



INDIAN ASSOCIATION OF LIFE SKILLS EDUCATION &
FAMILY PLANNING ASSOCIATION OF INDIA, KERALA CHAPTER

Jointly Organises the

BOOK RELEASE FUNCTION

Core Life Skills for the 21st Century: A Comprehensive Training Manual Vol I & II

On September 27, 2025, at 11 a.m.
at Visveswaraya Bhavan, The Institution of Engineers India, Kerala State Centre
Opposite Kanakakkunnu Palace, Thiruvananthapuram.



Chief Guest:
Shri. Rajendra Vishwanath Arlekar
Hon'ble Governor of Kerala



Presidential Address:
Shri. V Muraleedharan
*Former Minister of State,
Ministry of External Affairs, Govt. of India*

YOU ARE CORDIALLY INVITED

Dr. A Radhakrishnan Nair
President, IALSE

Dr. G Suresh Kumar
Chairperson, FPAI, Kerala Chapter

Thiruvananthapuram
17th September 2025

Madam/Sir,

Core Life Skills for the 21st Century: A Comprehensive Training Manual is a unique book designed for life skills training and coaching. Covering the 10 Core Life Skills identified by WHO, this manual provides an interactive roadmap for trainers, educators, and practitioners seeking to deliver engaging and impactful learning experiences. It offers comprehensive content, structured facilitator notes, engaging experiential activities, and step-by-step training strategies - all in one resource.

The book is published in two volumes. Volume I includes five modules: Introduction, Self-Awareness, Empathy, Effective Communication, and Interpersonal Relationships. Volume II covers six modules: Critical Thinking, Creative Thinking, Problem Solving, Decision Making, Coping with Emotions, and Coping with Stress. Both volumes share the User Guide and References.

More than just a reference book, this manual serves as a training companion - helping facilitators effectively address theory, practice, and application. This is an essential resource for life skills trainers, educators, or practitioners aiming to improve their sessions.

The manual aligns with the principles of the National Education Policy 2020, which emphasises that education should be transformative and empowering for students.

Notionpress.com, based in Chennai, has published the book.

Shri Rajendra Vishwanath Arlekar, the Hon'ble Governor of Kerala, has graciously agreed to release the book at a ceremony presided over by Shri V. Muraleedharan, former Minister of State for the Ministry of External Affairs, Government of India, in Thiruvananthapuram on 27th September 2025, at 11:00 a.m.

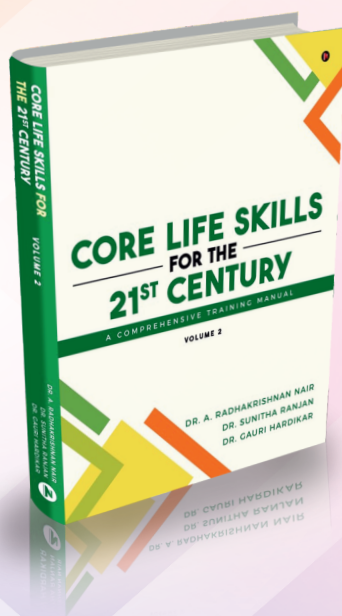
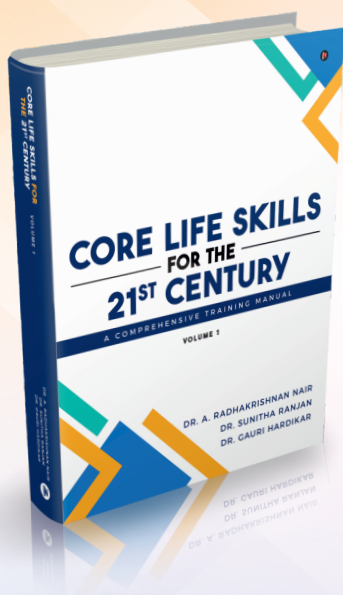
You are cordially invited to the programme.

**Dr. A. Radhakrishnan Nair,
Dr. Sunitha Ranjan, &
Dr. Gauri Hardikar**
(Authors)

PROGRAMME

- 11.00 : **National Anthem**
- 11.03-11.10 : **Welcome Address**
Dr. A. Radhakrishnan Nair, *President, IALSE and First Author*
- 11.10-11.15 : **Introduction of the Books**
Prof. (Dr.) M.K.C. Nair, *Former Vice Chancellor, KUHS*
- 11.15-11.20 : **Release of Books**
By The **Hon'ble Governor of Kerala**
First Volume to be received by **Prof. G. Gopa Kumar**
Second Volume to be received by **Sri. P Vijayan IPS**
- 11.20-11.25 : **Address**
Prof. G. Gopa Kumar
Former Vice Chancellor, Central University of Kerala
- 11.25-11.30 : **Address**
Shri. P. Vijayan IPS, *Additional Director General of Police*
- 11.30-11.35 : **Address**
Dr. Jiji Thomson IAS, *(Retd) Former Chief Secretary, Govt. of Kerala*
- 11.35-11.45 : **Presidential Address**
Shri. V. Muraleedharan *Former Minister of State,
Ministry of External Affairs & Parliamentary Affairs, Govt. of India*
- 11.45- 12.00 : **Chief Guest Address**
Shri. Rajendra Vishwanath Arlekar
The Hon'ble Governor of Kerala
- 12.00 : **National Anthem**

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to buy the books, please scan

