



CENTRAL UNIVERSITY OF KARNATAKA

LIFE SKILLS

Training Programme- 2026

School of Social & Behavioral Sciences

Department of Social Work

Cordially invites you to the

Life Skills Training Programme 2026 (September 15th-25th, 2026)

Inauguration : Prof. Battu Satyanarayana, Hon'ble Vice-Chancellor, CUK.

Presence : Prof. Pavitra R. Alur, Head, Dept. of Social Work. Dean, SSBS, CUK.

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

All are Cordially Invited

Dr. Chitkala Venkareddy
Coordinator, Life Skills Training



Tuesday, September 15, 2026



9:30 AM



**Department of Social Work
(Seminar Hall)**



CENTRAL UNIVERSITY OF KARNATAKA

DEPARTMENT OF SOCIAL WORK

SCHOOL OF SOCIAL AND BEHAVIOURAL SCIENCES

LIFE SKILL TRAINING FOR MASTER OF SOCIAL WORK [MSW]

Date:15/9/2026-25/9/2026

Timings	Program schedule	Module	Facilitator
Day-15/9/2026			
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
3.15pm-4.15pm	Ground Rules and Expectations	Getting Started	Dr.Chitkala
4.15pm-4.30pm	Break		
4.30pm- 5.00pm	Report writing orientation		Dr Chitkala
Day-2 16/9/2026			
9.00am-9.30am	Morning Session		Dr Chitkala
9.30am-10.30am	River of Life	Knowing Myself	Dr Chitkala
10.30am-10.40am	Break		
10.40am-11.40am	Value voting	Knowing Myself	Dr Chitkala
11.40am-12.40pm	I Love My Self	Knowing Myself	Dr.Harish
12.40pm-1.40pm	Lunch Break		
1.40pm-2.40pm	I am happy to be a girl/boy	Knowing Myself	Dr.Harish
2.40pm-3.40pm	My protective shield	Knowing Myself	Dr Bhagyashree
3.40pm-4.00pm	Break		
4.00pm-5.30pm	Report writing		

Day-3 17/9/2026			
9.00am-9.30am	Morning Session		Dr Bhagyashree
9.30am-10.30am	Hero Heroines	Relationships	Dr.Bhagyashree
10.30am-10.40am	Break		
10.40am-11.40am	My best friend	Relationships	Dr.Bhagyashree
11.40am-12.40pm	Hot Line	Relationships	Dr Bhagyashree
12.40pm -1.40pm	Lunch Break		
1..40pm-2.40pm	Relationship Maps	Relationships	Dr.Srinivasa
2.40pm-3.40pm	Abuse: Hurting Someone	Relationships	Dr.Srinivasa
3.40pm to 4.00pm	Break		
4.00pm-5.30pm	Report writing		
Day-4 18/9/2026			
9.00am-9.30am	Morning session		Dr.Harish
9.30am-10.30am	This and That	Relationships	Dr.Harish
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	Saying “No” and Meaning It	Communication	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 21/9/2026			
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	Mood Meter	Coping with Emotions	Dr.Sivamoorthy
12.40pm-1.40pm	Lunch Break		
1.40pm-2.40pm	Fear not	Coping with Emotions	Dr Chitkala
2.40pm-3.40pm	Pass the feeling	Coping with Emotions	Dr.Chitkala
3.40pm-4.00pm	Break		
4.00pm-5.30pm	Report writing		
Day 6 22/9/2026			
9.00am-9.30am	Morning Session		Dr Srinivasa
9.30am-10.30am	Book of me	Coping with emotions	Dr Srinivasa
10.30am-10.40am	Break		
10.40am-11.40am	You are in the Driver's Seat	Decision-Making.	Dr.Harish
11.40am-12.40pm	Testing Water	Decision-Making.	Dr Lakshmana
12.40pm-1.40pm	Lunch Break		
1.40pm-2.40pm	3Cs	Decision-Making.	Dr Lakshmana
2.40pm- 3.40pm	Choosing Behavior	Decision-Making.	Dr Lakshmana
3.40pm-4.00pm	Break		
4.00pm-5.30pm	Report writing		
Day 7 23/9/2026			
9.00am-9.30am	Morning Session		Dr Lakshmana
9.30am-10.30am	Alcohol Abuse	Substance Abuse	Dr Lakshmana
10.30am-10.40am	Break		
10.40am-11.40am	To smoke or not	Substance Use	Dr Srinivasa
11.40am-12.40pm	Tempt me, Tempt me not	Substance Use	Dr.Srinivasa
12.40pm-1.40pm	Lunch break		

1.40pm-2.40pm	Advertisement do not lie	Substance Use	Dr Srinivasa
2.40pm-3.40pm	HIV transmission/Doors of entry	Preventing and living with HIV	Dr Lakshmana
3.40pm-4.00pm	Break		
4.00pm-5.30pm	Report writing		
Day-8 24/9/2026			
9.00am-9.30am	Morning Session		Dr Lakshmana
9.30am-10.30am	How different are we	Growing up	Dr Lakshmana
10.30am-10.40am	Break		
10.40am-11.40pm	Bad touch	Growing up	Dr .Harish
11.40pm-12.40pm	3P Matrix		Prof Pavitra
12.40pm-1.40pm	Lunch Break		
1.40pm-2.40pm	Bridge model		Dr Chitkala
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-9 25/9/2026			
9.00am-9.30am	Morning Session		Dr.Bhagyashree
9.30am-10.30am	Magic Box	Reaching My Goals	Dr Bhagyashree
10.30am-11.00am	Break		
11.00pm-1.00pm	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

