Expectations	Getting Started	Dr.Bhagyashree
12.30pm -1.15pm	Hero Heroines	Relationships	Dr.Bhagyashree
1.15pm -2.15pm	Lunch Break		
2.15pm-3.15pm	I Love My Self	Knowing Myself	Dr.Chitkala
3.15pm-4.15pm	You are in the Driver's Seat	Decision-Making.	Dr.Sivamoorthy
4.15pm-4.30pm	Break		
4.30pm-6.00pm	Report writing		
Day-2 22/10/2024			
9.00am-9.30am	Morning Session	Recap	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	Managing Sadness	Coping with Emotions	Dr.Sivamoorthy
12.40pm-1.40pm	Lunch Break		
1.40pm-2.40pm	I wish I hope	Reaching My Goals	Dr.Praveen

2.40pm-3.40pm	Bridge Model &Activity Grid		Dr Chitkala
3.40pm-4.00pm	Break		
4.00pm-6.00pm	Report writing		
Day-3 23/10/2024			
9.00am-9.30am	Morning Session	Recap	Prof.Pavitra Alur
9.30am-10.30am	I wish I hope	Reaching My Goals	Prof.Pavitra Alur
10.30am-10.40am	Break		
10.40am-11.40am	Tempt me, Tempt me not	Substance Use	Dr.Lakshmana G
11.40am-12.40pm	Book of me	Coping with emotions	Dr Srinivasa
12.40pm -1.40pm	Lunch Break		
1..40pm-2.40pm	Testing Water	Decision-Making.	Dr.Praveen
2.40pm-3.40pm	HIV transmission/Doors of entry	Preventing and living with HIV	Prof.Pavitra Alur
3.40pm to 3.50pm	Break		
4.00pm-6.00pm	Report writing		
Day-4 24/10/2024			
9.00am-9.30am	Morning session	Recap	Dr.Lakshmana G
9.30am-10.30am	Bad touch	Growing up	Dr.Lakshmana G
10.30am-10.45am	Break		
10.45am-11.45am	How different are we	Growing up	Dr.Lakshmana G
11.45am-12.45pm	Relationship Maps	Relationships	Dr.Srinivasa

12.45pm-1.45pm	Lunch Break		
1.45pm-2.45pm	To smoke or not	Substance Use	Dr Srinivasa
2.45pm-3.45pm	Alcohol Abuse	Substance Abuse	Dr.Lakshmana G
3.45pm-4.00pm	Break		
4.00pm-6.00pm	Report writing		
Day-5 25/10/2024			
9.00am-9.30am	Morning Session	Recap	Prof.Channaveer RM
9.30am-10.30am	3P Matrix		Prof.Channaveer RM
10.30am-10.45am	Break		
10.45am-11.45am	Abuse: Hurting Someone	Relationships	Dr.Srinivasa
11.45am-12.45pm	Magic Box	Reaching my Goals	Dr.Praveen
12.45pm-1.45pm	Lunch Break		
1.45pm-2.45pm	How to be in the field		Prof.Channaveer RM
3.00pm-6.00pm	Report writing		
	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.Srinivasa D