

Report on
The Book Launch of *Core Life Skills for the 21st Century: A Comprehensive Training Manual*

27 September 2025, Thiruvananthapuram, Kerala

The Indian Association of Life Skills Education (IALSE), in collaboration with the Family Planning Association of India (FPAI), Kerala Chapter, organised the formal launch of the book *Core Life Skills for the 21st Century: A Comprehensive Training Manual*, authored by Dr A. Radhakrishnan Nair, Dr Sunitha Ranjan, and Dr Gauri Hardikar. The event took place at Visveswaraya Bhavan, The Institute of Engineers (India), Thiruvananthapuram, Kerala, in the august presence of distinguished dignitaries, guests, and members of the academic community, as well as students from ten reputed colleges and seven schools.



The Hon'ble Governor of Kerala, Shri Rajendra Vishwanath Arlekar, graced the occasion as the Chief Guest and formally released the book volumes.



The proceedings began at 11:30 a.m. with the playing of the National Anthem, followed by a warm welcome address by Dr A. Radhakrishnan Nair, Founder President and President of IALSE. He recounted the journey behind the creation of the book, highlighting over 15 years of research and development that culminated in its publication. Dr Nair also expressed that the authors have dedicated the

volumes to their spouses in gratitude for their unwavering support. Born out of a shared passion for life skills, the book, comprising two volumes, is now available online through Notion Press.

The next item on the agenda was the felicitation of the distinguished guests, where the dignitaries on stage were honoured with the traditional Kerala ‘kasavu’ shawl, an emblem of respect and a symbol of the state’s rich cultural heritage.

Prof. (Dr.) M. K. C. Nair, the Former Vice-Chancellor of KUHS, then introduced the book - Volume I & II, underlining their significance as a valuable resource for educators and practitioners. He also pointed out a gap, noting that the volumes would have been further enriched by the inclusion of field-based research studies demonstrating the effectiveness of life skills education and training, thereby offering readers concrete evidence of its impact in real-world contexts.

Release of the Books



The Governor of Kerala formally released the books, with the first volume received by Prof. Gopa Kumar and the second volume by Dr Jiji Thomson IAS (Retd.). This marked the most significant moment of the morning session, symbolising the collective effort and vision behind the volumes.

This was followed by an insightful address from Prof. G. Gopa Kumar, Former Vice-Chancellor of the Central University of Kerala, who spoke on the crucial role of life skills education in shaping holistic learning within higher education. He highlighted how the National Education Policy (NEP) 2020 places strong emphasis on integrating

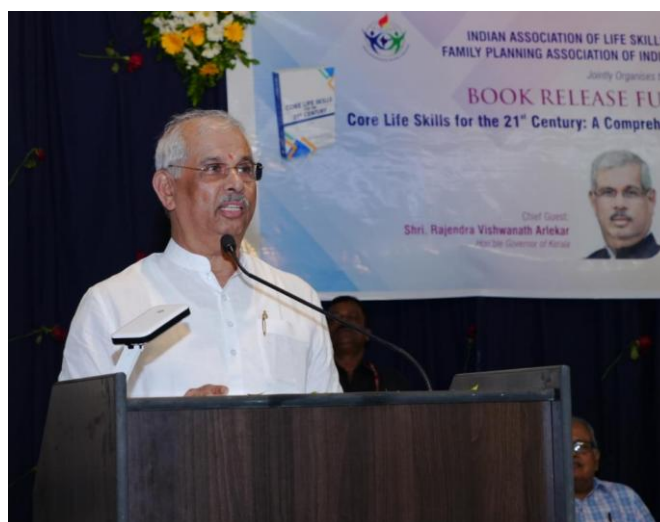
life skills, values, and experiential learning to nurture responsible, self-reliant, and socially conscious citizens. Prof. Gopa Kumar also reflected on the need for universities to move beyond rote learning and foster critical thinking, emotional intelligence, and ethical awareness, qualities essential for building capable and compassionate leaders of tomorrow.

The Presidential Address was delivered by Dr Jiji Thomson, IAS (Retd.), Former Chief Secretary to the Government of Kerala. He emphasised the importance of life skills education in shaping individuals and strengthening society, and enriched his speech with poetry that kept the audience deeply engaged.

The highlight of the event was the Chief Guest Address by the Hon'ble Governor, Shri Rajendra Vishwanath Arlekar, whose inspiring words reinforced the significance of holistic education and social development.

The Honourable Governor of Kerala warmly welcomed the dignitaries and all those present and shared an anecdote illustrating the essence of life skills- 'those abilities and skills that help individuals to become a good human being'. He observed that one can be a good politician or professional only by first being a good human being, as integrity and compassion are the foundations of true excellence.

Appreciating the authors' contribution, he urged reflection on the values we impart to future generations and emphasised the shared responsibility of nurturing children with good habits and moral grounding.



Drawing on India's cultural ideal of 'Vasudhaiva Kutumbakam', the world as one family, he called for renewed attention to our own families, culture, and education systems. The Governor reflected on the nation's rich heritage and the loss of ancient knowledge centres, noting the need to rebuild direction through life skills rooted in cultural

values. Praising the NEP 2020 as a significant step toward decolonising education, he said such efforts, along with books like the Training Manual on Core Life Skills, play a vital role in shaping compassionate, responsible, and humane citizens.

The ceremony concluded at 12:45 p.m. with the playing of the National Anthem, marking the successful launch of the volumes. The event was a remarkable confluence of thought leaders, policymakers, and educators, reaffirming the vital role of life skills education in nation-building.





The event was compered by Ms. Arpitha, who carried out her role with commendable grace and effectiveness.

After the formal release, the gathering dispersed for a lunch break, which also offered participants an opportunity to interact informally and network.

Snapshot of the Book

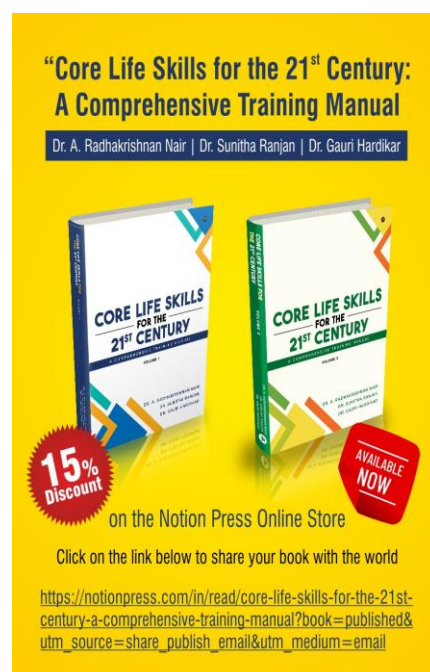
Core Life Skills for the 21st Century: A Comprehensive Training Manual is a unique book designed for life skills training and coaching. Covering the 10 Core Life Skills identified by WHO, this manual provides an interactive roadmap for trainers, educators, and practitioners seeking to deliver engaging 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. For life skills trainers, educators, or practitioners aiming to improve their sessions with structured content and proven methodologies, this is an essential resource.

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.



About the Authors of the Book:

- ◆ Dr A Radhakrishna Nair, President, Indian Association of Life Skills Education, former Head of the Department of Life Skills Education, Rajiv Gandhi National Institute of Youth Development, Tamil Nadu and former Registrar, Central University of Kerala.
- ◆ Dr Sunitha Ranjan, former President of the Indian Association of Life Skills Education, Life Skills Coach and Academic Coordinator, International Hindu University, Florida.
- ◆ Dr Gauri Hardikar, Vice President, Indian Association of Life Skills Education, and Senior Vice President of the World Curriculum and Comparative Education Societies, Geneva.



The books can be purchased by clicking the following link from the Notionpress.com:

<https://notionpress.com/in/read/core-life-skills-for-the-21st-century-a-comprehensive-training-manual>

<https://notionpress.com/in/read/core-life-skills-for-the-21st-century-a-comprehensive-training-manual-1410169535-1410169535>

WORKSHOP ON STRESS MANAGEMENT

27 Sept.2025

The afternoon session was devoted to a two-hour workshop on Stress Management through Life Skills, jointly facilitated by Dr Sunitha Ranjan, Psychologist, Life Skills Expert, and Dr Gauri Hardikar, Consultant and Senior Life Skills Educator. The session began with a brief poll that featured thought-provoking questions about stress and everyday life challenges, encouraging participants to reflect on their own experiences.

The workshop adopted an experiential learning approach, blending interactive activities, discussions, and practical demonstrations. The facilitators created an engaging environment where participants, primarily students who felt encouraged to interact, share, and participate wholeheartedly. The exercises highlighted the importance of self-awareness, coping strategies, and resilience in managing stress effectively.

Key Takeaways:

- ✓ Understanding the concept of stress and distinguishing between internal and external sources.
- ✓ Identifying personal stressors and recognising common causes of stress.
- ✓ Learning about the stages of stress and differentiating between positive stress (eustress) and distress.
- ✓ Recognising early warning signs of stress and their impact on well-being.
- ✓ Developing practical strategies to manage stress in daily life.
- ✓ Exploring stress coping as an essential life skill for emotional balance and resilience.
- ✓ Building self-awareness and adopting healthy coping mechanisms.
- ✓ Appreciating the importance of relaxation, time management, and positive thinking in stress reduction.

Feedback from Participants:

"I really appreciated how the facilitator used simple English language and explained the concepts"

"Use of Malayalam and English helped us" It made the concepts easy to understand and apply in our daily lives.

"The activities were very effective in understanding concept of stress in daily lives and how to cope with it."

“I really loved the session. I will apply this in my daily life”

“The workshop was very interactive. I liked it a lot”

The session concluded on a vibrant note with a group dance that energised and united the participants. This was followed by the distribution of Certificates of Participation to all attendees, marking the successful completion of the workshop at 3:30 p.m.

Participating Schools and Colleges for the Workshop

Name of institution	No. of participants
Aacharya College Of Teacher Education	6
Bethany Navajeevan Vidyalaya	1
Child Development Centre	3
Department of Education/ University of Kerala	5
Govt HSS Elamba	1
Holy Angels HSS	2
Jyothis Central School	35
Hindi Prachar Sabha	10
Mar Ivanios College	15
Mar Theophilus Training College	12
MGM SCHOOL	1
N S S Public School Perunthanni Trivandrum	3
PTM College	35
Shanthiniketan School, Kunnumpuram	1
St Thomas Teachers Training college	19
Swatantra college of nursing	1
Thasiah College of Nursing	1