

REPORT OF 9TH INTERNATIONAL CONFERENCE ON LIFE SKILLS EDUCATION

ORGANISED BY
INDIAN ASSOCIATION OF LIFE SKILL EDUCATION (IALSE)
And
MAR THEOPHILUS TRAINING COLLEGE,
THIRUVANATHAPURAM, KERALA


INDIAN ASSOCIATION OF
LIFE SKILLS EDUCATION,
CHENNAI


Indian Council of
Social Science Research


MAR THEOPHILUS
TRAINING COLLEGE,
THIRUVANANTHAPURAM

Invite you to the
**9th INTERNATIONAL CONFERENCE ON
LIFE SKILLS EDUCATION (ICLSE 2024)**

Sponsored by
Indian Council of Social Science Research

In Partnership with


BHAARAT BHAAVIKA FOUNDATION, THIRUVANANTHAPURAM


AJMAL FOUNDATION, HOJAI, ASSAM


FAMILY PLANNING ASSOCIATION OF INDIA, MUMBAI


JYOTHIS CENTRAL SCHOOL, KAZHAKKUTTAM

On
**Global Synergy for Sustainable Development:
Integrating Life Skills for Systemic Change**

from 4 – 6 JANUARY, 2024
Pre Conference Workshop on 2 & 3 JANUARY, 2024
at Mar Theophilus Training College, Thiruvananthapuram

In Collaboration With


Council for Teacher
Education Foundation,
Thiruvananthapuram, India


Life Skills Education
Institute Pvt. Ltd.,
Kathmandu, Nepal


Emotional Intelligence and Life
Skills Training Team,
Boratesgamuwa, Sri Lanka


Indian Ocean
Comparative Education
Society, Mumbai, India


World Curriculum
Geneva,
Switzerland


Sree Vidhyadhiraja International
Study and Research Centre,
Thiruvananthapuram


AIRIO Global
Somerset, NJ
USA

Conceptual framework

The present times are characterized by unprecedented global challenges that transcend national borders. These challenges span a range of areas, including climate change, social issues, economic disparities, health crises, and global conflicts. To achieve sustainable development and address these pressing global issues, nations must collaborate, share knowledge, pool resources, and coordinate policies. The need for global synergy for sustainable development in the present context is paramount, as these interconnected challenges require collective, coordinated efforts to address effectively.

Integrating life skills into policies and practices for systemic change is a multifaceted approach and a strategic investment in human capital that can significantly address global challenges and contribute to achieving the SDGs. Life skills, as defined by the World Health Organization (WHO) and UNICEF, encompass a range of psychosocial and interpersonal skills that enable individuals to effectively cope with the demands and challenges of daily life. It empowers individuals and communities to actively engage in sustainable development efforts, ultimately leading to a more equitable, prosperous, and sustainable future.

The rationale behind convening an international conference with this theme is underscored by the pressing need for concerted, evidence-based, and innovative efforts to address the complex and interrelated challenges confronting our world. Global organizations like UNESCO, WHO, UNICEF, and UNFPA have highlighted the need for skills development to enhance global cooperation and collaboration role through the promotion of life skills education.

UNICEF recognizes that life skills education is intrinsically connected to the achievement of several SDGs, such as SDG 4 (Quality Education) and SDG 3 (Good Health and Well-being). By equipping individuals with life skills, we not only enhance their prospects for education and health but also empower them to contribute actively to the broader sustainable development agenda.

Objectives

- To showcase research findings and evidence supporting the effectiveness of life skills education in driving sustainable development and to advocate for the integration of life skills education into national and international policies for sustainable development.
- To explore and share best practices in the implementation of life skills education within various contexts, including formal education systems, non-governmental organizations, and community initiatives for global synergy.
- To showcase the practical tools and strategies to implement life skills education in their respective professional and personal interactions and address the gender, class, caste, regional, religious, and ethnic inequalities.
- To facilitate the exchange of knowledge and experiences and encourage collaboration among diverse stakeholders, including governments, NGOs, academia, and civil society, in leveraging life skills education as a catalyst for systemic change and sustainable development.

Structure

Inaugural session, Panel discussions, Symposia, Thematic sessions (Face-to-face & in online mode), Plenary, NGO Conclave, Think Tank, Roundtable, Teen Talk, Focus Group Discussion and Valedictory session are planned over three days. The conference which will be in hybrid mode (in-person as well as online) is expected to cater to over 300 delegates from India and abroad.

Programmes

Proposed conference programmes include:

- Inaugural session and Keynote address, Panel discussions, Symposia, Thematic sessions, Poster presentations and Valedictory sessions.
- Experience sharing workshop wherein the agencies working in the field of life skills education are sharing their experiences enabling collective learning. Those interested in joining the workshop may register their names in the email id: anilkumarpy@gmail.com
- Kerala Cuisine Dinner on the 4th evening during which the participants can Greet, Meet, and Discuss future collaborations both nationally and internationally.
- Satellite Life Skills Workshops, wherein the individuals and organizations engaged in life skills programmes can conduct workshops in nearby Colleges, Schools, Juvenile homes, Prisons, etc. for 3 hrs. during the conference. Interested individuals and organizations may register their names in the email id: sureshmepram@gmail.com
- Teen Talk: Adolescent students will share their experiences as to how life skills transformed their lives.
- Kerala Classical and folk culture programmes.
- Preconference workshops on area-specific and problem-specific life skills. Agencies and individuals working on the promotion of the life skills approach to tackling various issues and concerns in society can present a pre-conference workshop as part of the conference. Interested parties can approach IALSE with their proposals in the email id: drtsnair@gmail.com

Participants

The conference will consist of a galaxy of participants and invitees drawn from a wide range of life skills practitioners including academicians, social scientists, research scholars/ researchers, government representatives/ officials, members from civil societies, NGO/ INGO practitioners, youth workers, trainers and practitioners of life skills, social workers and activists, political and movement representatives, and individuals interested in life skills education, training, and researchers to actively participate on the deliberation, paper presentations as delegates, sponsors, and partners.

Important Dates

Last date for submission of Abstracts: 10 December 2023

Last date for submission of Full Paper: 23 December 2023

Pre-Conference Workshop Dates: 2 - 3 January 2024

Main Conference Dates: 4 - 6 January 2024

ICLSE 2024 CONFERENCE ORGANIZING COMMITTEE

<p style="text-align: center;">Chief Patrons:</p> <p>H.B. Moran Mor Baselios Cardinal Cleemis Catholicos, Major Arch Bishop Catholicos of the Archeprarchy of Thiruvananthapuram</p> <p>Mr. Sangeet Kumar, Chairman, Sri Vidhyadhiraja International Study and Research Centre</p> <p>Sri. Jiji Thomson IAS (Retd), Former Chief Secretary, Govt of Kerala; Managing Director, Bharat Bhaavika Foundation, Thiruvananthapuram</p>	<p style="text-align: center;">Patrons:</p> <p>Dr. Kalpana Apte, Director General, Family Planning Association of India, Mumbai</p> <p>Dr. M K C Nair, Former Vice Chancellor, Kerala University of Health Sciences</p> <p>Rt. Rev. Dr. Joseph Mar Thomas, President, AIRIO Global</p> <p>Dr. UNB Rao, Chairman, Urivi Vikram Charitable Trust, New Delhi</p> <p>Dr. V M Sasikumar, Patron, CTEF National - South Zone, Thiruvananthapuram</p> <p>Dr. Khasrul Islam, Director, Ajmal Foundation, Hojai, Assam</p>
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IALSE, Director, Centre for Women's
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Workshop, Chairperson:**

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Vidhyadhiraja International Study
and Research Centre

**Pre-Conference Workshop
Chairperson:**

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Former Vice President, IALSE,
Thiruvananthapuram

NGO Conclave, Chairperson:

Sri. P Y Anil Kumar, Faculty
Member, KILA, Thrissur

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Faculty in English, ITEP, NIT,
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Institute, Kathmandu, Nepal

Mr. Prasad Jayasinghe, Managing
Director, Emotional Intelligence
and Life Skills Institute,
Boralesgamuwa, Sri Lanka

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Thiruvananthapuram

Mr. B. Senthil, Program Manager,
IALSE, Chennai

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<p style="text-align: center;">Supporting Team members</p> <p style="text-align: center;">(Office Staff of Mar Theophilus Training College)</p> <ul style="list-style-type: none"> • Ms. Shamin Thompson • Ms. Jayasree • Mr. Sabinlal S • Mr. Anto C Simon • Mr. Jose J • John Marcos • Mr. Deepu S S • Mr. Justin P Stephen <p style="text-align: center;">Other Supporting Staff</p> <ul style="list-style-type: none"> • Ms. Shelvi 	<p style="text-align: center;">Supporting Team members</p> <ul style="list-style-type: none"> • Ms. Dona Michael, Technical support Committee • Research scholars of Mar Theophilus Training College, Research Centre • Student teachers of Mar Theophilus Training College
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REPORT ON PRE-CONFERENCE WORKSHOP-1:

THEME: QUALITATIVE RESEARCH METHODOLOGY IN LIFE SKILLS

Day 1: 02-01-2024 and 03-02-2024

Inauguration Ceremony

Venue: M.Ed. Hall

9:45 a.m. - 10:15 a.m.

Welcome: Prof. Dr. Joju John: Convenor, Principal in-charge, Mar Theophilus Training College, Nalanchira

Inauguration: Dr. A. Radhakrishnan Nair: Chairperson, Founder President, IALSE, Former Registrar, Central University of Kerala & Visiting Professor, Assam Don Bosco University

Felicitation: Prof. Reghu V.: Former Controller of Examinations, Rajiv Gandhi National Institute of Youth Development, Chennai

Ms. Rama Bhide: Secretary, IALSE

Prof. Dr Maya.S: Organising Secretary, Professor MTTC, Nalanchira

Vote of Thanks: Dr. Deepthi Elizabeth Mathew: Co-ordinator of Pre-Conference Research Workshop, Assistant Professor MTTC, Nalanchira

INDIAN ASSOCIATION OF LIFE SKILLS EDUCATION (IALSE), CHENNAI
&
MAR THEOPHILUS TRAINING COLLEGE, THIRUVANANTHAPURAM

are organising
Pre-Conference Workshop-I
on
QUALITATIVE RESEARCH METHODOLOGY
IN LIFE SKILLS

On 2ND AND 3RD JANUARY, 2024
10 a.m. to 4 p.m.
@ MAR THEOPHILUS TRAINING COLLEGE,
THIRUVANANTHAPURAM

Prof. M.N. Musthafa
President IALSE
Prof. & Head, Department of Education,
Central University of Kerala

Prof. V. Reghu,
Former Controller of Examinations,
Rajeev Gandhi National Institute of Youth
Development, Chennai

Prof. Asha J.V.
Professor & Head of the Department
School of Pedagogical Sciences
Mahatma Gandhi University

Dr. R. SUBASREE M.A.
Professor & Head Department of Psychology
Madras School of Social Work

Organizing Secretaries : Ms. Rama Bhide, Secretary IALSE, 9324514788, Prof. Dr. Maya S., Professor, MTTC, Thiruvananthapuram, 9645329523
Programme Coordinator : Dr. Deepthi Elizabeth Mathew, Assistant Professor, MTTC, Thiruvananthapuram, 9074220020

Technical Sessions

10:30 a.m. - 12:00 p.m. Technical Session 1: Research in Life Skills - A Conceptual Framework by: Prof. M. N. Muhammadunni Alias Musthafa, President, IALSE

12:00 p.m. - 1:00 p.m. Technical Session 2: Data Gathering Technique in Qualitative Research by Prof. Asha J.V., Professor & Head of the Department, School of Pedagogical Sciences, Mahatma Gandhi University

1:45 p.m. - 2:45 p.m. Continuation of Technical Session 2

3:00 p.m. - 4:00 p.m. - Continuation of Technical Session 2

Research involves meticulously collecting and analyzing data to expand knowledge in any field. Driven by the pursuit of knowledge, research systematically gathers and dissects information across all disciplines. From the vast to the minute, research delves into every subject, systematically collecting and analyzing data to fuel knowledge expansion.



The programme was inaugurated by lighting the lamp that symbolizes the purest of knowledge and the dispelling of darkness, by Dr Radhakrishnan Nair founder President, IALSE followed by an insightful inaugural address which provided a thoughtful framework for the program's proceedings. The felicitation segment added a touch of honour to the occasion, with Pro. V Raghu, former controller of examinations Rajiv Gandhi National Institute of youth Development Chennai, Ms Rama Bhide and Prof. Dr Maya S Professor MTTC, Nalanchira. To conduct a sincere vote of thanks by Dr Deepthi Elizabeth Mathew, in charge of the session, expressed gratitude to all involved, acknowledging their roles in making the event a success.

The technical session 1, Research in life skills a conceptual framework by Prof M N Mohamedunni Alias Musthafa, Prof and Head, department of education central university of Kerala, President IALSE begins with the introductory talk by Ms Shifali, Research Scholar of central university, and the event was technically supported by Manoj, Research scholar of Central University of central university.

At 11 am after a short discussion about manifestation by learning and strengthening ourselves with learning, the session was handed over to Prof. Asha V, Professor and Head of the department school of pedagogical science, M G university.



Professor Asha led a captivating session on "Data Gathering Techniques in Qualitative Research." Engaging participants like Dr. Bala (Nagaland), Pramila Thapa (Nepal) and others, the discussion explored the following Points:

- When and Where to Apply Quantitative Research: Professor Asha shed light on the appropriate contexts and scenarios for utilizing quantitative methods.

- **Types and Methods:** Diverse quantitative research types and methods were meticulously explained, providing participants with a robust understanding.
- **Importance and Illustrations:** Real-world examples and case studies brought the significance of quantitative research to life, solidifying its relevance.
- **Interactive Learning:** The session was designed to foster active participation through interactive explanations and discussions, promoting deeper engagement.
- **Hybrid Learning:** The incorporation of hybrid learning elements ensured inclusivity and accessibility for all participants.
- **Review and Clarification:** Dedicated time for review and clarification ensured everyone's understanding was solidified.

The session ended at 1:15 PM, leaving participants energized and equipped with valuable knowledge. With full bellies and minds abuzz, the group dispersed for lunch, ready to put their learnings into practice.



After lunch break technical session 1 was continued by Prof. Musthafa Sir by 2.06 pm. The session started by asking the question: what is research? The session was fully interactive and illustrative. Discussing the research problems of the participants and his personal experiences, sir has pointed out and well explained about research and its components, different methods in research, Phenomenology, triangulation, mixed methods etc. The session enhanced the knowledge level among the participants and hence it was intended to be an elaborative discussion session. Dr Bala, Dhanya Mohan, Vincy Biju, Fouciya, Bablu and many others participated in the discussion part. Vote of thanks was delivered by Karthika, with words of gratitude for Mustafa Sir and all other participants in the programme of day 1 which came to an end by 4.23 pm.



03/01/2024

10:00 a.m. - 11:00a.m.: Technical Session 3: Focus Group Discussion as a Tool for Qualitative Research Prof. V. Reghu (*Former Controller of Examinations, Rajiv Gandhi National Institute of Youth Development, Chennai*)

11:15 a.m. - 1:00 p.m. Technical Session 4: Interview as a Technique for Qualitative Research by - Prof. V. Reghu

Technical Session 5: Exploring Different Qualitative Approaches to Life Skills Research by Prof. V. Reghu

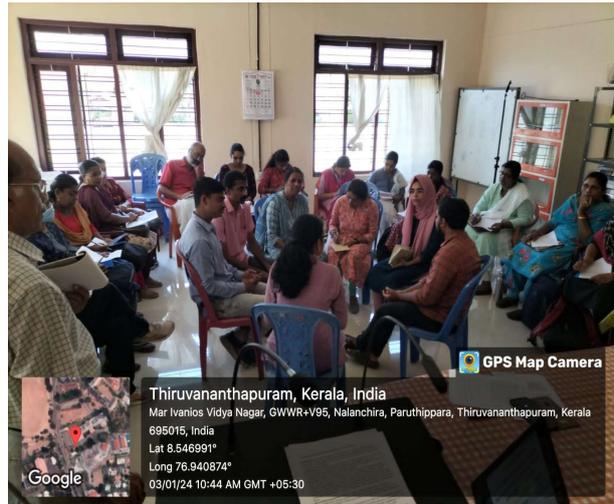
The pre-conference workshop on Qualitative Research Methodology in life skills, organized by IALSE and Mar Theophilus Training College, covered various aspects. On the morning of 03-01-2024, a comprehensive session from 10:00 am to 1.00 pm was held.

Technical session 3 led by Dr. V. Reghu delved into “Focus Group Discussion as a tool for qualitative research”. The discussion opened crucial aspects including planning, characteristics, purpose and the significance of employing Focus Group Discussions (FGD) in qualitative research.

A notable highlight of the session was a dynamic activity engaging participants in a focused group discussion on the problems faced by the PhD scholars. This activity extended for half an hour, offering an immersive exploration in real-world challenges. Participants were granted a 10 minutes preparation time, complemented by the guidance to the observants.

The session culminated in a thoughtful examination of the advantages and disadvantages associated with focus group discussion, providing the attendees with a balanced understanding of the method’s utility and limitations. His insightful exploration set solid foundations for subsequent sessions, contributing to the overall enrichment of the workshop’s participants in the realm of qualitative research methodology in life skills education.

Following the energizing tea break, the workshop continued with technical session 4, led by Prof. V. Reghu focusing on “Interview as a Technique for Qualitative Research”. A captivating element of this session is that Prof. V. Reghu skilfully navigated through various interview formats by showing videos of structured interview, semi-structured and unstructured. This comprehensive exploration equipped participants with a



nuanced understanding of the versatility and applicability of 'interview techniques'. Session 5 unfolded "Exploring different Qualitative approaches to life skills research". This segment provided a broad view of qualitative methodologies, fostering deeper understanding as life skills research.

The workshop's conclusion was marked by valuable feedback from participants, reflecting on the enriching insights gained throughout the sessions. Malini G, the research scholar extended a vote of thanks, expressing gratitude to the speaker and participants for active engagement and

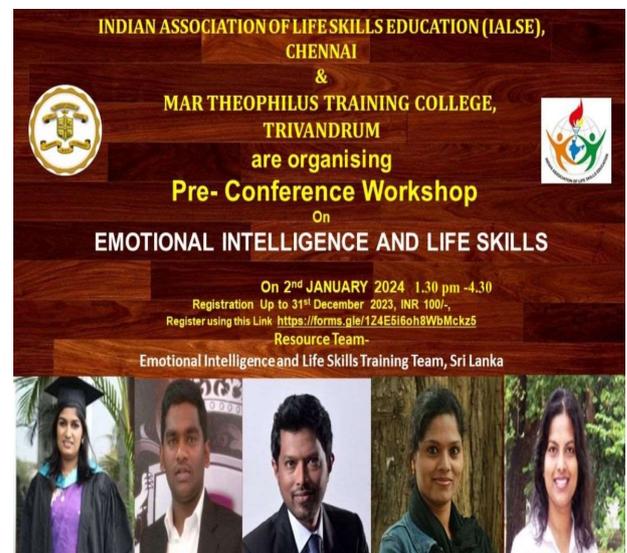
Pre-Conference Workshop-2

THEME: EMOTIONAL INTELLIGENCE AND LIFE SKILLS

- Date: January 2, 2024
- Time: 1:30 PM - 4:30 PM

Workshop Resource Persons:

- Mr. Prasad Jayasingh
- Mr. Roshan Dalabandara
- Ms. W. Rasika Manohari
- Mr. Isuru Ranaweera
- Mr. Velusamy Manogran
- Ms. Nirosheika Karawdeniya
- Ms. Cynthiya Niluxshini Robinson



Mar Theophilus Training College, Trivandrum organized a pre-conference workshop on "Emotional Intelligence and Life Skills" on January 2, 2024, in the college auditorium. The workshop focused on the four main characteristic features of emotional intelligence. The program started at 1:30 pm and the dignitaries on the dais were Mr. Prasad Jayasinghe, managing director and master trainer at Emotional Intelligence and Life Skills Training Team; Mr. Roshan Dalabandara, a consultant, nutritionist, Emotional Intelligence and Life skills trainer; Ms. Rasika Manohari; consultant, psychologist and an expert in counseling; Mr. Velusamy Manogaran, director of programs and currently serving as assistant manager in Learning and Development at Union Assurance PLC, Ms. Nirosheika Karawdeniya, content writer at Emotional Intelligence and



Life skills, Ms. Cynthiya Nilurshini Robinson, an accredited international yoga teacher and Dr. Joju John, Principal of Mar Theophilus Training College.

Opening remarks and introduction of the program was given by Mr. Roshan Dalabandara and Ms. W Rasika Manohari. They first explained the ground rules that are needed for an effective workshop such as Confidentiality, Participation, Listening and Emotional Connectedness. They further created an ice breaking by making a cap. He shared a PowerPoint presentation about the four theories that they used to develop their pre-conference workshop. They are self-awareness, social-awareness, self-management and relationship-management.



Mr. Prasad Jayasinghe talked about the top ten life skills which are recommended by WHO. The top ten life skills such as problem solving, creative thinking, self-awareness, decision making etc. Then he presented a video about how to practice life skills in our community. Ms. W Rasika Manohari discussed about a meditative process and asked everyone to do it. Through meditation, she explained that humans can analyze the whole body and are able to see how we look at ourselves. She urges that knowing yourselves is very important. As a whole, self-awareness is the most important characteristic of emotional intelligence.



Mr. Roshan Dalabandara introduced the theme with a video and gave a lecture about the attitudes of different people towards the fear of snakes. He mentioned the fact that all these fears came to us through just imitating the media or the society. He says that “children see; children do”.

Mr. Velusamy Manogaran described that their principle to teach about emotional intelligence and life skills were through learning by doing. The experts emphasized activity-oriented methods of teaching.

Finally, they gave all the participants an opportunity to express their ideas, emotions, thoughts and doubts regarding emotional intelligence. Several participants expressed their ideas and thoughts.

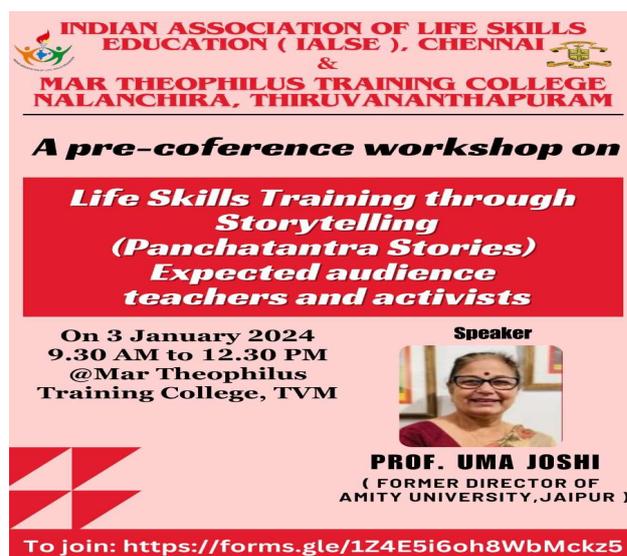
PRE-CONFERENCE WORKSHOP 3:

THEME: LIFE SKILLS TRAINING THROUGH STORYTELLING (PANCHATANTRA STORIES)

Day 2: 03-01-2024

TIME: 10:00 a.m.

Pre-Conference Workshop on Life skills through storytelling (PANCHATANTRA STORIES) was held on 3rd January 2024 at MTTC Auditorium. The resource person was Professor Uma Joshi, Former Director of Amity University, Jaipur. The programme started at 9:30 Am with the inaugural ceremony. Uma Joshi inaugurated the session by lighting the lamp symbolizing the pursuit of knowledge. This workshop on Panchatantra started at 10:00 AM. The facilitator started the session with a powerful introduction highlighting the importance of teachers in moulding younger generations. The facilitator pointed out that soft skills make professional life successful and personal life happy. This workshop turned the participant's attention towards Life Skills such as Self Awareness, Empathy, Critical thinking, Creative Thinking, Problem Solving, Decision Making, effective communication, Interpersonal Relationship, Dealing with emotion and coping with stress. An anagram quiz and puzzles were circulated among the participants.



INDIAN ASSOCIATION OF LIFE SKILLS
EDUCATION (IALSE), CHENNAI
&
MAR THEOPHILUS TRAINING COLLEGE
NALANCHIRA, THIRUVANANTHAPURAM

A pre-coference workshop on
Life Skills Training through
Storytelling
(Panchatantra Stories)
Expected audience
teachers and activists

On 3 January 2024
9.30 AM to 12.30 PM
@Mar Theophilus
Training College, TVM

Speaker

PROF. UMA JOSHI
(FORMER DIRECTOR OF
AMITY UNIVERSITY, JAIPUR)

To join: <https://forms.gle/1Z4E5i6oh8WbMckz5>

This workshop highlighted that health, happiness and success is determined by balance of both hard skills and soft skills. It adds to the point that life skills determine the quality of life. The facilitator turned our attention to the fact that life skills have special relevance in adolescence as it helps them to build a strong foundation of personality which in turn help them to develop a healthy style of life which is confident, independent and Optimistic.

Prof. Joshi, the facilitator introduced the participants to Evolutionary model of wellbeing prepared by herself. They are Happiness of Wisdom (technical and professional knowledge related with IQ), Happiness of Efficiency and Efficient child (related with EQ), Happiness of Success and Successful Child (EQ), Ultimate Happiness and Superior Child (SQ). The workshop gave emphasis to see things in a different perspective.

After the break, the resource person provides information about Panchatantra stories in detail and highlights the importance of Panchatantra as highly circulated Literature after the Bible. The session also highlighted the effectiveness of storytelling method to provide training of life skills to students and highlighted the importance of Panchatantra stories in promoting life skills. Through the stories of Four Friends, Lion and Rabbit, Turtle and Swan emphasized the idea of imparting life skills through stories. The stories focused on five aspects such as loss of friends, gain of friends, weak and frail, loss of gain and breach of trust. Through the session participants understood that stories are applicable across time and it is universal in nature. It helps to foster moral values. The Panchatantra stories impart decision making skills, art of problem solving, effective communication, timely action and building relationships.



The session makes the participants focus on the fact that practical intelligence is focused in stories. The session ended at 1:00 pm. The resource person also arranged an exhibition on Panchatantra stories. Resource ends the session with a message that life Us a series of challenges and everyone should face the challenge by incorporating life skills



PRE-CONFERENCE WORKSHOP 4:

LIFE SKILLS DEVELOPMENT THROUGH COMMUNITY SERVICE LEARNING TO TEACHERS

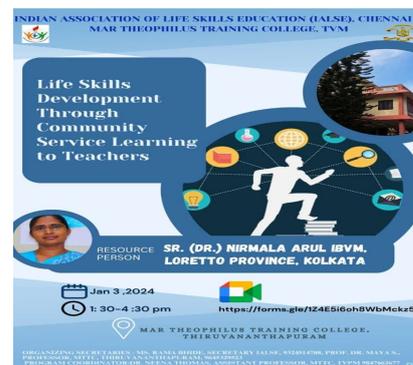
Day 2: 03-01-2024

TIME: 10:00 a.m.

Objective:

Key speaker: Sr. Dr. Nirmala Arul IBVM, Loretto Province, Kolkata

The objective of the workshop was to impart life skill development through community service learning to teachers. The pre-workshop for "Life Skill Development through Community Service Learning" held on January 3rd, 2024, was a collaborative event organized by IALSE and Mar Theophilus Training College. The afternoon session, from 1:30 PM to 3:30 PM, led by Sr. Dr. Nirmala Arul, focused on empowering teachers to integrate this approach into their classrooms.



A key highlight was the engaging group discussion where participants actively brainstormed and developed five unique project ideas for community service learning. Each group had 10 minutes to prepare and present, followed by audience feedback and encouragement. This collaborative exchange fostered creativity and sparked valuable insights into implementing service learning effectively.



The session culminated in a thoughtful examination of introducing new methods to develop life skills such as empathy, critical thinking, interpersonal relationship and problem solving. The workshop's conclusion was marked by valuable feedback from participants, reflecting on the enriching insights gained throughout the sessions. It was an exciting and informative session filled with insights and valuable knowledge that enhances and fosters empathy, adaptability, and



communication skills-based life skill for community-based service learning in teachers. The key speaker Sr. Nirmala shared her experiences and allowed participants to share their overview on engaging the society with community service learning. Imminent personalities from different regions from audience side came forward to share their points on the impact of inculcating life skills in community service-learning at the end distributed all the certificates to all participants and extended vote of thanks by Sr. Achal Grace for expressing gratitude to the speaker and participants for active engagement and involvement.

DAY 1 - CONFERENCE

INAUGURATION CEREMONY OF 9TH INTERNATIONAL CONFERENCE ON LIFE SKILL EDUCATION



INDIAN ASSOCIATION OF LIFE SKILLS EDUCATION
&
MAR THEOPHILUS TRAINING COLLEGE
Jointly Organizes
**9TH INTERNATIONAL CONFERENCE ON LIFE SKILLS EDUCATION
INAUGURAL FUNCTION**

Venue: Auditorium of Mar Baselios Engineering College
4th January 2024, Thursday 10 a.m.



Minute-to-Minute Programme

- 09:50 a.m - : Arrival of Guest
10:00 a.m - 10:05 a.m : Welcome Song: Students of Mar Theophilus Training College
10:05 a.m - 10:10 a.m : Welcome Address: **Dr. Joju John**,
Principal (I/c), Mar Theophilus Training College & Convenor, ICLSE 2024
10:10 a.m - 10:15 a.m : Lighting of the Lamp: Chief Guest & Others
10:15 a.m - 10:25 a.m : Presidential Address: **Dr A. Radhakrishnan Nair**,
Founder President, IALSE & Chairperson, ICLSE 2024
10:25 a.m - 10:30 a.m : Blessings: **Moran Mor Baselios Cardinal Cleemis Catholicos**
10:30 a.m - 10:35 a.m : Address by: **Mr. Sangeet Kumar**,
Chairman, Sri Vidhyadhiraja International Study and Research Centre
10:35 a.m - 10:40 a.m : Address by: **Dr. Kalpana Apte**,
Director General, Family Planning Association of India, Mumbai
10:40 a.m - 10:45 a.m : Address by: **Sri. Jiji Thomson**,
IAS (Retd), Former Chief Secretary, Government of Kerala
10:45 a.m - 11:00 a.m : Key Note Address: **Dr. Shekhar Seshadri**,
Former Director, NIMHANS, Bangalore
11:00 a.m - 11:20 a.m : Inaugural Address: **Sri. V. Muraleedharan**,
Hon. Minister of State, External Affairs and Parliamentary Affairs,
Govt. of India
11:20 a.m - 11:25 a.m : Vote of Thanks: **Prof. (Dr.) M. N. Mohamedunni Alias Musthafa**,
Professor & Head, Dept. of Education, Director, ESNCLSE,
Central University of Kerala; President, IALSE & Director, ICLSE 2024
On the dais **Ms. Rama Bhide**,
Secretary, IALSE & Organizing Secretary, ICLSE 2024
Prof. (Dr.) Maya S,
Professor, Mar Theophilus Training College &
Organizing Secretary, ICLSE 2024



Date: 4/1/2024

Time: 10. 00 AM -11.50 AM

Welcome Address:

- **Speaker:** Prof. Dr. Joju John (*Principal I/C, Mar Theophilus College and Convenor ICLSE 2024*)

Honouring the Dignitaries with Ponnada:

- His Beatitude Moran Mor Baselios Cardinal Cleemis Catholicos honoured Shri. V. Muraleedharan
- Dr. A Radhakrishnan Nair honoured His Beatitude Moran Mor Baselios Cardinal Cleemis Catholicos
- Prof. Dr. Joju John honoured Dr. Shekhar Seshadri
- Prof. Dr. M. N. Mohammedunni Alias Musthafa honoured Dr. Jiji Thomson



Lighting the Lamp:

Chief Guest and others

Inauguration:

- Shri. V. Muraleedharan (*Hon Minister of State, External Affairs and Parliamentary Affairs, Govt. of India*)



Benedictory Address:

- His Beatitude Moran Mor Baselios Cardinal Cleemis Catholicos (*Head of the Malankara Catholic Church, Manager, MSC Colleges*)

Presidential Address:

- Dr. A Radhakrishnan Nair (*Founder President, IALSE and Chairperson, ICLSE 2024*)



Address:

- Dr. Jiji Thomson, IAS (Retd.) (Former Chief Secretary, Govt. of Kerala)

Keynote Address:

- Dr. Shekhar Seshadri (Former Director, NIMHANS, Bangalore)

Vote of Thanks:

- Prof. Dr. M. N. Mohammedunni Alias Musthafa (Prof. and Head of the Department of Education, Director, ESNCLSE, Central University of Kerala, President, IALSE, and Director, ICLSE 2024)



National Anthem



SYMPOSIUM 1

THE PROSPECT AND RETROSPECT OF LIFE SKILLS EDUCATION IN SAARC SCHOOL SYSTEMS

Day 1: 04-01-2024

Time: 12.30 p.m-2.00 p.m

Venue 1: MTTC Auditorium

Moderator: Dr. A. Radhakrishnan Nair

Chairperson, Founder President, IALSE, Former Registrar, Central University of Kerala & Visiting Professor, Assam Don Bosco University

Session 1: **Mr. Nyendo Tshering**, *Principal Specialist Changangkha MSS, Bhutan (online)*

Session 2: **Prof. Dr. Protiva Rani Karmaker**, *Professor (English) Institute of Modern Languages, Jagannath University, Dhaka, Bangladesh (Online)*

Session 3: **Dr. Gauri Hardikar**, *Senior Vice-President, World Curriculum; Secretary, IOCES, Mumbai, India (Online)*

INDIAN ASSOCIATION OF LIFESKILLS EDUCATION (IALSE), CHENNAI AND MAR THEOPHILUS TRAINING COLLEGE, THIRUVANANTHAPURAM

PLENARY - SYMPOSIUM I
THE PROSPECT AND RETROSPECT OF LIFE SKILLS EDUCATION IN SAARC SCHOOL SYSTEMS

KEYNOTE SPEAKER
RT. REV. DR. JOSEPH MAR THOMAS
President, AIRIO Global

MODERATOR
DR. A. RADHAKRISHNAN NAIR
Founder President, IALSE

DATE
4TH JANUARY 2023

VENUE
MTTC AUDITORIUM

TIME
11.45 TO 1.30PM

DR. PRAMILA THAPA
Associate Professor and Founder of Life Skills Education Institutes, YHSA, Nepal

MR. ABDULLA ISMAIL
Head of Foreign Relations, Ministry of Education, Maldives

MR. ROSHAN DALABANDARA
Nutritionist, Consultant, Emotional Intelligence and Life Skills Training Team Sri Lanka

PROF. DR. PROTIVA RANI KARMAKER
Professor (English), Institute of Modern Languages, Jagannath University, Dhaka, Bangladesh

MR. NYENDO TSHERING
Principal Specialist, Changangkha MSS, Bhutan

DR. GAURI HARDIKAR
Senior Vice-President, World Curriculum Secretary, IOCES, Mumbai, India

Session 4: **Dr. Pramila Thapa**, *Associate Professor and Founder of Life Skills Education Institutes, YHSA, Nepal*

Session 5: **Mr Roshan Dalabandara**, *Nutritionist, Consultant, Emotional Intelligence and Life Skills Training Team, Sri Lanka*

The Symposium is meant to share the expertise of the veterans from different countries who equip students with the necessary knowledge and abilities to lead successful and fulfilling lives. Thus, to identify appropriate strategies for the betterment of local education system

Symposium Overview:

Session 1: Life Skill Education in Bhutan

Goals of Life skill education: Life skills education focuses on the overall development of an individual, going beyond academic achievements (holistic development); practice skills in the process of teaching, learning and day to day living and prepare students with Life Skills to live life independently for now and future.

Alignment in Teaching and Learning: General Students: 10 Core Life Skills are infused in teaching and Learning programs of the schools both in Academics and Non academics Curricula in Bhutan.

Special Educational Need Students: Social Skills, Daily Living Skills and Vocational skills are taught and practiced daily for the preparation of independent living now and future in their own small ways.

Specific Skills Development: Cooking, tailoring, laundry, art and craft skills etc.

Session 2: Prospect and Retrospect of Life Skills Education for Children in Bangladesh: Challenges and Possible Way Forward

Children are our future leaders. They display “extraordinary” variations in patterns of development. Life skills education can help our children in building their basic skills of communication, cooperation, collaboration and many more. Over the past decade, Bangladesh has made remarkable progress in expanding access to education for children. Very recently the country has entered a new era of education with a new curriculum based on life skills and competency-based learning and celebrating book fairs.

To stimulate the intellectual and practical quality of the learner’s moral, human, cultural, scientific and ethical values we have religion and ethics books, assignment based practical activities and examination free education system. Life skills make life beautiful. Children should know how to talk, how to act, how to react etc.

We are aware of Application skills, Oral communication skills, Interpersonal or Social skills, Creative Skills, Written Skills, Analytical skills, Social skills, Self-Awareness Skills, Psychological Skills, Medical Skills, Environmental Skills, Management Skill, Cooking Skills etc

Session 3: Rethinking Life Skills Education: Towards Justice, Equality and Peace in India and SAARC Nations

- Education in India has colonial roots
- Challenges faced by the youth: Lack of productive employment, social/political, conflict, discrimination based on gender/class/ caste/race etc.
- Expected outcome of life skills education programs is to equip participants with knowledge and skill to protect them from abuse.

Need for Life Skills Education: Reflecting on past educational methods, there's a growing recognition of the crucial need for life skills education. This means equipping individuals with essential skills beyond academics, such as communication, problem-solving, critical thinking, and teamwork, which are vital for navigating everyday life and achieving success.

The Power of Relational Approach: The story of Ruma Devi from Barmer, Rajasthan, serves as a powerful example of how life skills

education, specifically with a relational approach, can empower individuals. This suggests that focusing on building connections and fostering support networks alongside developing individual skills can lead to positive outcomes.

Individual & Collective Aspirations: Life skills education should cater to both individual aspirations and collective aspirations. This means helping individuals achieve their personal goals while also equipping them to contribute positively to their communities and society as a whole.

Shift from Individualistic Approach: The analysis emphasizes a shift from a purely individualistic approach to life skills education, which may have focused solely on developing individual skills, towards a more holistic approach that incorporates the importance of relationships and community connections.

Session 4: The Landscape of Life Skill Education in Nepal: Current Realities and Future Horizons

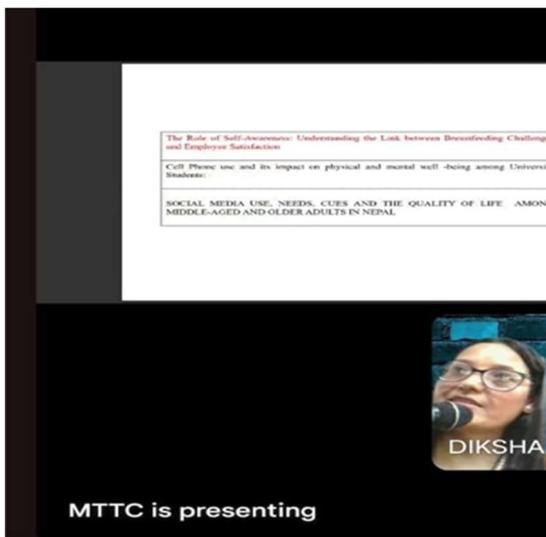
- When you engage in learning oneself you discover your strengths, weaknesses, limitations, potentials, etc. It liberates you for purposeful and meaningful life.
- The study addressed three key issues: (1) Conceptualization of life skill education (2) Status of life skill education in Nepal (3) Future prospects In Nepal.
- **Leading in the Digital Age:** Leaders thrive in the digital age by harnessing the power of self-awareness. This crucial skill, just like any other, can be honed through dedicated learning.
- **Championing Change:** Bhakta Mathema (2007) and others have been vocal advocates for integrating social studies and life skills into school curriculums, recognizing the positive impact it can have on young minds.
- **A Turning Point:** In 2020, Nepal took a monumental step, initially mandating (later making optional) social studies and life skills education for grades 11 and 12. This sparked critical discourse within the education system.
- **Building a Sustainable Future:** Nepal's 15th Plan outlines a bold vision: a comprehensive life skills education system rooted in innovative teaching methods, reformed curriculums, and community-based learning centers. This ambitious plan paves the way for a more sustainable and empowered future for the nation's youth.

Session 5: Life Skills Education: A Beacon for Sri Lanka's Future

A Nation on the Rise: Sri Lanka, steeped in cultural richness and resilience, embarks on a bold journey towards sustainable development and enduring peace by 2030. Education lies at the heart of this transformation, weaving together sustainable goals with the critical skills needed to thrive in the 21st century.

Education's Purposeful Journey: From the early spark of curiosity in primary education to the focused engagement of secondary schooling, each stage in Sri Lanka's educational journey nurtures unique aspirations. Yet, a shadow looms – a competitive system focused on exam-driven success rather than fostering the child's holistic development. Heavy theory burdens young minds, hindering the essential skills needed to become well-rounded, contributing citizens.

Prioritizing Life Skills: This is where Life Skills Education emerges as a beacon of hope. By integrating crucial skills like communication, critical thinking, problem-solving, and teamwork into the curriculum, we empower Sri Lankan students to navigate the complexities of life with confidence. Equipping them with these essential tools transcends exam scores, fostering adaptability, collaboration, and resilience – qualities vital for individual and collective progress.



Embracing the Change: Making Life Skills Education a priority requires a multi-pronged approach. Upskilling teachers, engaging communities, and allocating resources effectively are crucial steps. Imagine classrooms alive with interactive learning, students tackling real-world challenges, and communities actively supporting this transformation. The benefits are undeniable – empowered individuals, thriving communities, and a nation marching confidently towards a sustainable and peaceful future.

Panel Discussion I

PRIORITIZING LIFE SKILLS EDUCATION IN SCHOOLS IN THE CONTEXT OF NEP 2020

Date: 4th January 2024

Time :1.30 p.m. – 2.30 p.m.

Key Speakers and Facilitators:

Moderator: Prof. S. Mani (*Professor & Head, Dept. of Educational Planning and Administration, Tamil Nadu*)

Panelists:

(i) Prof. K. Y. Benedict (*Principal, Mother Teresa College of Teacher Education, Perambra, Kozhikode, Kerala*).

(ii) Prof. Kamala Selvaraj (*Former Principal, Grace College of education, Padanthalumoodu, Kanyakumari, Tamil Nadu*).

Prof. S. Mani pointed about ChatGPT. Prof. S. Mani also mentioned about the inputs of life skills and ways and means of integrating life skills in the school education system. Prof. S. Mani also mentioned that “Life skills education is a very essential aspect in everybody’s life irrespective of age, irrespective of the status, irrespective of the profession, irrespective of the geographical location and irrespective of the socio-cultural aspects.”

Prof. K. Y. Benedict gave a detailed explanation on the topic “NEP 2020 and integration of life skills education curriculum in school education the challenges and the way out” through PowerPoint presentation. Prof. K. Y. Benedict mentioned about how different the global as well as national agencies are instrumental in bringing out the transformed concept of life skill as an integral part of school education as a part of NEP 2020.

During his talk, Professor Kamala Selvaraj shared an anecdote about a conversation between an intellectual and an elderly individual. This story served to illustrate the importance of life skills for schoolchildren. Professor Selvaraj emphasized the need to incorporate life skills education into the school curriculum, urging teachers to actively equip their students with these essential abilities.



Interactivity and Engagement:

After the completion of the session the audience clarified their doubts and had a Question-Answer session. There was also enhancing participant engagement and learning.



Participant Feedback:

Two participants gave their feedback after the workshop. One delegate's question was: "Where should we focus on applying methodologies particularly for life skills?" Prof. Mani gave reply as, "On the methodology side all the active learning methods which is a separate branch which needs a further elaboration of the concept. All the active learning methods nowadays available are suitably applied to the field while the life skills training segment that also should not be as a separate subject but the existing integrated". The participants gained enough knowledge, they were completely interested in the whole session. They had various questions to ask, but as of time limits few participants were only able to ask questions to the moderator and the panelists.

Future Implications:

Professor S. Mani concluded the session by offering a broader definition of life skills. He emphasized that they are not a fixed set of abilities, but rather dynamic and adaptable to the ever-changing world. He stressed the importance of starting life skills training early, highlighting the role of parents in imparting values like respect for elders, which lay the foundation for future development. Professor Mani further enriched his definition by providing concrete examples.

PANEL DISCUSSION 2

"CHALLENGES AND OPPORTUNITIES OF LIFE SKILLS EDUCATION IN THE DIGITAL ERA AND AI"

Date: 4th January 2024

Time: 2.30 p.m.- 4.00 p.m.

Moderator: Dr. Asharaf S., Professor and Dean, (Development) Digital University of Kerala

Objective of the Workshop: The objective of the panel discussion- challenges and opportunities of life skills education in the digital era and AI.

Key Speakers:

Dr. Achuthsankar S Nair: Former Professor, Dept of Computational Biology, University of Kerala

Dr. Prasad Jayasinghe: Managing Director, Master Trainer, EI and Life Skills Training Team, Sri Lanka

Dr. Thasleema TM: Assistant Professor, Dept. of Computer Science, Central University of Kerala

Mr. Aneesh M Das: Department of Mass Communication and Journalism, NMSM Govt. College, Kalpetta

On January 4th, 2024, a lively panel discussion explored the critical topic of "Challenges and Opportunities of Life Skills Education in the Digital Era and AI." Organized by the Indian Association of Life skills Education and Mar Theophilus Training College, the session was moderated by Dr. Asharaf, who kicked things off by highlighting the transformative impact of technology, particularly the shift from search engines to AI-powered chatbots. Drawing parallels between this evolution and the emergence of sophisticated neural networks like ChatGPT, Dr. Asharaf emphasized the role of "emergent behavior" shaped by trained algorithms in driving AI advancements. He further explored the growing dependence on technology, including the blockchain ecosystem, and how it's fundamentally changing how we interact with information and each other. This sets the stage for the core of the discussion, highlighting the multifaceted challenges and opportunities that arise when integrating life skills education with rapidly evolving digital landscapes and AI capabilities.

The panel discussion continued with valuable contributions from the panelists, including Dr Prasad, Dr. Achuthansankar S Nair, Dr. Thasleema T M, and Mr. Aneesh M. Das. Each panelist provided unique perspectives on the challenges and opportunities associated with life skills education in the context of the digital era and AI. The plenary panel discussion served as a platform for in-depth

exploration and dialogue, shedding light on the dynamic intersection of life skills education, technology, and artificial intelligence.

The first panelist to share insights was **Mr. Prasad Jayasinghe**, who discussed the marketing landscape in the AI era. Dr. Prasad referred to the digital era as a "harmful industry," citing reports to support his claim. He delved into the concept



of gamification and its role in the current technological landscape. Dr. Prasad concluded his address by discussing the benefits and challenges associated with teaching life skills through mobile games. Dr. Prasad also introduced some mobile applications available on Google Play, including 3Rs and Wetlands Journey, developed by his organization. These apps were presented as examples of how technology, specifically mobile games, can be utilized for imparting life skills education.

Following Dr. Prasad's insightful presentation, Dr. Asharaf welcomed **Dr. Thasleema T M**, who focused on the theme of "Back to Traditional Life" and explored various opportunities provided by AI for differently-abled individuals. Dr. Thasleema highlighted examples such as Audio-Visual Speech Processing AI and Soft Packed Robotics. Dr. Asharaf commented on the importance of AI for nurturing people and underscored the necessity for cooperation in leveraging its potential.

Next, **Mr. Aneesh** took the stage to discuss "Communicating in the AI-Powered Echo Chamber: New Skills for a New World." He began by tracing the evolution of communication from primitive times to the digital era, emphasizing the shift towards intelligence, adaptability, and personalization. In the AI era, he noted the emergence of Human-AI interaction and AI-mediated communication. Mr. Aneesh explored the transformation of the public sphere into echo chambers, where the input goes into black boxes that produce output, yet the inner workings of these black boxes remain unknown.

After Mr. Aneesh's thought-provoking presentation, **Dr. Achuthasankar S Nair** led the discussion, focusing on "New Life Skills in the AI Age." He highlighted the importance of understanding how prompting occurs in the AI world and stressed the need to acquire skills to effectively utilize AI for personal happiness. Dr. Nair placed a significant emphasis on traditional communication methods over AI technology. He concluded by asserting that teachers cannot be replaced by AI.

After the panelists' presentations and discussions, Dr. Asharaf opened the floor to the audience for further discussion and invited members to share their opinions and insights. The audience actively participated, offering diverse perspectives on the challenges and opportunities discussed during the plenary panel. The discussion was marked by a fruitful exchange of ideas, with audience members contributing valuable insights, asking questions, and engaging in a thoughtful dialogue with the panelists. The interactive session provided a platform for a more comprehensive exploration of the intricacies surrounding life skills education in the digital era and AI.



Dr. Asharaf took the floor to conclude the session, emphasizing the importance of managing technology with the right spirit as an essential life skill. He summarized key points from all the panelists, highlighting the multifaceted challenges and opportunities presented by life skills education in the digital era and AI. The plenary panel discussion served as a comprehensive exploration of the complex dynamics between technology, AI, and life skills education. The diverse perspectives provided by the panelists enriched the discourse, fostering a deeper understanding of the challenges and opportunities that lie ahead in this ever-evolving landscape.



ROUND TABLE - LIFE SKILLS AND GENDER

Date: 4-01-2024

Time: 4.30 pm to 6.30pm

Key speakers and Facilitators

Moderator: Sunitha Ranjan

Speakers

Prof. Uma Joshi – Former Dean Social Sciences, Humanities and Liberal Arts, Director, AIBAS, Amity University, Rajasthan, Jaipur

Prof. M.S Geetha – Former Principal, Govt. College of Teacher Education, Thiruvananthapuram

Dr. Jyothi S Nair – Assistant Professor, HOD Sociology, KNM Govt. College Kanjiramkulam

Dr. Amruthraj R M – Specialist on Women’s Studies, Kerala Institute of Local Administration

Priya Mary John (SS) – First year B. Ed, Mar Theophilus Training College, Nalanchira

Sr. Eliamma Jincy (PS)- First year B. Ed, Mar Theophilus Training College, Nalanchira

Facilitators

Prof. Dr. V. Raghu – M.Ed. Director, Mar Theophilus Training College, Nalanchira

Dr. Rashmy M – Assistant Professor, Mar Theophilus Training College, Nalanchira

The objective of the round table – life skills and gender is to enhance the understanding of topic and to generate thoughts and ideas about the life skills and gender.

The session commenced with the introduction of the topic ‘Life Skills and the speakers by the moderator Sunitha Ranjan. The moderator allotted 10 minutes time for each participant. The session gave opportunity for the six participants to share their ideas and perspectives regarding the topic life skills and gender. The moderator Sunitha Ranjan provided an overview of speaker’s view points after the presentation of each speaker.

Speaker 1: Prof. Uma Joshi expressed her concerns for life skills and gender. She expressed the idea that there are good opportunities for education and the problems starts at career ladder. She focused on aspects such as glass ceiling, sticky floor, stereotypical jobs, legal literacy, emotional literacy and digital literacy. She also urges us to practice life skill.

Speaker 2: Prof. M. S Geetha shared ideas about the gender responsive curriculum embedded with life skills. She also spoke about essential skills such as communication skills, problem solving skills, stress management skills, time management. She emphasized the need to impact life skill education irrespective of gender. She also expressed other views about barriers such as traditional belief, gender stereotypes, limited collaboration.

Speaker 3: Dr. Jyoti S Nair introduced the topic from a sociological point of view. She brought our attention to the issue are the housewives paid for their jobs? She also spoke about global care force and 65% of the force is documented by women. She also added that most of the migrated Indian works in care force in various countries.

Speaker 4: Dr. Amruthraj introduced the issue from a different perspective with a historical background by mentioning women's struggle for universal adult franchise. The speaker turned our attention towards gender stereotypes in textbooks showing the picture of male doctor and female teacher. The women were not even given the right to write freely in early period and he quoted numerous examples. He emphasized the need for gender responsive education at formal and informal level starting at the age of 3.



Speaker 5: Priya expressed the idea that gender is a social construct. As it is construct, it is amendable in nature. She also mentioned that deep rooted traditions are the main problems and urged the need for gender sensitive curriculum, awareness programme and digital literacy workshops.

Speaker 6: Sr. Eliamma Jincy presented about the changing gender role in society and the need for gender sensitive curriculum. She also turned our attention to transgender issues.

After the views of six speakers, the moderator consolidated the entire ideas and said all of us to bring changes at the individual level and expressed that it will be the best solution. It was followed by a small discussion. Prof. Uma Joshi conveyed ideas about trafficking. The participants in round table Seema Sheikh and Yamuna expressed their views on life skills in school students and invisible children. The round table concluded with the sharing of thoughts about the topic by Prof. Dr. V. Raghu. The programme concluded with distribution of mementos to the speakers and moderator.



TEEN TALK

LIFE SKILLS FOR PERSONAL AND ACADEMIC EXCELLENCE

Date: 04-01-2024

Time: 2.30 pm -5.00 pm

Venue 1: MTTC Auditorium

Event Objectives:

1. Empowerment:

- To empower teens by elevating awareness, building life skills, and cultivating confidence.

2. Skill and Knowledge Development:

- To equip teenagers with essential skills and knowledge to navigate various aspects of life effectively.

Event Details:

- **Keynote Speaker: Sri Vijayan**, IPS (Inspector General of Police, Kerala)
- **Moderator: Dr. Shekhar Seshadri** (Former Director, NIMHANS, Bangalore)
- **Translator: Dr. Chandrashekharan Praveen** (Former Principal, IASE, Thrissur)

Panellists (Students):

1. Mr. Isuru Ranaweera, Founder Chairman, Lassana Kolonnawa Youth Network, Sri Lanka
2. Ozai Mehr, Chinmaya Vidyalaya, Vidya Nagar, Kasaragod
3. Nanma S. Holy Angels CBSE School, Vanchiyoor
4. Minna Renjith, Christ Nagar Central School, Kowdiar
5. Naira Naushad. LVHS Pothencode
6. Devaki D.S. Carmel HSS, Vazhuthacaud
7. Gowripriya S. GHSS Venjaramoodu
8. Sradha S S. GHSS Venjaramoodu
9. Ashik.G.S. St. Mary's H.S.S, Pattom
10. Aysha. St. Mary's H.S.S, Pattom
11. Nasreen R.LVHS Pothencode
12. Shilpa.T.S. St. Mary's H.S.S, Pattom
13. Jezreel Maria Jain, Navajeevan Bethany Vidyalaya, Nalanchira
14. Nimcy Rex Thomas, Navajeevan Bethany Vidyalaya, Nalanchira
15. Siya Shamnad, Jyothis Central School
16. Rija Riya, Jyothis Central School
17. Aarcha.S.Kumar, St. Gorettis

18. Nila.R.Babu, St. Gorettis
19. Abhinav Manas B, St. Johns Model H.S.S
20. Meera Krishna. M.R, St. Johns Model H.S.S
21. Sethu.S,St. Johns Model H.S.S

The teen talk session commenced with a remarkable address by Dr. Seshadri, a prominent figure in the field of child and adolescent psychiatry. His address was a captivating blend of wisdom, humor and relatability which resonated deeply with the teenage audience. He started the first round of the interactive session with a question “What do you want to change in your lives in order to be happy?” to the students. It was really interesting to know the various perspectives from the teenagers. Fear, anger, time management skills, comparison and judgement, choices, control over the emotions, freedom, insecurities, level of trust etc. were the various responses from the students. He also explained the various perspectives behind their responses by enacting the situations with the students. Later he also carried out an activity called narrative building in which students were instructed to build a story about the life of the teenager line by line. The various elements reflected from the story include trust issues, fear of acceptance and rejection, waves of happiness and sadness etc.

The keynote address by Sri. Vijayan IPS gave valuable insights and guidance to the teenage audience. His speech delved into the importance of life skills, drawing from the speaker’s own teenage years and professional experience. He stressed on the importance of adopting a set of skills in our lives-empathy, critical and creative thinking, effective communication, problem solving, decision making and digital skills. He also shared his concern that the parents fail to understand their children properly and also the predicament of school children where the 21st century students are taught by the 20th century teachers by using 19th century syllabus. He concluded his speech by advising the students to incorporate expression, empathy and ethics in their lives so that they could achieve their goals. Later an interactive session also took place providing an opportunity for the students to ask their queries. Later as a token of love he was felicitated with a momentum by Dr. Shekhar Seshadri.

Mr. Isuru Ranaweera shared his experiences and perspectives on personal growth and leadership development among teenagers. He also addressed the various issues faced by the teenagers. His compelling narratives and successful initiatives highlighted the potential for positive change through collaborative youth driven initiatives. In the second round of the interactive session Dr. Seshadri asked the students to have a deeper sense about how they perceive their lives and share about the problems faced by them. The students actively responded by sharing their own experiences. During the session he stressed on the importance of effective communication, and also explained how every choice is built on empathy and also clearly explained the difference between need, desire and luxury. The 3rd round was a rapid fire round where the students were asked to give quick, candid responses. The rapid fire round covered a wide array

of topics including personal aspirations, social issues, career ambitions and community involvement etc. The diverse range of questions created an atmosphere of enthusiasm and also sparked animated responses.

The session officially concluded at 5.00 pm with a heartfelt vote of thanks to all the participants, especially the moderator, keynote speaker and the translator for their invaluable contributions in the event. As a token of love and appreciation, momentum was distributed to them. The feedback received from the students was overwhelmingly positive and many students expressed their desire to participate in similar discussions and exchange ideas on a wide range of topics relevant to their lives.



Interaction of Dr. Sheshadri with students

PANEL DISCUSSION

THEME: "LIFE SKILLS FOR MENTAL HEALTH AND WELL-BEING"

Dates: 4th January 2024

Time: 4.30 p.m.- 6.00 p.m.

Venue: Seminar Hall, Mar Theophilus Training College

MODERATOR: Dr. Nisha Jagadeesh, *Director of Gender & Rights, FPAI, Mumbai*

PANELISTS:

1. **Dr. Subasree Vanamali** , Associate Professor, Department of Psychology, Madras School of Social Work
2. **Prof. Dr. Giby Geevarughese** Former Professor, Mar Theophilus Training College, Thiruvananthapuram
3. **Aarti Bardhan**, Child Psychologist & Career coach at at St.Columba's School, New Delhi, Research fellow

4. **Prof. Dr. Joju John** , Principal in charge Mar Theophilus Training College, Nalanchira
5. **Swami Gurunand**, Research fellow, Mar Theophilus Training College, Nalanchira

Dr. Subasree Vanamali, a psychology professor, kicked off the session with a talk on "Mental health for all." She focused on why young people's mental health matters and the role of mental health professionals in supporting them. Dr. Vanamali explained "psychological well-being," a crucial life skill related to mental health. She identified six key areas for well-being: personal growth, purpose, independence, managing your environment, self-acceptance, and healthy relationships. She presented the nested model as a roadmap to achieving well-being.

Dr. Vanamali concluded by introducing the PERMA theory of well-being, which emphasizes positive emotions, engagement, strong relationships, meaning, and accomplishment. This holistic model encompasses eight dimensions of wellness.

Dr. Geevarughese ignited the session with a powerful quote: "If you were born with the weakness to fall, you were born with the strength to rise." This message set the stage for his talk on life skills as the universal antidote to challenges. He emphasized the essential nature of skills, highlighting why they empower us. He even introduced a new concept called "Glocalization", which combines the best of globalization and localization, urging us to consider both universal and local needs. Dr. Geevarughese concluded by drawing a connection between life skills and mental health, stating that these skills promote self-acceptance and problem-solving abilities, leading to better mental well-being.

Following Dr. Geevarughese's inspiring talk, Dr. Aarti Bardhan took the stage to share five practical ways to weave mental health into daily life. Drawing on real-life experiences, she emphasized the importance of:

Early Intervention by Starting young, across all age groups, to equip individuals with mental health tools.

Parental Support: Providing psychoeducation for parents to better understand and support their children's mental well-being., Workplace Integration by Fostering well-being at work, recognizing its impact on personal mental health, Continuous Learning by viewing life skill development as an ongoing process, not a one-time fix, Underscoring the importance of taking concrete steps to improve mental health, not just talking about it.

Mind Over Matter: Dr. Joju John's Exploration of Mental Health's Primacy. Building on Dr. Bardhan's practical advice, Dr. Joju John shifted the focus to the broader significance of mental health. He shed light on How mental states can

manifest as physical symptoms, highlighting the mind-body connection, Demonstrating the power of positive thinking and its ability to impact physical health, Positivity for Excellence by Advocating for a positive mindset as a driving force for achieving peak performance

The session culminated with Swami Gurunand's captivating talk, opening with a quote by Fedrick Benjamin. He explored the theme of "Harmonization Capabilities," emphasizing peace as the ultimate goal. He shared his insights on:

- Spiritual Aspects of Harmony: Bridging the inner and outer world for peace.
- Harmony Algorithm: Practical tools for achieving personal and interpersonal harmony.
- Parenting and Gender Skills: Cultivating harmony in relationships.
- Spiritual Well-being/Skills: Integrating spirituality for mental health.

Engaging Dialogue and Exchange of Ideas

Following the presentations and discussions, Dr. Nisha opened the floor for an interactive audience session. Participants actively engaged, sharing diverse perspectives on the challenges and opportunities discussed. The discourse was marked by a fruitful exchange of ideas, with valuable insights, questions, and thoughtful dialogue with the panelists. This session provided a platform for a deeper exploration of life skills education's role in mental health.

Appreciation and Conclusion

The event concluded with a formal expression of gratitude to all speakers, the moderator, and attendees for their participation and contributions. To show appreciation, mementos were presented to the speakers, acknowledging their time, expertise, and dedication to the dialogue. This event successfully fostered a deeper understanding of life skills education and its impact on mental health.

THEMATIC PAPER PRESENTATION

Time : 4:00 p.m. - 6:30 p.m.

Thematic paper presentations were held at three venues at English, Malayalam and Physical science studios. Almost 20 presentations were done regarding life skills. Different delegates presented their papers. Listed of participants is presented in the appendix



Paper presentation by the delegates

Sl No	NAME	TITLE
1.	ANCY B R	Impact Of Integrating Life Skills And Yoga For Health And Well Being
2.	JASMINE BERNARD	Promoting Life Skills Among Adolescent In Government School
3.	JOSMI JOSHI	Effect Of Zumba Training In Stress Management Among School Students
4.	LEKSHMI RAJ R	Life Skills And Yoga For Health And Wellbeing
5.	SHAJI N RAJ	Yoga For Life Skills: A Holistic Approach To Personal Development
6.	SHIFALI T V	Life Skills Embedded Curriculum for Transforming ECCE In India: A Discourse In The Context Of NEP 2020
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3.	Dr. KOTRA BALAYOGI	Life Skills Education In 21st Classrooms
4.	IMRAN ALI SAHAJI	Effectiveness Of Life Skills Training Programme On Self-Calibration And Assertiveness Among ITEP B.Ed Students In Kerala
5.	MOHAMMED KABEER A	Research Progress And Prospects Of Life Skills: A Bibliometric Overview
6.	RSVN SHARMA	Igniting Minds: A Comprehensive Life Skills Program For Holistic Personal And Academic Development.
7.	S Dhanish Muthalif	Emotional Expressivity, Emotional Regulation And Life Satisfaction Among Young Adults In Chennai
8.	S.R. JAI KUMAR	A Comparative Study On The Level Of Resilience Among Introverts & Extroverts
9.	SMRITHI S PILLAI	Life Skill Based Psycho Cognitive Exercises And Mental Health Acceleration

VENUE – 06 (04-01-2024)

SI No	NAME	TITLE
1	JAISON M THOMAS	Cultivation And Inculcation Of Value Based Education In Life Skill Training
2	PUSHPALATHA C	Evolution And Metamorphosis Of Souhrida Clubs In Kerala As An Aegis Of Life Skills : An Exploration
3	SHAFINA S	The Role Of Life Skills In Empowering Adolescents To Prevent And Respond To Violence

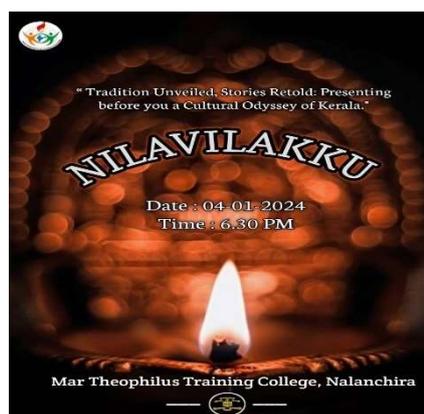
VENUE – 07 (04-01-2024)

CULTURAL EXTRAVAGANZA

Venue: MTTC Auditorium

TIME : 6:30 p.m. -10 p.m

Cultural programme was conducted by students of Mar Theophilus college which was a captivating blend of diversity and artistic expression. Students showcased their rich Kerala heritage through music, dance and traditional performance. This cultural exchange not only added a vibrant dimension to the conference but also fostered a sense of global unity and understanding. The attendees thoroughly enjoyed the unique cultural presentation, contributing to the overall success of the conference as a melting pot of ideas and traditions.





DAY 2 - CONFERENCE

SYMPOSIUM II

SYSTEMATIC TRANSFORMATION THROUGH LIFE SKILLS EDUCATION FOR ACHIEVING SUSTAINABLE DEVELOPMENT GOALS-GLOBAL AND LOCAL PERSPECTIVES AND CROSS-CULTURAL EXPERIENCES

Date: 05-01-2024

Time: 9.00 am-11.am

Venue: MTTC auditorium

MODERATOR

- **DR. KANISHKA BEDI.**, *President, World Curriculum by Comparative Education Societies & President, Indian Ocean Comparative Education Society*

KEY SPEAKERS

- **DR. SYLVIA VAN DE BUNT**, *UNESCO Chair ‘Cross Cultural Sustainability’; SERVUS, Vrije Universiteit Amsterdam.*
- **DR. T.M.S.S.K. YATIGAMMANA EKANAYAKE**, *Vice President, IOCES; Department of Education, University of Peradeniya, Sri Lanka*
- **MR. JOEL MUKWEDEYA**, *Member, IOCES Executive Committee, Ontario, Canada.*
- **DR. GAURI P. HARDIKAR**, *Senior Vice President, World Curriculum, Secretary, IOCES; Executive Committee member, IALSE*
- **DR. NARENDRA DESHMUKH**, *Scientific Officer, Homi Bhabha Centre for Science Education, TIFR, Mumbai; Senior Vice President IOCES; Advisory Board Member, World Curriculum*

The plenary session ‘systematic transformation through life skills education for achieving sustainable development goals’, organized by IALSE and Mar Theophilus Training College, covered various aspects. Morning of 05-01-2024, a session from 9:00AM TO 11:00AM was unfolded.

The session was moderated by Dr. Kanishka Bedi focused into “systematic transformation through life skills education for achieving sustainable development goals”. The plenary opened crucial aspects including planning, enhancing and improving life skill for sustainable development goals.

Dr. Narendra Deshmukh, Senior vice president from Mumbai shared insights on world curriculum for systematic transformation. He explained catalytic change

in sustainability and how to overcome stress to understand human place in the universe.

Dr. Sylvia Van De Bunt from university of Amsterdam mainly focused on review around life skill education for sustainable development goals and integrating those ideas into curriculum

Dr. T M.S.S.K Yatigamma Ekanayake from university of Peradeniya, Sri Lanka pointed out the role of mobile communication in systematic transformation through life skills education to achieve the SDG. She explained 17 goals for life skill education and the v potential of mobile devices for educational development.

Dr. Gauri P Hardikar speak around quality education and proclaimed that 2030 will be the year of knowledge and skill filled version. She mentioned about UNESCO life skill

Mr. Joel Mukwedeza from Ontario, Canada expressed views on world curriculum and gathered commentaries of important persons on SDG. VU History based information was a also shared.

Participant feedback- highly impacted and improved the level of knowledge around sustainable development through life skill education

Key takeaways- Create life skills and quality education into the revised version of curriculum for SDG

Future implications- Planned to adopt a curriculum world providing various slots of sustainability



INVITED LECTURE

DRIVERS OF ADOLESCENT SEXUAL REPRODUCTION HEALTH RISK: IMPERATIVE OF LIFE SKILLS EDUCATION AS MITIGATIONS

Date: 5-01-2024

Time: 9.30 am to 11 am

Venue: Seminar Hall, MTTC

Keynote Speaker: Dr. M.K.C Nair, Former President IAP and Former VC, Kerala University of Health Sciences

The invited lecture started at 9.30 am. Prof. Dr. Joju John introduced the keynote speaker Dr. M. K. C Nair to the audience. After that the keynote speaker started his lecture on the topic “**Adolescent Reproductive Health**”. He gave an idea about Teen Clubs. He started his session by asking some questions to the audience. He expressed his regarding adolescent reproductive health and also discussed family life and life skill education for adolescents. He emphasized the importance of menstrual hygiene practices and also gave information about PCOS. At last, he discussed with the audience about the topic and clarified their doubts. The session was very interactive and informative.

At the end of the session, a memento was given to the keynote speaker by Sri. Jiji Thomson IAS.



NGO CONCLAVE

LIFE SKILLS EDUCATION FOR SOCIAL EMPOWERMENT AND INCLUSION

-

Date : **05/01/2024**

Time : **11.15am – 2.15pm**

Venue : **Auditorium**

Objectives of the workshop:

1. To interpret Life skill education as a tool for social empowerment.
2. To integrate Life skill education with inclusive education in schools.

Key speakers and facilitators:

Moderator:

Prof. A. K. Mohan, *Dean, School of Social Sciences, Central University of Kerala*

Panelists:

1. **Sri. Jiji Thomson IAS** (Retd) *Former Chief Secretary, Govt of Kerala; Managing director Bharat Bhavika Foundation, Trivandrum.*
2. **Dr. Pramila Thapa, Associate** *professor and founder of Life Skills Education Institutes, Nepal.*
3. **Ms. Nirosika Karawdeniya**, *Pre-school teacher, counsellor, Emotional Intelligence and Life Skills Training team, Sri Lanka.*
4. **Dr. Nilesh Patel**, *Family Planning Association of India*
5. **Ms. Rama Bhide**, *Secretary, Indian association of life skills education, Founder Director, Alpha school of life skills, Mumbai.*
6. **Richa Tyagi & Anamika Viswanath**, *Miracle Foundation India*
7. **Snehal Shah**, *Research and impact specialist Quest Alliance, Bangalore.*
8. **Mr. S. Jyothis Chandran**, *Chairman and Managing director of Jyothis Educational Charitable Trust, Trivandrum.*
9. **Mr. Abhilash Nath**, *Livelihood chairman, Center for life skills training, Chennai*

Technical Sessions overview

The moderator of NGO conclave Prof. A K Mohan introduced each panelist and gave 10 minutes for each presentation.

Sri. Jiji Thomson IAS (Retd) pointed about Bhaavika programe, it is a unique student enrichment program of the Bharat Bhaavika Foundation, a company for charitable purpose registered under section 8 of the Indian Companies Act 2013. The vision of the Bhaavika program is to create a supportive and empowering student community where they have access to mentorship, guidance and resources to help them achieve their full potential by fostering higher order thinking skills, cultural adaptability and social and emotional skills.

Bhaavika broadcast 15 minutes pre-recorded classes on various subjects including life skills, communicative English and general awareness from Monday to Friday. Assessments are conducted for these classes. Additionally, they offer career guidance, including the academic year with a camp to enhance student skills through activity-based learning.

Dr. Nilesh Patel explained about Family Planning Association of India (FPA India) established in 1949 by Dhanvanthi Rama Rau the organization has 40 local branches across the country that promote sexual health and family planning. FPA has the headquarters at Mumbai, and they focus on women, children, young and adolescents. FPA India also gave importance to critical thinking, problem solving and interpersonal skills.

Dr. Pramila Tapa described about Life skill education institutes of Nepal and their aims. They use life skills for future development as long-term goal. Life skill education should have utilitarian values and practical applications. Dr. Pramila Tapa also pointed that, Nepal is a Hindu nation so religious considerations have some influences on life skill education.

Mr. S. Jyothis Chandran pointed about the functions and aims of Jyothis Educational and charitable trust. Life skills are the essentials for productive education and survival. So, self-realization is very important for students.

Ms. Nirosika Karawdeniya explained about the life skill training in Sri Lanka. They focus on Emotional Intelligence in theoretical and practical aspects. They provide campaigns, insight research and productive development workshops with the vision 'Healthy society with emotional intelligence and Gender equality'. The aim the training team is to build 100% free EI and life skills training centers.

Ms. Rama Bhide described about Alpha school of life skills Mumbai and its activities. They follow practical curriculum and implementation of these skills through daily life activities. The need and interest of learner is very important and a good curriculum expects life skill education. Parents have an important role in the development of life skills among their child and they prefer flipped classroom model. Alpha school of life skills conducted workshop on self-awareness among school students and it made remarkable positive changes in their personality.

Ms. Richa Tyagi & Ms. Anamika Viswanath represented Miracle Foundation India was born on Mother's Day 2000. It is a non-profit organization for vulnerable children, that helps orphans and foster children find a safe, stable, and permanent family. They also provide life skills education to enhance emotional maturity and decision



making. Snehal Shah pointed about the NGO- working for education, Quest Alliance, a nonprofit organization based on Bangalore in 2008, that equips young people with 21st century skills by enabling self-learning. They have youth programs and school program with Ed tech innovations through Quest app.

Mr. Abhilash Nath explained about the Centre for life skills training, Chennai founded in 2014. CLSL provides life skill training to young people, parents and

students. After each session, audience got an opportunity to interact with panelists. Prof. Dr. V Reghu asked a question to Sri. Jiji Thomson and he gave the suitable answers. Other people also asked their doubts to the panelists for more clarification and further information. They also provide suggestions. Prof. A K Mohan moderated the session very well.

Interactivity and Engagement

After the completion of each talk the audience and panelists clarified their doubts and had a Question-Answer session. There was also enhancing participant engagement and learning.

Key takeaways

The participants gained enough knowledge; they were completely interested in the whole session. They had various questions to ask, but as of time limits few participants were only able to ask questions to the moderator and the panelists.

Future implications

At the end of the session Prof. A K Mohan concluded that Life skills have many implications in the education field, we should encourage practical curriculum rather than theoretical ones. Life skill training starts from home, where parents use to give lot of inputs to the children. Training can be given through various modes like face-to-face sessions, online, zoom and workshops. Flipped classroom model is very effective for life skill training.

PANEL DISCUSSION III

FOSTERING SELF RELIANCE AND EMPLOYABILITY THROUGH LIFESKILLS

Date: **05/01/2024**

Time: **2.30-4.00pm**

Venue: MTTC **Auditorium**

Moderator: Dr Sajeew Nair, CEO and managing director of ASSET and CHRS (former senior vice president -Reliance industry Ltd. Mumbai)

Panelists:

Dr. K Elangovan IAS

Prof. Dr.TG Saji

Dr. Sudheer Kumar Kapoor

V.Manogaran

Session overview: It was an exciting and informative session, filled with insights and valuable knowledge that enhanced self-reliance and employability through life skills. The moderator, Dr. Sajeev Nair, invited all the other symposium speakers to share their contributions to the subject. Imminent personalities from different regions, such as Dr. K. Ellangovan (IAS), Prof. Dr. T.G. Saji, Dr. Sudheer Kumar Kapoor, and V. Manogaran, participated.

Highlights- The key element of this panel session was the presence and ideas from these key speakers. Dr.K Ellangovan shared insights on hard skills and soft skills. Then he pointed out the replacement of IQ. Dr Saji mainly focused on review around life skill education and UPK (under pinning knowledge). Dr. Manogaran Sri Lanka pointed out the digital literacy. Dr Sudheer Kumar Kapoor highlighted on the context of core of life skills and JCP (job competency profile). then this discussion ended with question-and-answer session.



Participant feedback- highly impacted and improved the level of knowledge around employability and self-reliance through life skill education

Key takeaways- Create life skills and quality education

REPORT

The panel session “fostering self-reliance and employability through life skill”, organized by IALSE and Mar Theophilus Training College, covered various aspects. Afternoon of 05-01-2024, a session from 2.30PM TO 4:00PM was unfolded.

The session was moderated by Dr. Sajeev Nair focused into “fostering self-reliance and employability through life skills”. The panel opened crucial aspects including planning, enhancing and improving life skill for the self-reliance and employability.



Dr K Ellangovan shared insights on two kinds of life skills mainly soft skills and hard skills. Then he explained EQ in terms of integrity, teamwork & relationship management. Dr.TG Saji mainly focused on review around life skill education and also under pinning knowledge. Dr. V Manogaran, Sri Lanka pointed out the Digital literacy. Dr. Sudheer Kumar Kapoor explained the adaptive life skills and job competency profile, assessments, training system, personality



The session culminated in a question and answer, members were actively participated and enhanced the knowledge related to self-reliance and employability through life skills to the audience. Gratitude to the speaker and participants for active engagement and involvement.

PANEL DISCUSSION IV

REPORT ON ENVIRONMENT AND LIFE SKILLS EDUCATION- SUSTAINABLE PRACTICES

Objective of the Workshop:

To impart knowledge on sustainable practices through environment and life skills education.

Key Speakers and Facilitators:

Moderator:

Prof. (Dr.) Bindu R L, *Professor, Department of Education, University of Kerala*

Speakers:

Prof. (Dr.) Maya S, *Professor, Mar Theophilus Training College, Nalanchira, Thiruvananthapuram*

Dr. Sowjanya Sree K, *Assistant Professor; Central University of Kerala*

Session overview:

This session on Environment and Life Skills Education – Sustainable Practices aims to provide participants with a holistic understanding of the interconnection between environmental stewardship and essential life skills. Through engaging discussions and practical insights, Prof. Bindu RL, Prof. Maya S and Dr. Soujanyasree session explored sustainable practices, equipping individuals with

the knowledge and skills necessary to make informed decisions, promote environmental responsibility, and lead a more sustainable lifestyle. Topics covered include eco-friendly habits, responsible consumption, waste management, and the development of essential life skills for a balanced and sustainable future.

Interactivity and engagement:

During the session on "Environment and Life Skills Education – Sustainable Practices," a dynamic atmosphere of interactivity and engagement unfolded as the panelists actively exchanged ideas, shared personal experiences, and collaborated on practical strategies to integrate sustainable practices into their daily lives. Interactive discussions and real-life case studies captivated the audience, fostering a deeper understanding of the subject and promoting a sense of shared responsibility towards environmental sustainability. Through engaging methodologies, the session successfully encouraged active participation, ensuring that participants left with not only theoretical knowledge but also a commitment to applying sustainable practices in their own contexts.

Participant feedback:

The participants congratulated the speakers for their valuable and thought evoking ideas. They raised a thought that the depletion of resources is beyond our control and it takes an immense amount of time to resolve the current issues. Change lies within ourselves and one must start to change now rather than later. Nature cannot be predicted so there require practices that are research based to prove the theory.

Key takeaways:

1. Holistic Education Integration: Prof. Bindu RL highlights the importance of integrating environmental and life skills education into mainstream curricula for a holistic approach to sustainable practices.
2. Empowerment Through Knowledge: Emphasized that educating individuals on sustainable practices empowers them to make informed decisions that positively impact the environment.
3. Behavioral Shift: Acknowledged the need for fostering a behavioral shift by instilling life skills that promote responsible and sustainable actions in various aspects of life.
4. Cross-Sector Collaboration: Dr. Soujanya Sree Highlighted the significance of collaborative efforts involving educational institutions, communities, and government bodies to effectively implement and promote sustainable practices.
5. Cultivation of Critical Thinking: Prof. Maya S, emphasized the role of education in cultivating critical thinking skills to address complex environmental challenges and encourage innovative, sustainable solutions.

6. Lifelong Learning: Stressed the importance of continuous learning in environmental and life skills to adapt to evolving challenges and stay committed to sustainable practices throughout one's life.

7. Community Engagement: Recognized the impact of community engagement in fostering a sense of responsibility and shared commitment to sustainable practices, creating a ripple effect within society.

8. Global Perspective: Underlined the need for providing an education that imparts a global perspective, enabling individuals to understand the interconnectedness of environmental issues and the importance of collective action on a global scale.



Future Implications:

The practice of change must start from one's home. One can decide to not waste food and water.

THINK TANK

EMPOWERING THE DISABLED, THE LIFE SKILLS WAY

Key Speakers and Facilitators:

Moderator:

Prof. Shekhar Seshadri, *Formal Director, NIMHANS, Bangalore*

Speakers:

Justice S.H. Panchapakesan, *State Disability Commissioner, Kerala*

Prof. Baby Shari, *Nutritionist, consultant, Emotional Intelligence and life skills training team, Sri Lanka.*

Prof. Dr. Asha. J.V, *Professor & Head of the Department, School of Pedagogical Sciences, Mahatma Gandhi University, Kottayam.*

Dr. Anne Varghese, *Head and Associate Professor, Department of Psychology and Allied Services, NISH.*

Mr. Jomi John, *Advisory Board Member- All Kerala Wheel Chair Rights Federation, DPO.*

Dr. Shivakumar, *Asst Prof, Department of Education, Central University of Kerala.*

Session Overview:

Objective of the Workshop is Empowering the disabled through life skills and unleashing the potential of differently abled.

The session "Empowering the Disabled: The Life Skills Way" aimed to foster a deeper understanding of the challenges faced by individuals with disabilities and explore how life skills can empower them. The discussion delved into various aspects, including the importance of inclusive education, adaptive technology, employment opportunities, and the role of support networks. Speakers highlighted the significance of cultivating resilience, adaptability, and self-advocacy among the disabled community, emphasizing the transformative impact of life skills in enhancing independence and societal integration. Attendees were encouraged to embrace diversity, challenge stigmas, and promote inclusivity to create a more equitable and supportive environment for individuals with disabilities.

Interactivity and Engagement:

The panelists engaging in a deep dialogue, sharing their diverse perspectives and experiences related to empowering individuals with disabilities. The discussion could delve into personal anecdotes, professional insights, and collaborative brainstorming sessions



among the panelists. By fostering an environment where panelists actively listen, respond, and build upon each other's ideas, the session can maintain engagement and generate comprehensive insights. Additionally, the session could include a structured approach such as alternating between panelists to present their viewpoints or participating in a roundtable discussion format, ensuring an engaging and informative exchange solely among the experts present. This focused interaction among the panelists can still yield valuable insights and recommendations for empowering the disabled community through life skills, despite the absence of a broader audience.

Participant feedback:

The participant feedback following the panel discussion on "Empowering the Disabled: The Life Skills Way" highlighted the session's profound impact. Panelists unanimously expressed appreciation for the depth of dialogue and the diverse perspectives shared among the experts. They commended the discussion for its focused exploration of real-life experiences, which provided valuable

insights into empowering individuals with disabilities. Moreover, panelists appreciated the in-depth exploration of life skills and their practical applications in enhancing the lives of the disabled community. Their feedback emphasized the session's effectiveness in fostering collaborative discussions and generating innovative ideas, underscoring the importance of continuing such conversations to drive meaningful change and empowerment for individuals with disabilities.

Key takeaways:

1. **Inclusive Education is Fundamental:** Panelists stressed the importance of inclusive education to nurture an environment where individuals with disabilities can thrive by acquiring essential life skills alongside their peers.
2. **Empowerment through Adaptive Technology:** The discussion highlighted the transformative impact of adaptive technology in enabling independence and fostering inclusion, emphasizing the need for accessible technological solutions.
3. **Employment Opportunities and Accessibility:** Creating accessible employment opportunities emerged as a crucial factor in empowering individuals with disabilities, emphasizing the need for inclusive workplaces and supportive policies.
4. **Support Networks and Advocacy:** Building robust support networks and fostering self-advocacy skills within the disabled community were identified as vital components for empowerment, emphasizing the role of allies in promoting inclusivity.
5. **Life Skills for Independence:** The cultivation of life skills such as resilience, adaptability, and self-advocacy emerged as essential tools in promoting independence and societal integration for individuals with disabilities.
6. **Challenging Stigmas and Promoting Inclusivity:** Addressing societal stigmas, encouraging diverse perspectives, and promoting inclusivity emerged as key strategies to create an equitable environment for individuals with disabilities.

These takeaways underscored the importance of a multi-faceted approach, combining education, technology, employment opportunities, support networks, and advocacy to empower individuals with disabilities through life skills.

Future Implication:

Our actions as a society determine the destiny of individuals with disabilities. How we choose to include, support, and provide opportunities for them shapes their future. By offering inclusive education, accessible technology, fair job opportunities, and fostering supportive communities, we influence the path of empowerment for people with disabilities. Society's decisions either create barriers or remove them, perpetuate stereotypes or challenge them, and either isolate or include. This discussion highlights that the destiny of individuals with disabilities is in our hands as a collective, dependent on our choices to promote inclusivity and empower through life skills.

THEMATIC PAPER PRESENTATION

Time: 4:00 p.m. - 6:30 p.m.

Thematic paper presentations were held at three venues at English, Malayalam and Physical science studios. Almost 104 presentations were done regarding life skills. Different delegates presented their papers. Both online and offline presentations were there. List of participants is presented in the appendix.



VENUE – 05 (04-01-2024)

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VENUE – 06 (04-01-2024)

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19	SHAFINA S	The Role of Life Skills In Empowering Adolescents To Prevent And Respond To Violence

VENUE – 05 (05-01-2024)

Panelist:

Dr. Bindu B, Ms. Jyotsna

SI No	NAME	TITLE
20	VELUSAMY MANOGARAN	"Harmonizing Emotional Intelligence, Life Skills, and Sales Proficiency: A Comprehensive Strategy for Elevating Life Insurance Agents' Performance in Sri Lanka"
21	AYISHA S H, ASHA P KURIAKOSE	Developing Life Skills Through Direct Social Work Interventions: Transformative Experiences of Children of Mannan Tribe

22	REVATHY KRISHNA R	Life Skill Education In Kerala School Syllabus: Opinion Of Teachers
23	ANAGHA AJI	Empowering Women: Navigating Life's Challenges and Triumphs
24	BETCY BOSE, ANJU ALEX	"Empowering Futures: Unveiling the Significance of Entrepreneurship and Life Skill Attainment in School Education"

Venue – 06 (05-01-2024)

Panelist: Dr. Rashmy S, Ms. Sapna

SI No	NAME	TITLE
25	ADARSH V.S	Significance Of Life Skill Education in Indian Educational System
26	ANU C UNNI	Empowering Future Educators: Integrating Life Skills Education to Bridge the Digital Divide in Prospective Teachers.
27	ATHENA D	Bridging the Digital Divide through Life Skill Education
28	KANISHCA S	The relationship between Fear of Happiness and Perceived Happiness among male and female young adults.
29	MANOJ KUMAR DEWTWAL	SRES as an Intervention Strategy derived from the Indian Knowledge System for promoting Life Skills Education
30	SALMA P	Negotiation Skill as A Key Determinant in Intra-Household Bargaining for Equity and Role Performance: A Comparative Study Among Joint, Nuclear, And Neutron Family
31	SHAMSUN MUBEEN S	The relationship between Social Media Addiction and Procrastination among Young Adults

32	UMA BHARTI	Life Skills Education As A Tool For Mitigation And Preparedness Against Calamities: An Exploration In The Context Of Kerala's Emergencies
33	ISURU RANAWEERA	Game-Changer for Change: A Gamified Approach to Revolutionize Waste Management Education
34	WEERASANGILIGE RASIKA MANOHARI	Enhancing Emotional Intelligence and Life Skills through Psychological Counselling Approaches Among University Students
35	KRISHNAKUMAR C	Adolescence Reproductive Health and Their Everyday Life
36	UPASNA ROY	Fostering Life skill to ordinate peace building and Compassion among pre-service teachers
37	CYNTHIYA NILUXSHINI ROBINSON	"The Impact of Yoga on Life Skills Improvement: A Comprehensive Exploration"

VENUE – 07 (05-01-2024)

Panellist: Dr. Deepthi Elizabeth Mathew

Ms. Sanila Manoj

Ms. Smrithi S Pillai

SI No	NAME	TITLE
38	ANURANJ K K	The Impact of Life skills Education on Social Integration among Transgender Individuals: Study on the Importance and Effectiveness of Empowering Life Skills for Enhanced Well-being and Community Inclusion
39	DEEPA S	GAINING STEM: REAL LIFE SKILLS IN SCIENCE, TECHNOLOGY, ENGINEERING AND MATHEMATICS
40	PRITAM PRASUN	Life Skills: Improving perceived self-efficacy and resilience among children separated from families.

41	SOORYA NARAYANAN	Gamified Learning as a Catalyzer on Students Thinking Skills: A Reverberation on Research Trajectory
42	YAMINI	Interpersonal communication and decision making among young adults
43	SHIJI REJI	Fostering Life Skills In Students Through Strategies Using Music And Art
44	RANGANI NIROSHIKA KARAWDENIYA	Role of Emotional Intelligence and life skills in effective preschool education
45	MERINA SABU	Importance Of Integrating Life Skills Education For Informed And Healthy Reproductive Choices Among Adolescents
46	LEENA S N	Significance of mindfulness meditation in inculcating the skill of coping with stress for nurturing mental well-being of students
47	JOSNA JOSE, ELIAMMA JINCY M.A.	A Framework Rooted in Biblical context for Developing Essential Life Skills to Foster Human Rights, Social Harmony, Peace, and Compassion.

VENUE – 03 (05-01-2024)

LINK - <https://meet.google.com/zpq-dppo-xrk>

Panelist: Dr. Jayakrishna; Mr. Rakesh Sharma

Sl No	NAME	TITLE
48	HUMAIRAH KHATOON	Exploring Teacher Trainees' Views on the Development of 21st Century Life Skills in Undergraduate Education Program
49	LK LALBIAKFELI	Life Skills for Informed Choices: Adolescents and Reproductive Health
50	NABIN LAMICHHANE	Emotional Intelligence of Teaching Faculty in a Health Science Institutes Affiliated with Purbanchal University in Nepal
51	POOJA BAHETI	Study of Self-esteem in female AYAs- I've Got My own back!
52	RAHUL KUMAR SAHU	Aligning Life Skills development with Educational Goals: NEP 2020, Project-Based Learning and Peer Assessment in PBL
53	Dr REMITHA P	Information Literacy as a Life Skill: A Point to Ponder

54	SHIVANI PIMPARKAR	Can good self-esteem be- A protective factor to deal with exam anxiety – an assessment among school children of Vadodara city, Gujarat India
55	V. SASI KALA	Impact of Life skills Education on the Level of Life skills Among Adolescents
56	Dr AMITA TUKARAM HALDANKAR	A Comprehensive Study of Life Satisfaction among Teacher Educators in Schools of Vikhroli, Mumbai, and its Correlation with Teaching Effectiveness
57	SANDRA RAJEEVAN	Evaluating the impact of life skills training on sexual and reproductive health in adolescents
58	Dr KADEEJA SANAM K P	Integrating life skills education in curriculum for systemic change: when?
59	DOLLY ROSE	Need Analysis of the implementation of Life skills in schools after the pandemic times
60	KASTHURI P K	Adaptive problem-solving strategies depicted in Panchatantra
61	ANKITA SHUKLA	The impact of life skills awareness and Yoga practice on Physical health and Mental Wellbeing among post graduate students: A Comparative study between yoga Practitioners and non-Yoga Practitioners
62	SIDHARTH. P	Exploring Employability awareness and Communication Skills: A comparative study of Keralites and non – Keralites in Central University of Kerala
63	BHUMIKA PUDASAINI	Level of Emotional Intelligence of high School Students in Selected Government Schools of Gorkha District
64	JIBIN DOMINIC	Device – Induced Learning Gaps: Examining the differential impact of Laptop and mobile phone usage on the learning profile of B.Ed. students
65	Dr SHIVANI KATARA	Life skills of informed choices: Adolescent Health

VENUE – 08 (05-01-2024)

Panellist: Mrs. Shiney Jacob

Ms. Anju C K

Sl No	NAME	TITLE
66	ANJU P	A Holistic Framework for Life Skills Education for Individuals with Disabilities in Alignment with NEP 2020
67	ARYA S	Empowering generations; life skill education for all.
68	JANET P BABU	A comparative study of life skill acquisition among secondary school students in coeducational and

		segregationally classroom setting in Trivandrum District
69	LAVANYA AV	A study on Family Functioning, self-esteem, and emotional intelligence
70	NAVYA J	The Significance Of Life skills As An Instrument To Foster Gender Equality And Social Inclusivity
71	SARUMATHI B	The procrastination and Marital Satisfaction among Married Women
72	SURAJ SHANKAR JADHAV	The Relevance of Life Skills for Women in Disaster Prone Areas
73	DR TONEY JOSE	Effect Of Yoga Programme On Health Well Being
74	PRASAD JAYASINGHE	"Empowering Minds, Building Resilience: Life Skills and Emotional Intelligence in Cult Prevention"
75	VINESH VIJAYAN	Importance of Lifeskill Education in the Digital Era
76	SHIYANGSHA S	Need and Importance of Life Skills and Yoga for Health and Wellbeing
77	OP FOUSIYA	Communication Styles In Interpersonal Relationships: A Cross-Cultural Analysis Of Indian And Canadian Students
78	SANILA MANOJ	Life Skills Education for Bridging the Digital Divide Among Students

VENUE - 02 (05-01-2024)

LINK - <https://meet.google.com/euz-cbxd-mmv>

Panelist: Dr. Anju; Mrs. Meekha Suraj Koshi

Sl No	NAME	TITLE
79	AKSHATA SAMANT	Debates- A Powerful Tool to Hone Comprehensive Life Skills in Higher Education
80	KESUIHAK & ALOKA ASSUMI	An Analysis of Life Skills Education in Secondary Schools of Nagaland
81	ANJUM PANNA	Turning screens into windows to the world - Film Media & Literacy

82	BEENA P	Effect of life skill education on academic achievement self-concept and emotional competence of minority adolescent
83	Dr BINDU T V	"Exploring the Resilience of Higher Secondary Students: Essential role of Praxis -Oriented Life Skills Centeredness"
84	GOPIKA V. S & HARITHA	Role of Life Skill Education In Enhancing Human Rights & Social Harmony
85	MUTHUSELVI A	Leadership and Social Well-being: Dasakumaracarita's Perspectives
86	SAMIM SULTANA	Need of Life Skill Education to Promote Gender Equality
87	B SAI SOUJANYA KUMARI	Exploring Life Skill Development Patterns Among Secondary School Students: A Comprehensive Survey
88	ANNIE R B	A study on the significance of life skill education among adolescents



DAY 3 - CONFERENCE

Symposium -III (Integrating and Mapping Life Skills in School and Higher Education Curriculum) And Brainstorming (implementation Strategy for UGC Module on Life Skills Education)

Day 3 : 06-01-2024

VENUE : MTTC AUDITORIUM

TIME : 9:30 a.m. - 11:20a.m.

Moderator: Prof. V. Reghu (Former Controller of Examinations, Rajiv Gandhi National Institute of Youth Development, Chennai)

Panelists:

1. **Dr. A Radhakrishnan Nair**, *Founder President Of IALSE*
2. **Prof. Jayaprakash R.K.**, *DIRECTOR state council of educational research and training, vidya bhavan Thiruvananthapuram*
3. **Prof. Dr. M N Mohamedunni Alias Musthafa** Professor and head department of education, Director, ESNCLSE, Central university of Kerala, President, IALSE)
4. **Ms. W. Rasika Manohari**, *Consultant, trainer, emotional intelligence and life skills training team, Sri Lanka*
5. **Dr. N. Johnson**, *Head, department of lifelong learning, Alagappa University Karaikudi, Tamil Nadu*

The symposium III (integrating and mapping life skills in school and higher education curriculum) and brainstorming (implementation strategy for UGC module on life skills education) organized by IALSE and Mar Theophilus Training College, was held on 06-01-2024 from 09:30 am to 11.20 am. The session was moderated by Dr. V. Reghu. Sir introduce all the panelists to the audience. The discussion mainly focused on integrating life skills in the school curriculum. Later he stated that the present curriculum is overloaded, and the least importance is given to life skill training. In this scenario, the relevance of life skill training in school curriculum seems to be very important.



The session was started by the talk of Dr. A Radhakrishnan Nair. He mainly focused upon two main thoughts- how we can integrate life skills in school curriculum and what we can do to implement life skill education in higher education. He stated that for a successful life skill education, it is important to identify “WHERE” and “HOW” to implement it. He claimed that firstly we have to map our curriculum in such a way that the concepts of life skills can be delivered to children. He explained it using a real-life example.



Following Dr. A Radhakrishnan's insightful presentation, Prof. Jayaprakash R.K shared his thoughts on life skill education and the ongoing process of curricular revision process in the State of Kerala. He stated that as part of curriculum revision the central government asked the state government and respective SCERTs to form respective state curriculum frameworks which mainly focused on areas like pre-primary education, School education, adult and continuing education. He stated that co-curricular activities are not merely extra-curricular activities, and they have their own importance.

Later Dr. MN Mohamedunni Alias Musthafa shared his thoughts. He mainly emphasized the evaluation process. And also said that Evaluation should be life centered not life oriented. He shared an anecdote related to the same. As a concluding statement, he asserted that life skills are simple and also complicated. Later the session was handled by Ms. W. Rasika Manohari, educational expert from SriLanka. She shared her thoughts focusing on integrating and mapping life skills in school and higher education curriculum. History of SriLankan education system was explained. She said that life skill is not just a theory and gave importance to its practical aspect. She also emphasized upon the areas like rethinking the curriculum, integrating life skills with respect to real world experience. Later she explained about curriculum mapping



Later Dr. N. Johnson explained how we can integrate life skill education. Also stated the suggestions of NEP on integrating life skills. He shared that the motive of life skill education is to live in a harmonious environment, to create healthy situations. Life skills should involve rejuvenating all the aspects of life skills. He concluded his talk by emphasizing the fast-growing technology and media.

Panel Discussion V - Life Skills for Human Rights, Citizenship, and Social Harmony

Day 3: January 6, 2024

Venue: MTTC Seminar Hall

Time : 9:30 AM - 11:15 AM

Moderator:

- Prof. Suman Kumar, *Dept. of Political Science, Delhi*

Panelists:

1. **Dr. Suju C Joseph**, *Head of the Department of Chemistry, Mar Ivanios College*
2. **Mr. Andrew Michael**, *Assistant Professor, Loyola College of Social Sciences, Thiruvananthapuram*
3. **Mr George Verghese, Former Deputy Director, NYKS, Govt of India, New Delhi**

The panel discussion Life Skill for Human Rights, Citizenship and Social Harmony starts at 9:30 Am. The Comparing was done by Navya and prayer by Athena. Priyanka P. S. welcomed the moderator and panelists to the panel discussion. Moderator was Prof. Suman Kumar, Department of Political Science. The moderator introduces the panelists, and guides the discussion on life skills for human rights, citizenship, and social harmony. The moderator allotted 20 minutes for each panelist.



Panelist 1

George Verghese ignited a discussion on the transformative power of art in nurturing life skills for children. He emphasized that fine arts transcends mere aesthetics, serving as a potent tool for self-expression and skill development. Art, he argued, equips children with crucial abilities to navigate life's complexities.

Verghese delved into the ingredients of art, exploring the meaning of colors, diverse art forms, color mixing, and painting themes. He highlighted how art classes empower children to make choices about colors, shapes, and materials, fostering valuable decision-making abilities. Through art, children develop keen observation skills, identifying patterns, analyzing situations, and creatively problem-solving. Concluding his inspiring talk, Verghese underscored the role of art in stimulating visual learning, fostering perseverance and patience, and offering practical applications across various aspects of life. Prof. Suman, the moderator, resonated with this notion, citing color mixing as a ubiquitous example. Engaging contributions from other delegates further enriched the discussion.



Panelist 2

Dr. Suju C. Joseph captivated participants with a powerful opening story, followed by thought-provoking questions that encouraged empathy, a crucial life skill. He championed the importance of balancing “hard skills” with “soft skills,” emphasizing the impact of effective communication in our daily lives.

Dr. Joseph further stressed the importance of nurturing passion for others, underscoring its contribution to personal and professional success. He concluded by reiterating the transformative power of life skills in leading fulfilling lives. The session resonated with the audience, as evidenced by Prof. Suman’s confirmation of the relevance of life skills in daily life and the insightful contributions of other delegates. The engaging discussion solidified the importance of fostering these essential skills for individual and collective well-being.



Panelist 3

Mr. Andrew Michel delivered a powerful session on the crucial role of life skills in human rights advocacy. He opened with a quote by Mother Teresa, stressing that human rights are not a government-granted privilege but an inherent entitlement. He asserted that cultivating life skills like communication, critical thinking, and empathy empower individuals to navigate life’s complexities and champion human rights effectively.

Michel emphasized that human rights are the bedrock of dignity, equality, and justice for all. He underscored the importance of life skills in promoting and protecting these fundamental rights. By developing these skills, individuals can become vocal advocates for themselves and others, fostering cultural understanding and safeguarding the rights of all.

Recognizing the crucial role of education in empowering individuals, Michel urged the need for comprehensive human rights education. Professor Suman echoed this sentiment, concluding the session by highlighting its significance. The engaging discussion among delegates allowed for further exploration of key points, summarized by Professor Suman.



To honor the panelists, Dr. Shekhar Seshadri presented mementos. Overall, the session provided insightful and enriching information on the transformative power of life skills in human rights advocacy.

Focus Panel Discussion: Life Skills in Teacher Education system

Day 3 : **January 6, 2024**

Venue : MTTC Auditorium

Time : 11:40 AM - 1.00 PM

Moderator:

Prof. Dr. V Reghu, *Director, M.Ed. Department Mar Theophilus Training College. Former Dean & Controller of exams, RGNIYD, Govt.of.India*

Panelists:

Dr. Chandrasekhar Praveen, *Faculty, ITEP, NIT, Calicut*

Dr. Pramod Dinakar, *General secretary, CTEF Kerala Head, School of EGCS, Chinmaya Viswa Vidyapeeth, Ernakulam, Kerala*

Dr. N Johnson, *Head, Department of Lifelong Learning, Alagappa University, Karaikudi, Tamil Nadu.*

Ms. Niroshika Karawdeniya, *Preschool Teacher, Counsellor, Emotional Intelligence and Life skills Training Team, Srilanka.*

Dr. Joju John, *Principal in charge, Mar Theophilus Training College, Nalanchira*

Introduced the topic and emphasized the importance of integrating life skills in teacher education.

Speakers:

Dr. Praveen shared his journey of weaving life skills into the fabric of teacher training. He championed a shift from "me" to "we" in learning, prioritizing empathy as the foundation for critical thinking. His message resonated: life skills must be intentionally mapped into the curriculum for well-rounded educators.

Dr. Dinakar painted a compelling picture of teachers as architects of the future. He stressed the urgent need to equip students for jobs yet to be imagined, casting doubt on the adequacy of current B.Ed. programs. His clarion call was for an education that embraces experiential learning and empowers teachers to translate life skills into real-world action..



Dr. N Johnson focused on the flexibility of life skills, citing examples from the Tamil Nadu teacher education system. He stressed building a strong curriculum that incorporates life skills and mentioned various international researches on life skills in education.

Ms. Niroshika Karawdeniya discussed the role and impact of a teacher and emphasized the need for teachers to be emotionally intelligent, socially aware, and subject experts. She highlighted the importance of teachers being empathetic.

Prof. Dr. Joju John: Shared various anecdotes to illustrate his points and discussed the influence of teachers on the psychological development of students. He argued for the need to change the B.Ed curriculum to focus more on current and critical theories and life skills and highlighted the pressure on student teachers regarding lesson plans and the need for continuous monitoring and training.

Open Discussion:

Participants including Sheh Sheshadri, Upasana Roy, and Sr. Dr. Nirmala Arul IBVM shared observations and raised questions.

Symposium 4: Yoga as a supplementary tool to life skills for personal effectiveness

Dates: 6th January 2024

Time : 11.30 a.m.- 1.00 p.m.

Venue : Seminar Hall, Mar Theophilus Training College

Objective of the Symposium: Yoga as a supplementary tool to life skills for personal effectiveness.

Key Speakers:

1.Ms. Chitra M S, Additional Secretary to Govt of Kerala; Secretary and Registrar, ICFOSS, Swatantra, South Pavilion, Sports Hub Kerala, India.

2.Dr. G Suresh Kumar, Director, Sree Vidyadhi Raja, International Study and Research Centre, Kannanmmoola, Thiruvananthapuram.

3. Ms. Cynthiya Niluxshini Robinson, International Certified Yoga Teacher, Emotional Intelligence and Life Skills Training Team, Sri Lanka.

4. Dr. James T Joseph, Rtd. Associate Professor & Controller of Examinations, Former Principal of Sarvodaya Vidyalaya.

The session was opened by Dr. Sunitha Ranjan, the moderator of the discussion and Master Trainer in Life Skills & Life Coach, Chennai. The theme introduced was “Yoga as a supplementary tool to life skills for personal effectiveness”. Dr. Sunitha Ranjan highlighted the impact of yoga in one’s life, and she made her points clear by stating that yoga holds significant importance in one’s life as it promotes physical well-being, mental clarity and emotional balance.

Ms. Chitra M S, Dr. G Suresh Kumar, Ms. Cynthiya Niluxshini Robinson, Dr. James T Joseph each of the panelists provided unique perspectives on the importance of yoga and showcased it as an essential life skill for personal well-being. The first panelist to share insights was, Dr. James T Joseph, who focused on the theme A scientific approach to pranayama. Dr James emphasized the importance of pranayama in optimizing our body performance. Pranayama is the science of breath, which leads to the creation, distribution and maintenance of vital energy. Dr James concluded his point through showcasing the amount of oxygen required for breaking down various chemical substances in one’s body and the amount of energy released.

Next, Ms. Cynthiya Niluxshini Robinson took the stage to discuss, “Transformative Yoga Journey” through her life story. Ms.Cynthiya explained how yoga helps in reducing ones stress and depression. Ms Cynthia continued the discussion by stating that yoga helps reduce stress by promoting relaxation through deep breathing, mindful movement and meditation.

After Ms.Cynthiya’s fruitful presentation, Dr. G Suresh Kumar led the discussion, focusing on the practical session. He showcased three pranayama and some other asanas to the audience. Later, Ms. Chitra M S highlighted the important points about different asanas like tadasana, vajrasasana, sookshmasana.

After the panelists' presentations and discussions, Dr Sunitha Ranjan opened the floor to the audience for further discussion and invited members to share their opinions and insights. The audience actively participated, offering diverse perspectives on the challenges and opportunities discussed during the Symposium panel. The discussion was marked by a fruitful exchange of ideas,



with audience members contributing valuable insights, asking questions, and engaging in a thoughtful dialogue with the panelists. The interactive session provided a platform for a more comprehensive exploration of yoga as a life skill.

To conclude the event, a formal vote of thanks was extended to all the resource persons, panelists, and attendees for their active participation and contributions.

SATELLITE LIFE SKILLS TRAINING WORKSHOP

5TH JANUARY 2024

Time	Venue	Resource person
10.00 -12.00	Sree VenSathya Sai Arts and Science College, Thonnakkal:	Dr. T. S. Sundaresan Nair
10.00 – 12.00	Mother-India Public School, Keezhattingal	Sree Lankan Team and Jaya Kumar, Pallippuram
2.00 – 4.30 p.m.	Jyothis Centre School, Kazhakkuttam	Dr. Sunitha Ranjan
10.00 – 12.00	Higher Secondary School, Attur, Nagercoil, Chennai	Mr. B. Senthil,

10.00 – 12.00	B.Ed. Training College, Attur, Nagercoil	Mr. Asokan, Nemmara
10.00 – 12.00	Higher Secondary School, Marthandom	Mr. P Y Anil Kumar
10.00 – 12.00	Saraswathy Nursing College, Parasala	Mr. Sudhir Kumar Kapur
10.00 – 12.00	NIMS Nursing College, Neyyattinkara	Ms. Arti Bardhan

VALEDICTORY FUNCTION OF THE 9TH INTERNATIONAL CONFERENCE ON LIFE SKILLS EDUCATION

Date: 06/01/2024

Venue: Mar Baselios Engineering college auditorium

The closing ceremony of the 9th International Conference on Life Skills Education symbolized the conclusion of a fruitful and enlightening event, co-hosted by the Indian Association of Life Skills Education (IALSE) and Mar Theophilus Training College. The culmination ceremony brought together experts, educators, and enthusiasts to exchange insights and discuss advancements in the realm of life skills education, and it was held at the auditorium of Mar Baselios Engineering College.

Invocation: The proceedings began with an invocation by Athena D., setting a spiritual tone for the event and seeking the divine presence to guide the proceedings.

Welcome Address:

Prof. Dr. Maya S., Professor at Mar Theophilus Training College and the organizing secretary of ICLSE 2024, extended a warm welcome to the esteemed guests, dignitaries, delegates, professors, and students in attendance.

Acknowledgments:

Ms. Rama Bhide, Secretary of IALSE and organizing secretary of ICLSE 2024, presented a brief report of the seminar.



Special Guests:

The presence of Prof. K V Thomaskutty, Secretary of Malankara Catholic Colleges, added a blessed dimension to the occasion. Prof. Dr. M. N. Mohamedunni Alias Musthafa, President of IALSE, and Director of ICLSE 2024 addressed the gathering, providing valuable insights.



Guest of Honor:

Prof K C Baiju, Vice Chancellor (in-charge) of Central University of Kerala, addressed the audience as the guest of honor, sharing valuable perspectives on life skills education.



Chief Guest:

The Honorable Minister of External Affairs, Dr. S. Jaishankar, graced the occasion and released the proceedings book. Dr. Jaishankar delivered the valedictory address, emphasizing the importance of life skills education and the role it plays in shaping individuals and communities.

Lifetime Achievement Award:

Dr. S. Jaishankar presented the Lifetime Achievement Award to Dr. Sudhir Kapoor, recognizing his outstanding contributions to the field of life skills education.



Concluding Remarks:

Dr. A. Radhakrishnan Nair, founder President of IALSE and Chairperson of ICLSE 2024, offered concluding remarks, summarizing the key takeaways from the conference

Vote of Thanks:

Prof. Dr. Joju John, Principal of Mar Theophilus Training College and Convener of ICLSE 2024, expressed gratitude to all the eminent personalities, participants, and organizers for their valuable contributions.



National Anthem:

The function concluded with all attendees standing together in solidarity for the national anthem.



Closing Thoughts:

As Vincent Van Gogh once said, "Great things are done by a series of small things brought together." The 9th International Conference on Life Skills Education brought together diverse ideas, fostering brilliance in the pursuit of essential life skills. The program may have concluded, but it only takes a pause, leaving us eagerly awaiting the next chapter of enlightenment and wisdom.

Ms.Rama Bhide
Organising Secretary

Prof. Dr. Maya S.
Organising Secretary

Prof. Dr. M.N. Musthafa
Conference Director

Prof. Dr. Joju John
Convener

Dr. A. Radhakrishnan Nair
Conference Chairperson

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