



## **Awareness Programme on Life Skill Management for College Students (NSS, NYKS Volunteers/ Youth/ Students)**

**Dates: From 14/03/2023 to 16/03/2023**

**In collaboration with and Sponsored by**

**Rajiv Gandhi National Institute of Youth Development (RGNIYD)**

**Ministry of Youth Affairs & sports,  
Government of India, Sripreumbudur, Tamil Nadu.**

**Organized by**

**Department of Social Work**

**Central University of Tamil Nadu, Thiruvarur, Tamil Nadu**

**In Association with**

**Ministry of Youth Affairs & Sports, Government of India &  
NSS, NCC & NYKS**

**Programme Venue: Seminar Hall, Department of Social Work,  
Central University of Tamil Nadu, Thiruvarur**

**PROGRAMME PARTICIPATION REGISTRATION LINK:**

**<https://forms.gle/u4FhDeriE7pj9sRy5>**

## **About the Training Programme**

Life Skills are defined as “abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life” (World Health Organization). Life Skills empower adolescents to make informed decisions in their life. In order to address the need of Life Skills for the overall development of adolescents, Rajiv Gandhi National Institute of Youth Development (RGNIYD), an autonomous institution of Ministry of Youth Affairs and Sports, Government of India, has taken up Adolescent Health and Development Project assisted by United Nations Population Fund (UNFPA) in which Life Skills is one of the component. Effective acquisition of Life Skills can influence the way one feels about oneself and others and can enhance one's productivity, efficacy, self-esteem and self-confidence. Life Skills can also provide the space to improve interpersonal relations. Life Skills have often been looked at only from the reproductive health perspective and as a means of addressing specific issues related to adolescents' sexuality, HIV/AIDS and drug abuse. But Life Skills development must also be seen in the context of preparing adolescents to face their daily challenges. A composite approach to Life Skills that embeds within concerns of health, livelihood and social development offers a holistic framework for adolescent development. This training programme will help students to foster the social responsibility and enhance their positive and healthy behavior.

### **Objectives of the Training Programme**

- To enable the students to understand the different areas of Life Skill and its importance.
- To learn social and interpersonal skills for self-development.
- To enable the students to develop self-confidence, critical thinking and foster independence.
- To develop interpersonal skills and adopt good leadership behaviour for empowerment of self and others
- To familiarize students in theoretical foundation in Life Skill Education and prepare them in training methodologies,

### **Target Audience (Beneficiaries/ Participants)**

The participants of Life Skills Management programme would be Volunteers of NSS & NSS coordinators, NCC students, School Teachers, Head masters and Counselors, Women Self Help Group Members, Youth Self Help Group Members, College students, Post Graduate students of Social Work and village people in the villages.

### **Expected outcome of the Programme**

- The participants would have better understanding on Life Skills activities.
- Improved level of knowledge and competency among the functionaries and Personnel working in the Life Skills management.
- Knowledge on coping and managing skills Intervention mechanism at Local, Regional and National Level.

### **Central University of Tamil Nadu (CUTN), Thiruvarur, Tamil Nadu**

The Central University of Tamil Nadu (CUTN) was established by the Government of India through an Act of Parliament in 2009, as a mission to necessitate higher education accessible to aspirants from the weaker sections of the society. CUTN sits beside a tributary of the River Cauvery in Thiruvarur, and spreads over 500 acres of land providing a harmonious academic ambience to over 2200 national as well as international scholars from diverse cultural backgrounds, admitted through a national level entrance examination conducted for central universities by the National Testing Agency (NTA). The university has 26 departments across 12 schools that offer 73 programmes, and provides a vibrant environment for learning and research. Besides giving utmost priority for the conduct of research relevant to the interests of the nation, CUTN has also established collaboration with several national and international leaders across diverse disciplines. Since its inception, be it in the realm of academics or research, CUTN has firmly established itself as a frontrunner in the pursuit of excellence and innovation. It boasts of owning state-of-the-art infrastructure including smart classrooms, laboratories, scientific equipment, a well-stocked library with access to a broad array of digital resources. The university has secured 85<sup>th</sup> position in the national ranking released by the NIRF among all the participating national institutions.

#### **About Department of Social Work**

The Department of Social Work was established in 2013 with the aim to create social workers with the ability to contribute for the constructive development of individuals and society. The focus of Social Work Department is to intensively prepare students for helping profession by locating the scope for such practice in the emerging spaces for Social Work the Department offers a regular two years fulltime postgraduate programme in Social Work, titled as Master of Social Work (MSW). Currently the Department offers three specializations: (i) Medical & Psychiatric Social Work, (ii) Community Development, and (iii) Human Resource Management. The PhD programme of the Department with an interdisciplinary perspective provides a quality learning atmosphere to the aspirants in higher education.

#### **About RGNIYD**

The Rajiv Gandhi National Institute of Youth Development (rgniyd), Sriperumbudur, Tamil Nadu, is an Institution of National Importance by the Act of Parliament No. 35/2012 under the Ministry of Youth Affairs & Sports, Government of India. The RGNIYD was set up in 1993 under the Societies Registration Act, XXVII of 1975. The RGNIYD functions as a vital resource centre with its multi-faceted functions of offering academic programmes at Post Graduate level encompassing various dimensions of youth development, engaging in seminal research in the vital areas of youth development and coordinating Training Programmes for state agencies and the officials of youth organisation, besides the Extension and Outreach initiatives across the country. The Institute functions as a think-tank of the Ministry and premier organization of youth-related activities in the country. As the apex institute at the national level, it works in close cooperation with the NSS, NYKS and other youth organizations in the implementation of training programmes. The Institute is a nodal agency for training youth as a facilitator of youth development activities in rural, urban as also tribal areas. The RGNIYD serves as a youth

observatory and depositary in the country thereby embarking on youth surveillance on youth-related issues. It has a wide network with various organizations working for the welfare and development of young people and serves as a mentor.

### **Programme Organizing Committee**

#### **CHIEF PATRON**

**Prof. Dr. M. Krishnan**

Vice Chancellor, Central University of Tamil Nadu Thiruvavur

#### **PATRON**

**Prof. Sulochana Shekhar**

Registrar (i/c), Central University of Tamil Nadu Thiruvavur

#### **CO-PATRON**

**Prof. P. Velmurugan**

Dean, School of Social Sciences & Humanities,

Central University of Tamil Nadu

#### **PROGRAMME DIRECTOR**

**Prof. Sigamani P**

Dean, School of Behavioral Sciences,

Head, Department of Social Work, Coordinator - Centre for Happiness,

School of Social Sciences and Humanities, Central University of Tamil Nadu, Thiruvavur.

#### **WORKSHOP PARTICIPATION REGISTRATION LINK:**

<https://forms.gle/u4FhDeriE7pj9sRy5>

#### **Note:**

1. After successful completion of the programme, participation certificates will be provided.
2. No registration fee for the participants.

#### **PROGRAMME ORGANIZING COMMITTEE MEMBERS**

1. Dr.P.Udhayakumar, Assistant Professor, Department of Social Work; School of Social Sciences and Humanities and Central University of Tamil Nadu. Thiruvavur.
2. Dr. N. Sivakami, Assistant Professor, Department of Social Work; School of Social Sciences and Humanities and Central University of Tamil Nadu. Thiruvavur
3. Dr. Chitra K P. Assistant Professor, Department of Social Work; School of Social Sciences and Humanities, , Central University of Tamil Nadu. Thiruvavur.
4. Dr. Chittaranjan Subudhi Assistant Professor, Department of Social Work; School of Social Sciences and Humanities, Central University of Tamil Nadu. Thiruvavur.
5. Dr. A Prabhu, Guest faculty, Department of Social Work, CUTN.
6. Dr. Visakh Viswambaran, Guest faculty, Department of Social Work, CUTN
7. Ms. S Nandhini, Technical Assistant, Department of Social Work, CUTN
8. Dr. Saranyasundarraju, PDF, Department of Social Work, CUTN

**FOR MORE DETAILS PLEASE CONTACT**

**Prof. Sigamani Panneer**

Dean, School of Behaviour Sciences,  
Professor & Head, Department of Social Work  
School of Social Sciences and Humanities Coordinator, Centre for Happiness  
Central University of Tamil Nadu Thiruvarur-610 005, Tamil Nadu, India  
Mobile: 9716074575, E-mail: [sigamanip@cutn.ac.in](mailto:sigamanip@cutn.ac.in)

तमिलनाडु केन्द्रीय  
विश्वविद्यालय

**CENTRAL  
UNIVERSITY  
OF TAMIL NADU**



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பல்கலைக்கழகம்

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# DEPARTMENT OF SOCIAL WORK

School of Social Sciences and Humanities  
Central University of Tamil Nadu  
(Established by an Act of Parliament, 2009)

Neelakudi Campus, Kangalancherry,  
Thiruvarur- 610005,  
Tamil Nadu, India