



# Indian Association of Life Skills Education

Newsletter of IALSE

February 2026

Volume 1 • Issue 1

## President's Message



**Dr. A Radhakrishnan Nair**  
President, IALSE

I am filled with profound gratitude and excitement as I reflect on a year of groundbreaking achievements by the Indian Association of Life Skills Education. Guided by our mission to instil life skills that empower individuals and communities, IALSE delivered transformative programmes that reached over thousands of participants across India. The dedication of IALSE members, along with that of its collaborating agencies, turned challenges into opportunities, aligning perfectly with the National Education Policy (NEP) 2020's vision for holistic development.

During 2025, IALSE signed MOUs with Kalinga Institute of Social Sciences (DU), Kalinga Institute of Industrial Technology (DU), Loretto College, Kolkata, and P T M College of Teacher

Education, Thiruvananthapuram. The members of IALSE have actively participated in international conferences and seminars in Colombo, Sri Lanka and Kathmandu, Nepal, and have developed linkages with various universities in those countries.

At the heart of our endeavours was the flagship Voice of Life

lecture series, featuring luminaries like renowned psychologists and social innovators. During this period, we organised seven online lectures in collaboration with Smt. MMP Shah College of Arts and Sciences, Mumbai, marking significant national and international observance days. These included lectures on the International Day Against Drug Abuse



*The 11th International Conference on Life Skills Education is scheduled for 5 to 7 February 2026. The conference will bring together life skills professionals from diverse domains and the event will open space for deep dialogue, policy reflection and practice-based innovation. This hybrid conference is expected to cater to over 300 delegates from India.*



and Illicit Trafficking by Prof. Dr. Mohanan Kunnummel, Vice Chancellor, Kerala University of Health Sciences; World Population Day by Dr. Rathnamala Desai, President, and Dr. Kalpana Apte, Director General, Family Planning Association of India; Single Working Women's Day by Dr. Sujata Khandekar, Founding Director, Community of Resource Organisations (CORO), Mumbai; World Suicide Prevention Day by Dr. Avinash De Sousa, Consultant Psychiatrist, Director and Founder Trustee, Desousa Foundation; World Mental Health Day by Prof. Dr. Baby Shari, Professor of Psychology, University of Calicut; World Kindness Day by Prof. Vinod Chandra, Principal, Sri Jai Narain Misra Postgraduate College (KKC), Lucknow; and National Youth Day by Prof. Shri Kamlakar Indulkar, Jhunjhunwala College, Mumbai. These lectures collectively inspired participants to reflect on and strengthen essential life skills, including higher-order thinking, resilience, empathy, and ethical decision-making.

Complementing these initiatives, our master classes addressed diverse and contemporary themes, including emotional intelligence, conflict resolution, financial literacy, and digital wellness, engaging students, youth, and professionals alike. Notable sessions included Youth Empowerment Through AI and Digital Skills by Dr. K. Ellangovan, IAS (Retd.), Former Additional Chief Secretary and Managing Director, INKEL Ltd.; Youth Advancing Multilateral Cooperation Through Life Skills, Technology and Partnerships and Voices of Youth by Shri Yogender Chaudhry, IRS (Retd.), Managing Trustee, Public Media Tech Founda-

tion, Delhi, Former Advisor to the Chief Minister of Haryana, and Former Principal Secretary, Sports & Youth Affairs, Government of Haryana, along with five dynamic youth speakers from across India; Partnership for Global Peace Building by Prof. (Dr.) Anoop Swarup, Secretary General, Universities of Asia Pacific, and Chairman, Centre for Global Nonkilling, Hawaii; and Empathy and Compassion as 21st Century Skills to Promote Tolerance by Rev. Prof. (Dr.) M. K. George, General Counsellor and Regional Assistant for South Asia to the Superior General of the Society of Jesus, Rome. Hands-on sessions led by experts sparked real change, with participants applying new skills in daily life, according to feedback.

A cornerstone of 2025 was our NEP 2020 orientation lectures, conducted in collaboration with Loretto College Kolkata and the Centre of Life Skills at Loretto College. The lectures included Life Skills in the NEP Era: Navigating Challenges and Opportunities by Prof. (Dr.) Debashis Bandyopadhyay, Vice Chancellor, Kalinga Institute of Social Sciences (Deemed University); Imbibing International Vocational Education and the Future with Reference to NEP in India by Dr. K. S. Chandrasekar, Vice Chancellor, Cluster University of Jammu; Building Beginnings: Foundations for Early Childhood Education by Ms. Sonali Lahiri, Teacher Educator (Pre/Primary) and Mentor, National Mission for Mentoring, NCTE, New Delhi; Universal Human Values and Life Skills: Reflections on NEP 2020 by Prof. Suman Kumar, Professor, Department of Political Science, Rajdhani College, New

Delhi; and Bridging Education and Employment: Life Skills for a Changing India under NEP 2020 by Dr. Sushu Kadanakuppe, Associate Professor, V. S. Dental College and Hospital, and Life Skills Trainer, Bengaluru.

Empowering the empowerers defined our Trainers' Training Programme in Life Skills, a rigorous 10-module certification course that upskilled the participants. The programme was organised at Loretto College, Kolkata and North East Regional Institute of Education, Shillong. The trainers now lead workshops in underserved areas, multiplying our impact exponentially.

These successes stemmed from stellar collaborations with schools, colleges, and universities across India, with the active support of IALSE life members. Heartfelt thanks to our Executive Committee, collaborators, and every voice that amplified our work.

As we step into 2026, IALSE is poised for greater strides. We envision scaling the Voice of Life digitally, expanding master classes with AI integration, and launching advanced NEP-aligned certifications. Together, we'll cultivate a skilled, compassionate India.

It is the first time that we are publishing a newsletter of our association. I hope that this will motivate our members, collaborators, and all stakeholders to organise more programmes to reach the nook and corner of the nation with our activities promoting life skills education.

Your involvement is our greatest strength. Share your stories, join in upcoming programs, and let's shape a brighter future. ■



## Programmes of IALSE

### 10<sup>th</sup> International Conference on Life Skills Education (ICLSE 2025)



IALSE in collaboration with Nirmala Institute of Education, successfully organised the 10th International Conference on Life Skills Education (ICLSE) on the theme “Life Skills Integrated Learning & Living: Pathways for a Sustainable Future.” Marking a significant milestone, the con-

ference celebrated a decade of ICLSE and was conducted over four days, from 26 February 2025 – 1 March 2025

The Inaugural Ceremony, held at the Durbar Hall, Goa, was graced by His Excellency, the Hon’ble Governor of Goa, Shri Sreedharan Pillai, along with the Vice Chan-

cellor. The Valedictory Program was graced by the presence of Prof. Sunder Dhuri, Registrar, Goa University.

The conference featured 13 diverse sessions, including multiple formats like symposia, panel discussions, invited lecture, think tank, a focus group discussion, an NGO conclave, and a Teen Talk. The sessions addressed a wide range of contemporary and emerging themes such as community empowerment, climate change, inclusion, gender issues, adolescent reproductive and sexual health education, entrepreneurship, artificial intelligence, and mental health, underscoring the central role of life skills in promoting holistic well-being.

### Release of Brochure for the 11<sup>th</sup> International Conference on Life Skills Education (ICLSE 2026)

On June 26, 2025, the Indian Association of Life Skills Education (IALSE), in collaboration with Kalinga Institute of Social Sciences (KISS) and Kalinga Institute of Industrial Technology (KIIT), formally released the brochure for the 11th International Conference on Life Skills Education (ICLSE 2026). The programme was hosted by Smt. M.M.P. Shah Women’s College of Arts & Commerce (Autonomous). ICLSE 2026 is jointly organised by School of Liberal Studies, KIIT, KISS, and IALSE on the theme “Life Skills Beyond 2030: Learning to Live Together in an Interconnected



World.”

The programme commenced with a prayer, followed by reflections

on the conference theme by Dr. Gauri Hardikar, Vice President, IALSE. Dr. Archana Patki, Principal of the host institution, deliv-



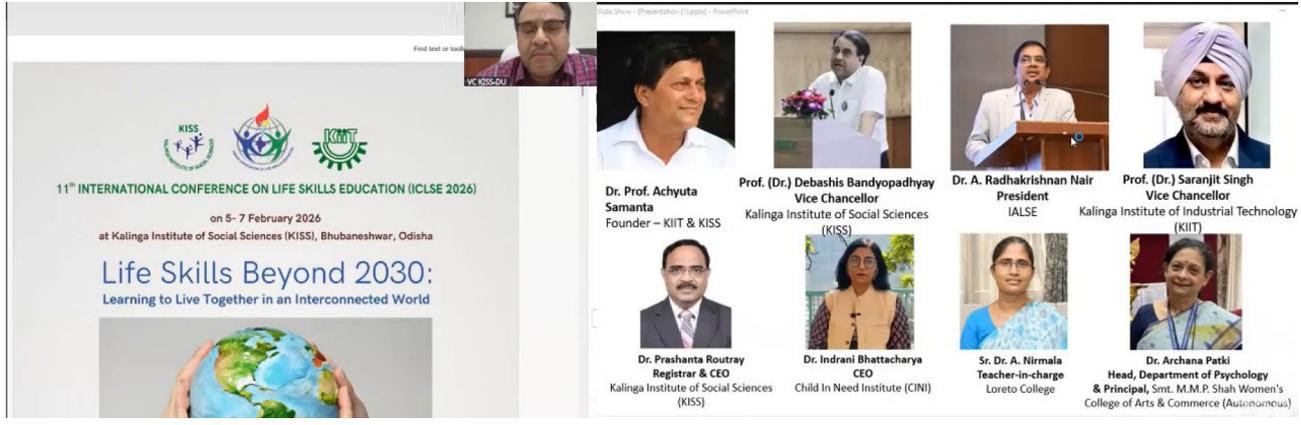
ered the welcome address. Dr. A. Radhakrishnan Nair, President, IALSE, highlighted the journey and impact of ICLSE, while acknowledging the visionary leadership of Prof. (Dr.) Achyuta Samant, Founder of KISS and KIIT.

The conference brochure was

formally released by Prof. (Dr.) Debashis Bandyopadhyay, Vice Chancellor, KISS, and Prof. (Dr.) Saranjit Singh, Vice Chancellor, KIIT, who spoke on the relevance of life skills education and institutional collaboration. Dr. Indrani Bhattacharyya, CEO, CINI, addressed the gathering, highlighting

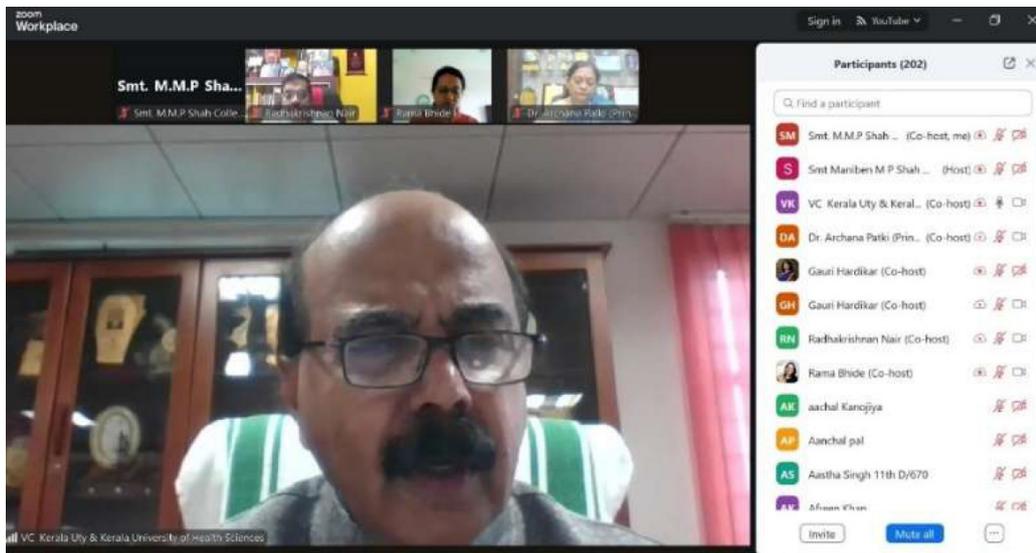
alignment between CINI’s work and the objectives of IALSE.

The program witnessed participation from over 200 attendees, including dignitaries and participants from Sri Lanka, Fiji Islands, Nepal, and the Philippines, reflecting the growing global engagement with life skills education.



## Voices of Life Lecture Series

From June 2025, IALSE commenced the Voices of Life Lecture Series: The first session cum observation of International Day Against Drug Abuse and Illicit Trafficking was organized on June 26, 2025 on the Zoom platform. It was organized by Indian Association of Life Skills Education in collaboration with Smt. Maniben M.P. Shah Women’s College of Arts & Commerce (Autonomous), Mumbai.



The inaugural lecture was delivered by Prof. Dr. Mohanan Kunnummel, Vice Chancellor of Kerala University of Health Sciences. Drawing from historical and

neurodevelopmental perspectives, Dr. Kunnummel described addiction as part of a long-standing global crisis. He emphasized that drug addiction and illicit traf-

ficking are significant threats to individuals, communities and nations. He highlighted the historical context of the opium wars and how powerful nations have used drugs to weaken others. He noted that India’s growing economy and large young population make it a target for drug traffickers.



The second lecture in the Voices of Life Lecture series coincided with the celebration of World Population Day. During the online session held on 11 July, 2025. Dr. Deepa Varma welcomed the participants and Dr. Radhakrishnan Nair delivered the presidential address. Special addresses were given by Dr. Rathnamala Desai, President of the Family Planning Association of India and Dr. Kalpana Apte, the Director of Family Planning Association of India.

**VOICE OF LIFE LECTURE SERIES**  
 &  
**Observation of**  
**WORLD POPULATION DAY**  
 “Empower Youth to Build the Families they Want”

			
Dr. Deepa Sharma Principal Shri. M.D. Shah Mahila College of Arts and Commerce (Autonomous) Welcome Address	Dr. A. Radhakrishnan Nair President Indian Association of Life Skills Education Presidential Address	Dr. Rathnamala Desai President Family Planning Association of India Subject: “Healthy Timing and Spacing between Pregnancies for Planned Parenthood”	Dr. Kalpana Apte Director General Family Planning Association of India Subject: “Life Skills for Empowering the Youth for Nurturing a Family as they Wish”

**Lecture #3**  
**VOICE OF LIFE LECTURE SERIES**  
 &  
**Observation of**  
**SINGLE WORKING WOMEN’S DAY**  
 “Thriving as Single Working Women: A Life Skills Perspective”

		
Prof. Dr. Usha Kiran Agarwal Principal Chandulal Chandrakar Govt. Arts and Commerce College, Dhamdha, Dist-Durg Govt. Naveen College, Pendrawan, Dist-Durg Chhattisgarh Welcome Address	Dr. A. Radhakrishnan Nair President Indian Association of Life Skills Education Presidential Address	Dr. Sujata Khandekar Founding Director Community of Resource Organisations (CORO) Guest Speaker

The third lecture in the Voices of Life lecture series was held on August 4, 2025 on Zoom platform. It coincided with the observation

of Single Working Women’s Day. It was organized by IALSE in collaboration with: Smt. Maniben M.P. Shah Women’s College of

Arts & Commerce (Autonomous), Mumbai; Chandulal Chandrakar Govt. Arts and Commerce College, Dhamdha, Dist-Durg (CG) and Govt. Naveen College, Pendrawan, Dist-Durg (CG).

The keynote speaker was Dr. Sujata Khandekar, Founding Director of Community of Resource Organisations (CORO), Mumbai. In her address she emphasized that single working women form a significant and diverse segment of society. She shared inspiring examples of women from CORO who, through training and collective support, transformed from hesitant participants in to confident community leaders.

The fourth lecture in the Voices of Life Lecture Series coincided with the observation of World Suicide Prevention Day. It was held on 10th September, 2025 on the Zoom platform and was organized by IALSE in collaboration with Smt. Maniben M.P. Shah Women’s College of Arts & Commerce (Autonomous), Mumbai & St. Xavier’s College, Mapusa, Goa.

The resource person and keynote speaker, Dr. Avinash Desouza, Consultant Psychiatrist and Founder Trustee of the Desouza Foundation (Mumbai), delivered an insightful session combining

scientific knowledge, practical strategies, and lived experiences. His presentation was packed with practical insights on understanding and strengthening resilience in today’s VUCA (Volatile, Uncertain, Complex, and Ambiguous) world, where individuals are increasingly

vulnerable to stress and hopelessness. Emphasizing the importance of developing an Adversity Quotient (AQ) alongside IQ and EQ, the speaker underscored the need for educational institutions to teach coping strategies for challenges such as failure, rejection, grief, and financial stress.





The fifth lecture in the Voices of Life Lecture Series coincided with the observation of World Mental Health Day. It was held on October 17, 2025 on Zoom platform. It was organized by IALSE in

collaboration with Smt. Maniben M.P. Shah Women's College of Arts and Commerce (Mumbai) and H.L. College of Commerce (Ahmedabad). The theme was Life Skills as a Prerequisite for

## Mental Health – Empowering Mental Health through Life Skills Development.

The highlight of the lecture was the compelling keynote address by Dr. Baby Shari, Professor of Psychology of the University of Calicut, who delivered a compelling keynote address on life skills as the foundation of mental health. With over 27 years in academia, research, and outreach, including guiding doctoral students and leading disability support projects, Dr. Shari, described life skills as lasting abilities that enable effective responses to life's demands, separate from mere knowledge or understanding.

The sixth lecture of the Voices of Life Lecture Series, organised by IALSE & Smt. Maniben M. P. Shah Women's College of Arts & Commerce, Mumbai, in collaboration with Jamia Millia Islamia, New Delhi, was held online on 28 November 2025 in observance of World Kindness Day. The lecture explored kindness as a core life skill and a vital dimension of emotional intelligence, highlighting empathy as the bridge that transforms emotions into meaningful action. Through a sociological lens, the keynote speaker emphasised that kindness is not merely a moral ideal but a learnable and transformative life skill that shapes relationships, communities, and personal growth.

The keynote address was delivered by Prof. Dr. Vinod Chandra, Principal, Sri Jai Narain Misra Post Graduate College (KKC), Lucknow. He presented empathy as the heart of emotional



intelligence. Through everyday examples, he illustrated how empathy moves individuals from emotional reaction to meaningful action. Prof. Chandra highlighted that empathy enables people to understand diverse perspectives, suspend judgment, communicate with sensitivity, and build stronger interpersonal relationships. He outlined four key attributes of an empathetic person: understanding others' perceptions and emotions, expanding one's thinking through multiple viewpoints, remaining

non-judgmental despite personal biases, and communicating understanding with care. He stressed that empathy is not limited to psychologists but is essential for educators, administrators, researchers, and citizens. Importantly, he emphasised that empathy is a learnable life skill, strengthened through self-awareness, active listening, and meaningful engagement, and when combined with compassion and kindness, it becomes transformative.



The seventh lecture in the Voices of Life Lecture Series coincided with the observation of National Youth Day. It was held on January 12, on Zoom platform. It was organized by IALSE in collaboration with Smt. Maniben M.P. Shah Women's College of Arts and Commerce (Mumbai) and Vivekanand Kendra, Dardar, Mumbai. The theme was 'Vivekanand for 21st Century'. Prof. Kamlakar Indulkar interacted with the participants about the teachings of Swami Vivekananda, and his profound ideals - courage, self-confidence, and service to humanity – and their relevance to

**Lecture #7**  
**VOICES OF LIFE LECTURE SERIES**  
**Vivekanand for 21<sup>st</sup> Century**

& Observation of  
**"NATIONAL YOUTH DAY"**  
**CELEBRATING SWAMI VIVEKANANDA'S BIRTH ANNIVERSARY**



**Dr. Archana Patki**  
Principal  
Smt. MMP Shah Women's College, Matunga, Mumbai  
**Welcome Address**



**Dr. A. Radhakrishnan Nair**  
President  
Indian Association of Life Skills Education  
**Presidential Address**



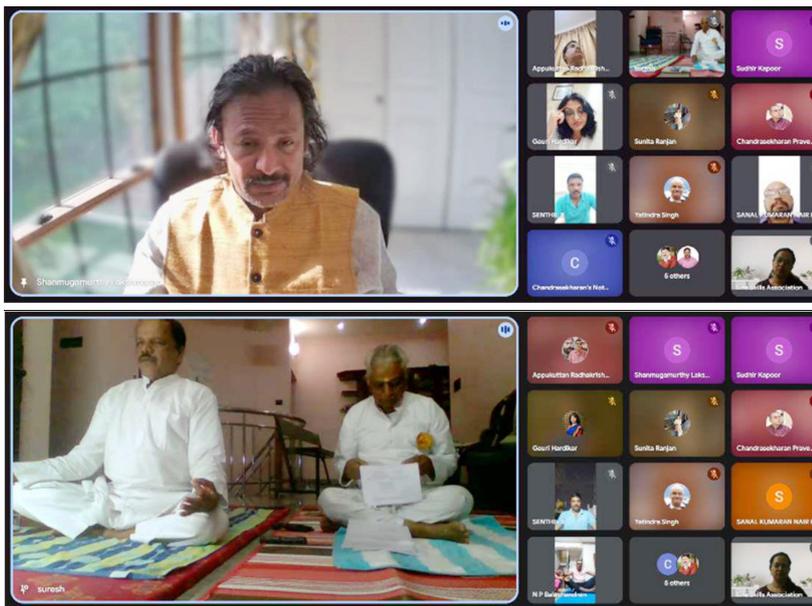
**Prof. Shri Kamlakar Indulkar**  
Jhunjhunwata College, Mumbai  
**Keynote Address**

the 21st century. His talk inspired the participants to embrace these

values, fostering holistic development and nation-building.

## International Day of Yoga 2025

IALSE celebrated International Day of Yoga 2025, on June 21, 2025 on Google platform. The theme for the year's celebration was "Yoga for One Earth, One Health".



  
**INDIAN ASSOCIATION OF LIFE SKILLS EDUCATION (IALSE)**  
 INVITES YOU TO CELEBRATE THE  
**INTERNATIONAL DAY OF YOGA 2025**

**WHEN**  
 Saturday, June 21, 2025, 6:30 - 7:30 PM IST

**WHERE**  
 Google Meet:  
<https://meet.google.com/rzs-cmhn-rbq>

**GUEST OF HONOUR**    **PRESIDENTIAL ADDRESS**    **SESSION FACILITATOR**



**Dr. Shanmugamurthy Lakshmanan**  
Vice Chancellor & Co-Founder  
Siddha Veda Center for  
Transdisciplinary Studies  
New Jersey, USA  
Dean, Research, IRU, Florida



**Dr. A. Radhakrishnan Nair**  
President  
Indian Association of  
Life Skills Education  
Dean, School of Behavioral  
Sciences, IRU, Florida



**Dr. G. Sureshkumar**  
Yoga Master  
Chairperson, FPA India,  
Kerala Chapter  
Treasurer, IALSE

🆓 NO REGISTRATION FEE    📍 LIMITED TO 100 PARTICIPANTS

**FOR MORE INFORMATION**

**Ms. Rama Bhide, Secretary, IALSE**  
 ☎ Call: 912454788  
 ✉ Email: [ialseindia@gmail.com](mailto:ialseindia@gmail.com)  
 🌐 Website: [www.ialse.in](http://www.ialse.in)

**SCAN TO JOIN**  


## Master Class Series

The highlight of the event - the Inaugural Masterclass –was delivered by Dr. K. Ellangovan, IAS (Retd.), Former Additional Chief Secretary and Managing Director,

IALSE launched a Thematic Master Class series on 15 July 2025. The programme was conducted on Google Meet and was jointly organized by IALSE and Nazir Ajmal Memorial College of Education, Hojai.

INKEL Ltd. who provided an in-depth exploration of the programme's central theme – Youth Empowerment through AI, Digital Skills & Life Skills. His Master-

class emphasized the practical application of these skill sets in real-world contexts and the urgent need to incorporate them into mainstream education.



**INAUGURATION OF  
MASTERCLASS SERIES  
&  
OBSERVATION OF  
WORLD YOUTH SKILLS DAY**

**# YOUTH EMPOWERMENT THROUGH AI AND DIGITAL SKILLS**



**Dr. M.R.H Azad**  
IQAC Coordinator  
Nazir Ajmal Memorial  
College of Education  
**Welcome Address**



**Dr. A. Radhakrishnan Nair**  
President  
Indian Association of Life  
Skills Education  
**Presidential Address**



**Dr. K. Ellangovan, IAS (Retd)**  
Former Additional Chief  
Secretary & Managing  
Director, INKEL Ltd.  
**Inaugural Masterclass**  
*Subject: Youth Empowerment  
through AI, Digital Skills &  
Life Skills*

**When: Tuesday, July 15, 2025, 11:30 AM - 12:30 PM**

The second Master Class coincided with the observation of International Youth Day. It was held on August 12, 2025 on Google Meet.

The Keynote Address was delivered by Shri Yogender Chaudhry, IRS (Retd.), Managing Trustee, Public Media Tech Foundation, Delhi; Former Advisor to the Chief Minister of Haryana; Former Principal Secretary, Sports & Youth Affairs, Government of Haryana. Shri. Yogender Chaudhry IRS (Retd.) shared a Panchatantra-inspired message, drawing parallels between ancient wisdom and modern youth empowerment. He shared how in the fables, animals use wisdom

## MASTERCLASS-2 & OBSERVATION OF INTERNATIONAL YOUTH DAY

*Organised by*  
**INDIAN ASSOCIATION OF LIFE SKILLS EDUCATION (IALSE), CHENNAI**

*In collaboration with:*  
**IQAC, NAZIR AJMAL MEMORIAL COLLEGE OF EDUCATION, HOJAI**

**TOPIC:- "YOUTH ADVANCING MULTILATERAL COOPERATION THROUGH LIFE SKILLS, TECHNOLOGY, AND PARTNERSHIPS"**

KEYNOTE SPEAKER	PRESIDENTIAL ADDRESS	WELCOME ADDRESS	VOICE OF YOUTH				
 <b>SHRI. YOGENDER CHAUDHRY</b> Managing Trustee, Public Media Tech Foundation, Delhi; Former Advisor to the Chief Minister of Haryana; Former Principal Secretary, Sports & Youth Affairs, Government of Haryana	 <b>DR. A. RADHAKRISHNAN NAIR</b> President, Indian Association of Life Skills Education	 <b>DR. M.R.H AZAD</b> IQAC Coordinator, Nazir Ajmal Memorial College of Education, Hojai	 <b>MS. SHRUTIKA KHALKHO</b> Ph.D Scholar, IIT Bombay	 <b>SNEHA PAUL</b> Ph.D Scholar, IIT Bombay	 <b>CHRISTINA CHINAPPA</b> Ph.D Scholar, IIT Bombay	 <b>SRIJA MOHANTY</b> Ph.D Scholar, IIT Bombay	 <b>MOHSINA RAHMAN</b> Ph.D Scholar, IIT Bombay

**DATE: 12 AUGUST, 2025 (TUESDAY) | TIME: 10:00 AM - 11:30 AM | VENUE: GOOGLE MEET**

and team work to overcome challenges. Similarly, he emphasized that today's youth must harness life skills, technological know-how, and collaborative spirit. He stressed that these tools and partnerships empower young people

to work together across borders, innovate solutions, and address common challenges, building a sustainable and inclusive global future. He shared how his focus is on ensuring that youth are not only ready for employment and entrepreneurship but are empowered to contribute meaningfully to international cooperation and sustainable progress through a balanced combination of life skills, technology, and strategic partnerships.

### Voices of Youth

The session featured five dynamic youth speakers: Ms. Shrutika Khalkho, Ms. Sneha Paul, Ms. Christina Chinappa, Ms. Srija Mohanty and Ms. Mohsina Rahman.





The third Master class and the observation of United Nations Day on Partnership for global peace building was held on 24th October, 2025 on Google Meet and was jointly organized by IALSE and Mar Theophilus Training College, Nalanchira. The highlight of the session was the Keynote Address on “Partnership for Global Peace Building” delivered by Prof. (Dr.) Anoop Swarup, Founder Chair of We Venture, Global Knowledge Alliance; Secretary General, Universities of Asia Pacific; Chairman, Centre for Global Nonkilling, Hawaii. Prof. (Dr.) Anoop Swarup introduced the concept of “affirmative non-killing peace” and the “nonkilling index” developed by the Center for Global Non-Killing, which measures a country’s capacity for peace through non-killing. Visual-

**THEMATIC MASTERCLASS SERIES**  
**MASTERCLASS #3**  
**&**  
**OBSERVATION OF**  
**UNITED NATIONS DAY**



**Dr. Joju John**  
Principal  
Mar Theophilus  
Training College  
Welcome Address



**Dr. A. Radhakrishnan Nair**  
President  
Indian Association of Life  
Skills Education  
Presidential Address



**Prof. (Dr.) Anoop Swarup**  
Chairman, Centre for Global Nonkilling, Hawaii  
Founding VC, Jagran Lakecity University  
Formerly UN Representative  
Formerly Commissioner and Director,  
Government of India  
Keynote Address  
**PARTNERSHIP FOR  
GLOBAL PEACE BUILDING**

**When:** Friday, October 24, 2025, 6.30 PM - 7:30 PM (IST)

**Where:** Google Meet:

<https://meet.google.com/ejkw-vuks-anj>

izing the Need for Peace, he used images to illustrate the fragility of human existence and the need for peace, including Hokusai’s painting depicting human power-

lessness against natural forces and a logarithmic visualization of the observable universe emphasizing humanity’s minuscule scale.



The fourth Master Class in the series was held on 15th November, 2025 and was jointly organised by: Indian Association of Life Skills Education (IALSE), Chennai &

Nazir Ajmal Memorial College of Education (NAMCE), Hojai. The keynote address was delivered by Rev. Prof. (Dr.) M. K. George, General Counsellor and Regional

Assistant for South Asia to the Superior General of the Society of Jesus in Rome, and former Principal of Loyola College of Social Sciences, Thiruvananthapuram. With his profound academic background and extensive global experience in social sciences and human development, Dr. George enriched the audience with a deeply meaningful and thought-provoking address on the theme “Empathy and Compassion as 21st Century Skills to Promote Tolerance.”

## Train the Trainer Program

IALSE organized the Life Skills Train the Trainer Program 'Empower Yourself for a Better Tomorrow' at Loreto College, Kolkata from 16 June 2025 to 20 June 2025.



As key learning outcomes, participants developed a heightened sense of introspection and emotional awareness. They learnt the skills of communicating with clarity, respect, and purpose, both inside and outside the classroom. Additionally, participants could develop the ability to think analytically, ask purposeful questions, and make sound

judgments based on logic and reflection. Furthermore, they could gain valuable insights into practices that promote emotional regulation, maintain composure and fortitude, and achieve resilience in the face of emotional setbacks, many of which are essential for ensuring personal well-being and classroom harmony.

### The Telegraph e-Paper

FRONT PAGE FOREIGN STATE NATION METRO

#### LESSONS ON EFFECTIVE COMMUNICATION Teachers get training in life skills

JHNUK MAZUMDAR

■ Exercise: A teacher gave out verbal instructions as to how to make a diagram. While some participants in a workshop drew a diagram of a house as the teacher instructed, there were others who struggled and came up with a different figure.  
■ Lessons learnt: The exercise taught the participants in the workshop that there could be various perspectives. The teacher has to acknowledge all perspectives and simultaneously reach out to every student in the class. A lesson in effective communication.



Teachers attend the life skills workshop at Loreto College

Coverage of the programme in the local newspaper

## Signing of MOUs

### IALSE & Centre For Life Skills, Loreto College, Kolkata

An MoU was signed between Center For Life Skills, Loreto College, Kolkata and the Indian Association of Life Skill Education, on 20th June, 2025, at Loreto College, Kolkata paving a concrete path for future collaboration on diverse aspects of promoting life skills education. The MoU was signed by IALSE President, Dr. A Radhakrishnan Nair and Sr. Dr. A. Nirmala, Teacher-in-charge,

Loreto College, Kolkata.

### IALSE, Kalinga Institute of Social Sciences DU & Kalinga Institute of Industrial Technology DU

An MoU was signed between IALSE and Kalinga Institute of Social Sciences (KISS) Deemed University and Kalinga Institute of Industrial Technology (KIIT) Deemed University for academic collaboration on 21st June 2025. The MoU was signed by Dr. A Radhakrishnan Nair, President, IALSE; Prof. (Dr.) Debashis Bandyopadhyay, Vice Chancellor, KISS Deemed University &

Prof. Saranjit Singh, Vice Chancellor, KIIT Deemed University. Dr. Prashanta Routray, Registrar, KISS and Dr. Gauri Hardikar, Vice President, IALSE were also present along with Mr. Sabya sachi Senior Program Manager, KISS Deemed University, KISS and KIIT faculty.

### IALSE & Pattom Thanupillai Memorial College of Education

An MoU was signed between IALSE & Pattom Thanupillai Memorial College of Education, Thiruvananthapuram at the college premises on 9th August, 2025. Representing the college was Dr. Anukrishnan, Principal, while the Management Representative was Dr. Vidusha. IALSE was represented by Dr. A. Radhakrishnan Nair, Founder President & President, IALSE, Dr. G. Suresh Kumar, Treasurer, IALSE; and Dr. T. S. Nair, Executive Committee





Member, IALSE. The MoU was signed by Dr. A. Radhakrishnan Nair, President, IALSE & Dr. Anukrishnan, Principal, Pattom Thanupillai Memorial College of Education. This partnership aims to synergise joint initiatives in curriculum development, capacity building, and community outreach, with a shared commitment to empowering educators and learners through structured life skills programs.

### IALSE & Pimpri-Chinchwad College of Engineering, Pune

On 21 January 2026, the Indian Association of Life Skills Education (IALSE) signed a Memorandum of Understanding with Pimpri Chinchwad College of Engineering (PCCoE), Maharashtra, marking a significant step towards strengthening life skills educa-

tion. The MOU was formalised in the presence of Dr. Govind N. Kulkarni, Director; Dr. Leena Sharma, Professor and Head, Department of Applied Sciences and Humanities; Dr. Sandeep Patil, Associate Dean, International Relations; Mrs. Vithika Sidhabhatti, Assistant Professor and Life Skill Coordinator; and Dr. Gauri Hardikar, Vice President, IALSE, represented the association in the MOU process.

The partnership envisions joint capacity building programmes, development of life skills courses, collaborative research and publications, and the organisation of conferences, seminars, and other academic forums through a dedicated Center for Life Skills Education set up in the institution. It is expected to create a robust platform for integrating life skills within engineering and other higher education institutions through active and sustained engagement of both partners. The initiative resonates strongly with the vision outlined by IALSE President, Dr. A. Radhakrishnan Nair of building purposeful, institution-to-institution collaborations that translate thought leadership into systemic impact.

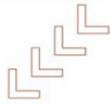


## NEP Lecture Series

IALSE commenced the NEP Lecture series on Teacher's Day on September 05., The programme held on the Google Platform had for its theme: Situating Life Skills Education in NEP 2020 for Transformative Learning. It was conducted in collaboration with the Centre for Life Skills, Loreto College, Kolkata.

The keynote address was delivered by Professor Debasish Bandopadhyay, Vice Chancellor, Kalinga Institute of Social Sciences, on "Life Skills in the NEP Era: Navigating Challenges and Opportunities." Prof. Bandopadhyay reflected on challenges posed by digital technologies, shrinking family structures, and increasing competition. He drew on philosophical perspectives—Advaita Vedanta, biblical teachings, Plato, Aristotle, and Einstein—to highlight self-awareness as central to holistic education.





**INDIAN ASSOCIATION OF LIFE SKILLS EDUCATION (IALSE), CHENNAI**

**in collaboration with**

**CENTRE FOR LIFE SKILLS, LORETO COLLEGE, KOLKATA**

**invite you to the**

**LECTURE # 2  
NEP LECTURE SERIES  
SITUATING LIFE SKILLS EDUCATION IN NEP 2020  
FOR TRANSFORMATIVE LEARNING**



**Sr. Dr. A Nirmala**  
Teacher-in-charge  
Loreto College, Kolkata

Welcome Address



**Dr. K. S. Chandrasekar**  
Vice Chancellor  
Cluster University of Jammu

Keynote Address

**Imbibing International  
Vocational Education and  
the Future with Reference to  
NEP in India**



**Dr. A. Radhakrishnan Nair**  
President  
Indian Association of Life Skills  
Education

Presidential Address

The second lecture of the series had ‘Imbibing International Vocational Education and the Future with Reference to NEP in India’ as its theme and was held online on October 29, 2025. The keynote address was delivered by Dr. K. S Chandrashekhar, Vice Chancellor of Cluster University, Jammu. Dr. Chandrashekhar compared vocational systems in France, England, and Germany, highlighting strong industry–academia partnerships and early career pathways. This global perspective set the foundation for understanding how NEP 2020 seeks to modernize India’s education system through holistic and flexible learning.

The third lecture in the NEP Lecture Series, jointly organised by the IALSE and the Centre for Life Skills, Loreto College, Kolkata, was held virtually on 27 November 2025. Continuing the overarching theme “Situating Life Skills Education in NEP 2020 for Transformative Learning,” the session focused on foundational learning and early childhood education, emphasising that the years from ages 3–8 are transformation-

al rather than merely preparatory, and critical for nurturing life skills, emotional wellbeing, and holistic development.

The keynote address, “Building Beginnings – Foundations for Early Childhood Education,” was delivered by Ms. Sonali Lahiri, Teacher Educator and Mentor under the National Mission for Mentoring, NCTE, New Delhi. Drawing from her extensive experience across diverse educa-

tional settings, Ms. Lahiri described NEP 2020 as a landmark policy that formally structures the foundational stage through the 5+3+3+4 framework. She emphasised that early childhood education must prioritise communication, resilience, adaptability, emotional balance, and confidence—core life skills essential for lifelong learning. Using examples from Anganwadi and Balwadi classrooms, she explained how



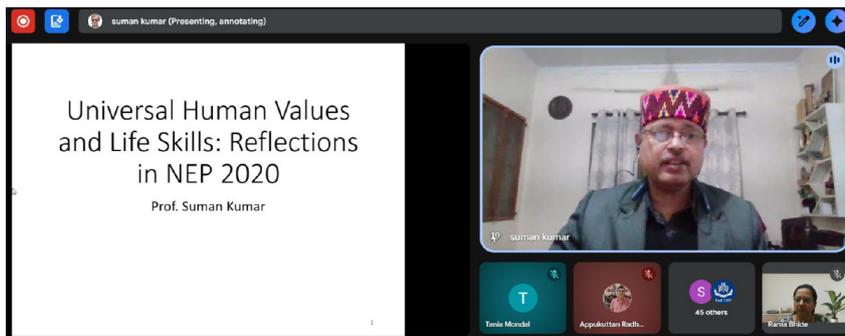


children naturally develop life skills through everyday experiences even before formal schooling. She highlighted the NEP's roots in Indian educational philosophy, referencing thinkers such as Rabindranath Tagore, Tarabai Modak, and Mahatma Gandhi, and stressed principles such as "oracy before literacy," learning through play, sensorial exploration, and the CPA (Concrete–Pictorial–Abstract) approach to numeracy. Ms. Lahiri strongly advocated against premature academic pressure, reiterating that life skills must be



“invisibly” embedded into daily classroom practices rather than taught as separate subjects. She emphasised that life skills are best

developed when integrated into everyday routines such as sharing, organising, group play, and taking responsibility.



The fourth lecture of the NEP Lecture Series, jointly organised by IALSE and the Centre for Life Skills, Loreto College, Kolkata, was held online on 19 December 2025. The lecture centred on the theme “Universal Human Values and Life Skills”, exploring how NEP 2020 situates education within an ethical, value-based, and India-centric framework. The session highlighted that life skills are inseparable from values and are essential for nurturing responsible citizenship, social harmony, and transformative learning in a rapidly changing world.

The keynote address was delivered by Professor Suman Kumar, Department of Political Science, Rajdhani College, University of Delhi, on the topic “Universal Human Values and Life Skills:

Reflections on NEP 2020.” Inviting participants to engage in dialogue rather than passive listening, Professor Kumar connected life skills with values, describing values as deeply held beliefs that guide behaviour and contribute to a meaningful life. He explained that values are shaped by family and society and enable individuals to distinguish between right and wrong. Emphasising that human beings are guided by morality,

ethics, and laws, he highlighted the NEP's emphasis on the Indian Knowledge System, grounded in universal values such as truth, right conduct, love, peace, and non-violence.

Professor Kumar further discussed NEP 2020's vision of integrating human values, life skills, and technical competence to shape future generations. He introduced the idea of “decolonising life skills,” suggesting that commonly used global frameworks should be contextualised within Indian traditions, cultural practices, and lived realities. Such an approach, he noted, can nurture socially responsible individuals capable of fostering dialogue, reconciliation, and harmony within families, communities, and the nation.





The fifth lecture of the NEP Lecture Series was jointly organised by the Indian Association of Life Skills Education (IALSE), Chennai, and the Centre for Life Skills, Loreto College, Kolkata. The keynote address was delivered by Dr. Sushi Kadanakuppe, Associate Professor and Life Skills Trainer,

on the theme “Bridging Education and Employment: Life Skills for a Changing India under NEP 2020.” Dr. Kadanakuppe presented an in-depth analysis of India’s current employment crisis, drawing attention to issues such as youth unemployment, skills mismatch, underemployment, and gender

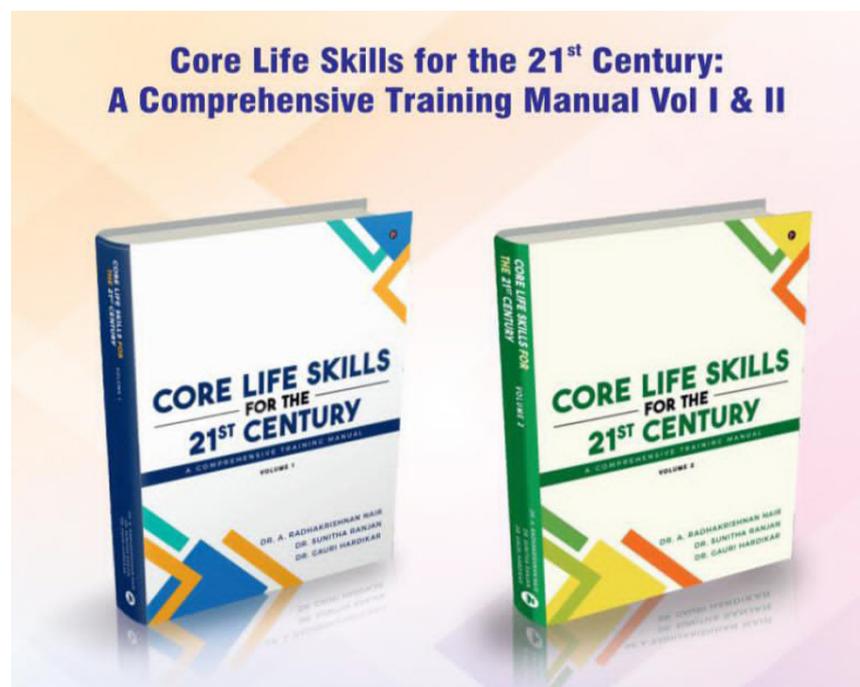
disparities in the labour market. Using data-driven insights, the speaker highlighted how outdated curricula, limited integration of life skills, and lack of practical exposure have contributed to the widening education–employment divide.

The session also critically examined the challenges in implementing NEP 2020, including inadequate teacher preparation, insufficient infrastructure for experiential learning, fragmented skilling initiatives, weak industry–academia linkages, and the exclusion of informal sector workers from structured life skills education. The speaker proposed integrated life skills–employment framework, advocating sector-specific, gender-responsive curricula, teacher capacity building, assessment reforms, and sustained policy and industry engagement.

## Book Launch

The Book Launch of *Core Life Skills for the 21st Century: A Comprehensive Training Manual* was held on 27 September 2025 in, 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 manual is the result of over 15 years of dedicated research. The event saw participation from 10 colleges and 7 schools. The two-volume set is now available globally via Notion Press. Expert reviews highlighted the book’s importance for educators while suggesting future focus on field-based evidence.





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. The Hon'ble Governor of Kerala, Shri Rajendra Vishwanath Arlekar, graced the occasion as the Chief Guest and formally released the book volumes. Dr. Jiji Thomson, former Chief Secretary, Government of Kerala; Prof. G Gopakumar, former Vice Chancellor, Central University of Kerala; and Prof. MKC Nair, former Vice Chancellor, University of Health Sciences participated in the event.



## Certificate Programme

IALSE's Certificate Programme on Decision-making in Everyday Life was held from 25th September to 4th October 2025 (except 2nd October) on Google Platform. This 15-hour online programme was designed to help participants develop practical decision-making competence through an application-driven life-skills approach. It focused on helping participants:



- Evaluate everyday scenarios using decision-making frameworks
- Generate alternative solutions
- Choose appropriate responses thoughtfully and responsibly

The programme, completed by 14 participants, progressed from understanding decision-making to exploring its influences, connecting it to other life skills, and culminating in integration and reflection.

## Capacity Building

A Capacity Building of KRPs on Life Skills through Newly Developed Text books for Preparatory and Middle Stages was organized by NERIE, NCERT – Shillong, Meghalaya in collaboration with IALSE. The five-day Life Skills Training Programme was held from 18 to 22 August 2025 at NERIE, Shillong. The programme was facilitated by Dr. Radhakrishnan Nair, President, IALSE, and Dr. Gauri Hardikar, Vice-President, IALSE. It was coordinated by Dr. Seema Nambiar, Assistant Professor, NERIE, and Life Member, IALSE.



## Wellness in Wetlands 2025

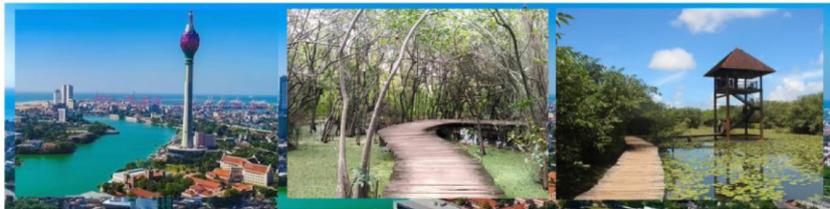
Dr. A. Radhakrishnan Nair, Founder President and President of IALSE, delivered a keynote address, highlighting the role of life skills and emotional intelligence in promoting holistic wellbeing and sustainability. A delegation from IALSE participated in the conference under his leadership, actively engaging in deliberations and strengthening regional and international collaboration.

The partnership reinforced IALSE's commitment to fostering global dialogue on wellbeing, mental health, and life skills education.

IALSE co-organised the International Conference on “Wellness in Wetlands 2025”, held from 9 to 12 October 2025 in Colombo, Sri Lanka, in collaboration with the Emotional Intelligence and Life Skills Training Team, Sri Lanka. The conference focused on the intersection of wetland ecosystems, mental health, substance use prevention, and community healing through nature-based, community-driven approaches.



Bridging Wetland Conservation, Mental Health and Positive Behavioral Change  
Colombo Wetland City



## International Symposium

International Symposium on Learning To Be: The Core of Life Skills Education

The School of Education at Kathmandu University, in collaboration with the Council for Educational Administration and Management (CEAM) India, the Indian Association of Life Skills Education (IALSE), and the Council for Teacher Education Foundation (CTEF) Kerala State Centre, organized an international

symposium titled “Learning to Be: The Core of Life Skills Education” on November 24, 2025.

The event gathered prominent academicians, education leaders, and experts from Nepal and India to discuss the importance of life skills in modern educational systems.

The symposium successfully pro-

vided a platform for cross-national and cross-cultural collaboration, encouraging meaningful dialogue on promoting life skills education within modern educational frameworks. It fostered academic exchanges, strengthened institutional partnerships, and emphasised the importance of holistic and inclusive approaches to life skills for



the future of education. Additionally, the event deepened cultural understanding between India and Nepal by bringing together educators, scholars, and practitioners from both countries in a shared space for learning. It encouraged the exchange of indigenous

knowledge systems, pedagogical traditions, and policy perspectives unique to each nation. The discussions also helped identify areas for joint research, collaborative training programs, and reciprocal academic visits, further solidify-

ing the long-standing educational ties between the two countries. Overall, the symposium not only advanced the discourse on life skills education but also strengthened the cultural and academic bridge between India and Nepal.

## 15<sup>th</sup> Foundation Day of IALSE

Celebration of the 15th Foundation Day of IALSE,  
29 December 2025.

The Indian Association of Life Skills Education (IALSE) celebrated its 15th Foundation Day on 29 December 2025 through an online programme hosted on Google Meet. The event brought together IALSE members, educators, practitioners, and guests from India and abroad to reflect on the Association's journey and deliberate on the growing relevance of life skills education.

The Welcome Address was delivered by Dr Gauri Hardikar, Vice President, IALSE. She shared the significance of the Foundation Day and reaffirmed IALSE's commitment to advancing life skills education as a means of enriching individual lives and strengthening society.

Ms Rama Bhide, Secretary, IALSE, presented a comprehensive overview of IALSE's achievements during 2024–25. In

his Presidential Address, Dr A. Radhakrishnan Nair reflected on IALSE's 15-year journey, from a

small group at the Rajiv Gandhi Institute of Youth Development to a pan-Indian association. He ex-

Indian Association of Life Skills Education warmly invites you to the

### Celebration of IALSE FOUNDATION DAY

 <p><b>Dr. A. Radhakrishnan Nair</b> President IALSE Presidential Address</p>	 <p><b>Ms. Poornima Garg</b> Country Director Room to Read India Chief Guest</p>	 <p><b>Mr. Saktibrata Sen</b> Director - Programs Room to Read India Foundation Day Lecture</p>
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plained the significance of 29 December as the founding milestone and spoke about IALSE's efforts to establish life skills education as a distinct, multidisciplinary academic field. He shared that IALSE has initiated a nationwide research study on the status of life skills education and called upon members to strengthen outreach and programming.

The Chief Guest Address was delivered by Ms Poonima Garg, Country Director, Room to Read India who shared a powerful story illustrating how life skills provide adolescents with "access to agency." She emphasised that life skills should serve as a bridge

between learning and life. She highlighted the need to include climate consciousness, financial literacy, emotional well-being, and civic responsibility within life skills frameworks and stressed the importance of institutionalising life skills education through curriculum integration and teacher training.

The Foundation Day Lecture by Mr Saktibrata Sen, Senior Director, Room to Read, India focused on the multiple epistemologies of life skills education. He noted that the diversity of terms and definitions reflects varied human experiences and disciplinary perspectives, which should be

embraced rather than reduced. He highlighted the importance of inclusive dialogue and identified critical and ethical information processing as a vital life skill in today's information-dense world. He emphasised that life skills must be consciously and intentionally taught across disciplines and platforms.

The programme concluded with a Vote of Thanks by Mr Sudhir Kumar Kapoor, EC Member, IALSE, who expressed appreciation to the speakers.

This was the last programme of the year 2025 and it was attended by over 100 participants.

## Status of Life Skills

### Status of Life Skills across States and Union Territories of India

Under the leadership of IALSE President Dr. Radhakrishnan Nair, a project has been conceptualised to study the status of life skills education across different states and union territories of India. Life Skills educators, researchers and academicians from across different states of India were invited to be a part of this collaborative project. An initial meeting of the

project members was held on 16th September, 2025. The meeting was chaired by IALSE President, Dr. Radhakrishnan Nair. Dr. Nair explained his vision of exploring the life skills education initiatives across India, to understand the status of life skills and situate it in the context of the recommendations regarding integration of life skills education in the curric-

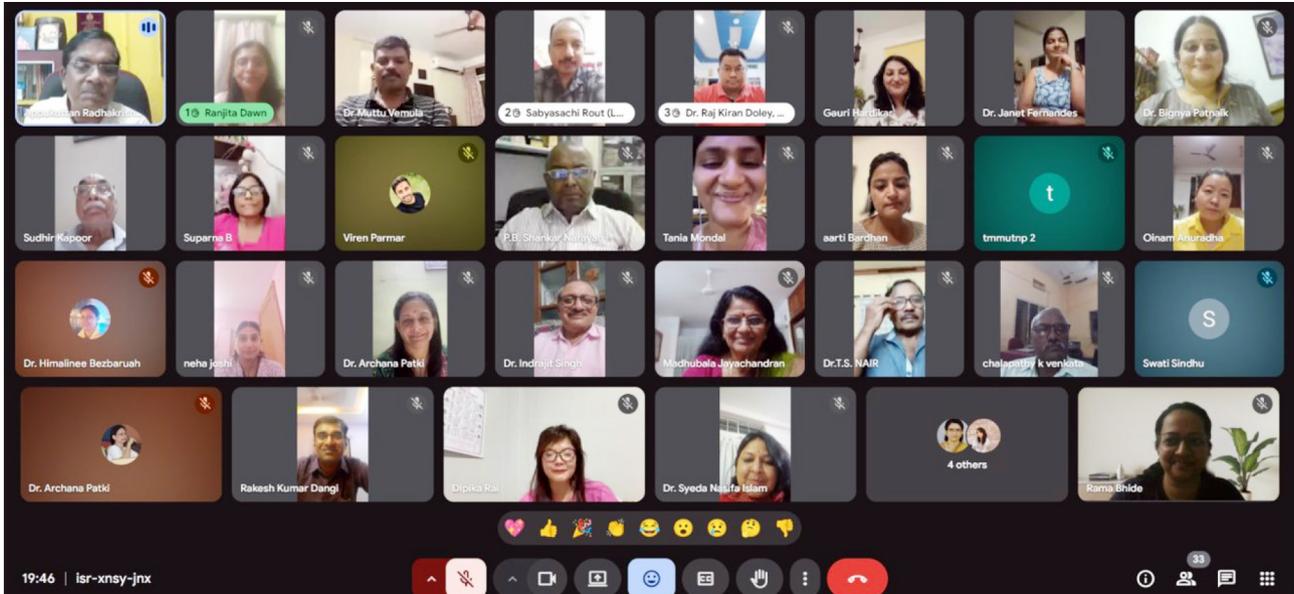
ulum according to the National Education Policy (NEP 2020). The work, which is collaborative in nature will culminate in the compilation of a Status Report on Life Skills Education in India, which will be compiled and sent to various Government bodies for consideration. Members from across India, representing Assam, Arunachal Pradesh, Sik-



kim, Mizoram, Kerala, Andhra Pradesh, Telangana, Karnataka, West Bengal, Odisha, Maharashtra, Goa, Madhya Pradesh,

Jharkhand, Uttar Pradesh, Uttarakhand, Delhi, Haryana and Puducherry participated in the meeting and shared their inputs

on the project. Dr. Radhakrishnan Nair summarised the discussion and outlined the pathway for action in his concluding remarks.



## National Awards in Life Skills Education

The Indian Association of Life Skills Education (IALSE) announced three prestigious National Awards recognising exceptional contributions to the field of Life Skills Education. These awards aim to honour excellence in scholarship, innovation, leadership, and lifelong service to the discipline.

### 1. IALSE – Lifetime Achievement National Award in Life Skills Education

This award honours an individual who has demonstrated an outstanding and sustained contribution to Life Skills Education. Award Components: Cash Prize of Rs. 10,001, Memento, and Certificate.

### 2. IALSE – Dr. V. Reghu Best PhD Thesis National Award in Life Skills Education

This award recognises high-quality doctor-

al research that significantly advances theory, practice, or innovation in Life Skills Education. Award Components: Cash Prize of Rs. 5,001, Memento, and Certificate.

### 3. IALSE – Urvi Vikram Best Masters (PG) Thesis National Award in Life Skills Education

This award acknowledges exceptional post-graduate research demonstrating academic rigour, relevance, and contribution to the field. Award Components: Cash Prize of Rs. 3,001, Memento, and Certificate.

#### Award Ceremony

All three awards will be conferred during the 11th International Conference on Life Skills Education, scheduled to be held in Bhubaneswar in February 2026.

## International Journal of Life Skills Education (IJLSE)

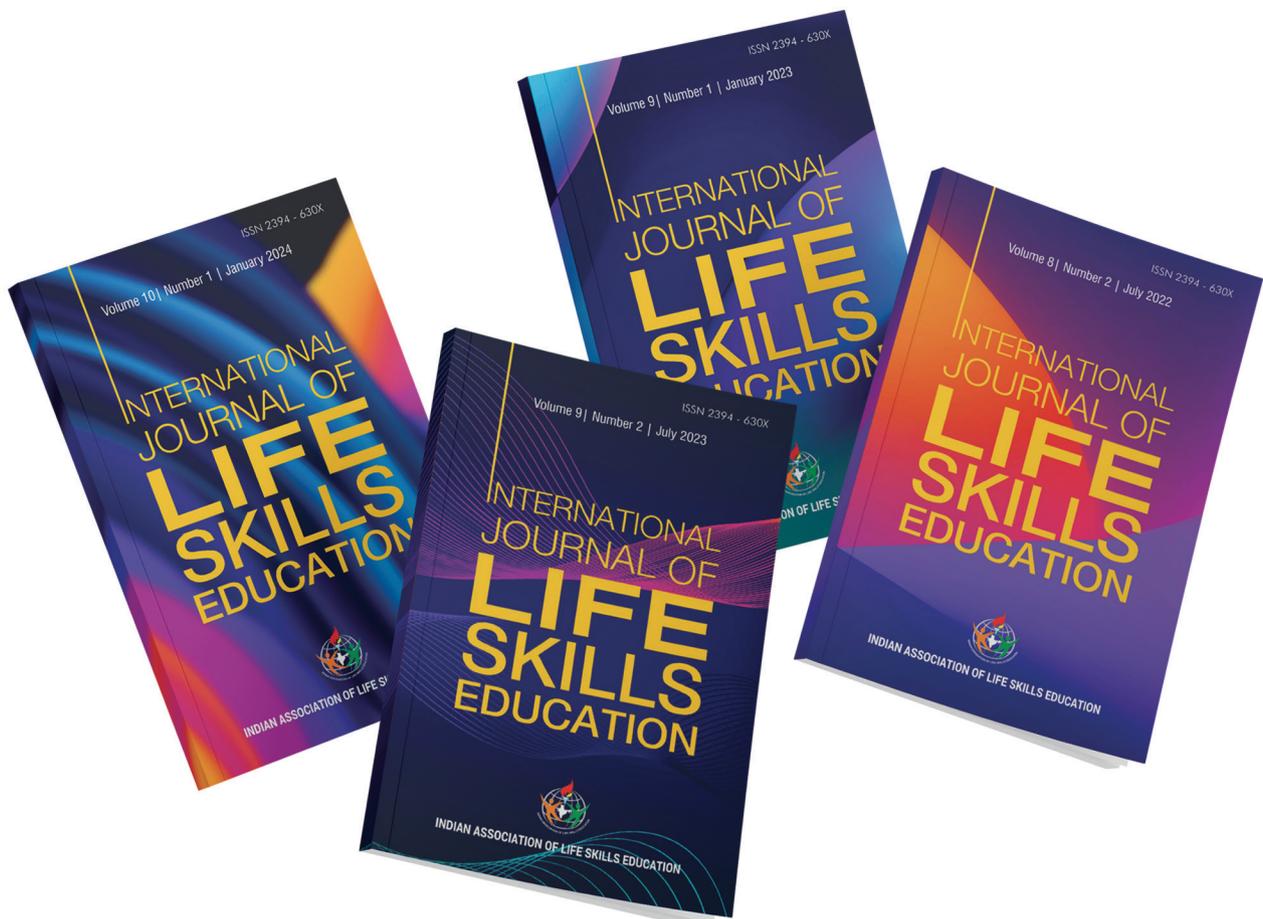
<https://ijlse.com/>

The International Journal of Life Skills Education (IJLSE) began its academic journey with the publication of its inaugural issue (Volume 1, Number 1) in January 2015.

IJLSE is a double-blind peer-reviewed, open-access journal ded-

icated to publishing high-quality research in the field of life skills and related disciplines. During the current year, the journal successfully published its pending issues, including Volume 8, Number 2 (July 2022); Volume 9, Number 1 (January 2023); Volume 9, Num-

ber 2 (July 2023); and Volume 10, Number 1 (January 2024). The forthcoming issues in the publication pipeline are Volume 10, Number 2 (July 2024); Volume 11, Number 1 (January 2025); and Volume 11, Number 2 (July 2025).



### IJLSE Editorial Team

Chairman	: Dr. A. Radhakrishnan Nair
Managing Editor	: Dr. Sunitha Ranjan
Editor	: Dr. Chandrasekharan Praveen
Associate Editor	: Dr. Gauri Hardikar
Assistant Editors	: Dr. Archana Patki   Dr. Kirti Chauhan   Dr. Jijo Varghese   Dr. Pritom Sarmah
Creative Consultant	: Anilkumar P Y
Design & Layout	: D'Bright Advertising, Thiruvananthapuram



## Programmes by members of IALSE

**Dr. G. Suresh Kumar**  
Treasurer of IALSE

On 28.05.2025 conducted a life skills session for adolescents focusing on reproductive health and well-being. The programme, organized by the Sreenarayana Guru Studies Centre, Thiruvananthapuram, was held at Aruvippuram.



**Dr. Radhakrishnan Nair**  
President of IALSE



Conducted an orientation session titled “Understanding Self and Understanding Others” for students of the Department of Textile Technology, Central Polytechnic College. The event took place on May 29, 2025, at the Institution of Engineers (India) in Thiruvananthapuram.

**Mr. B. Senthil**

Conducted an awareness session on the “Effects of Drug Addiction and Life Skills Interventions” for 11th and 12th-grade students at Arignar Anna Government Higher Secondary School, Besant Nagar, Chennai. The session focused on preventive strategies and building resilience through life skills.



**Mr. Sudhir Kumar Kapoor**  
Former Senior Lecturer, SCERT

*Mr. Sudhir Kumar Kapoor, Former Senior Lecturer, SCERT, Delhi, served as the Resource Person for various programs*

Mr. Sudhir Kumar Kapoor served as the Key Speaker on Life Skills at the Tribal Youth Exchange Programme, organized by the Ministry of Youth Affairs and Sports in collaboration with the Ministry of Home Affairs, Government of India, New Delhi. The programme was held from 15 to 20 November 2025, where his session was conducted on 15 November 2025. He shared that the interaction with



tribal youth was both enriching and meaningful. The objective of his session was to empower participants and strengthen their life skills to effectively deal with the demands and challenges of everyday life. A total of 260 tribal youth participated in the programme.



Mr. Sudhir Kumar Kapoor, participated as a Key Speaker in the Tribal Youth Exchange Programme held in New Delhi on 24 November 2025. The programme was organised by the Ministry of Youth Affairs and Sports, Government of India, in collaboration with the Ministry of Home Affairs.

The programme witnessed the participation of 250 tribal youth from various tribal regions across the country. The primary objective was capacity building and empowerment of tribal youth through life skills education, to support their future educational, professional, and personal journeys.

Mr. Kapoor conducted an interactive, activity-based life skills session, using games and experiential exercises to promote engagement, self-awareness, communication, and problem-solving skills among the participants.

Reflecting on the experience, he expressed gratitude for the opportunity to exchange ideas and perspectives with tribal youth, and appreciated the initiative taken by the Government of India to create meaningful learning platforms for young people from diverse backgrounds



Mr. Sudhir Kumar Kapoor participated as a Guest Speaker on 13 January 2026 in an Interstate Youth Exchange Programme organised by the Ministry of Youth Affairs and Sports, in collaboration with the Ministry of Home Affairs, at Bharati Vidyapeeth University, New Delhi.

He conducted an interactive and participatory session on the theme “Life Skills for Holistic Development of Youth,” focusing on self-awareness, communication, decision-making, resilience, and responsible citizenship. The session encouraged youth to reflect on their personal strengths, life goals, and role in society.



The programme, held from 13 to 17 January 2026, brought together 40 youth participants from Jammu and Kashmir, providing a platform for learning, exchange, and em-

powerment. The session aligned closely with the programme’s objective of strengthening life skills and fostering holistic development among young people.

### Prof. (Dr.) M.N. Mohamedunni Alias Musthafa





Educational Multimedia  
Research Centre (EMMRC)  
University of Calicut

## NPTEL - SWAYAM MOOC

## EMMRC UNIVERSITY OF CALICUT

# DEVELOPING LIFE SKILLS

**Course Type : Core**

**Duration : 12 weeks**

**Credit : 4 (36 Modules)**

**Category : Any Discipline**



**Who Can Join**

- Students (UG/PG) who wish to acquire credit as a part of their academic programme
- Anyone who wish to become a life skills trainer

**Steps to join the course**

1. Go to : [https://onlinecourses.swayam2.ac.in/cec25\\_ed20/preview](https://onlinecourses.swayam2.ac.in/cec25_ed20/preview)
2. Click on Join
3. Login with your Mail ID and password
4. Complete the profile with personal and academic details
5. Finally save the details
6. You will receive a confirmation mail.

**Course Coordinator**  
**Prof. (Dr.) M.N.Mohamedunni Alias Musthafa**  
Professor, Department of Education,  
Director, E Sreedharan Centre for Life Skills  
Education, Central University of Kerala,  
Kasaragod, Kerala  
[musthafaedn@cukerala.ac.in](mailto:musthafaedn@cukerala.ac.in)  
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**For further queries, mail to**  
[lifeskillsmooc2025@gmail.com](mailto:lifeskillsmooc2025@gmail.com)

**No Registration fee**

**Last Date for Enrollment 31st August 2025**

**Promo Video**



Prof. (Dr.) M.N. Mohamedunni Alias Musthafa, former President of IALSE offered a MOOC on Developing Life Skills on the NPTEL platform. He is a Professor at the Department of Education, Central University of Kerala, Kasaragod (CUK) and Director of the E. Sreedharan Center for Life Skills Education (ESNCLSE) of CUK.

Prof. Musthafa served as course coordinator for the SWAYAM platform’s “Developing Life Skills” Massive Open Online Course (MOOC) . Delivered through India’s premier open learning infrastructure, this course provides structured, expert-led instruction spanning foundational competencies such as self-awareness, emotional intelligence, communication, critical thinking, decision-making and problem solving, alongside specialized modules addressing stress management, interpersonal relationships, and contemporary life challenges. This year (2025) 3867 learners enrolled in the MOOC Developing Life Skills similar to the last year (2024) 3287 which shows an awareness among the learners regarding the concept of Life skills and Life skills Education. The involvement of the learners were highly enthusiastic and it was a promising note for further expansion of the concept of life skills and life skills education across the nation.

### Ms. Rama Bhide Secretary of IALSE

Ms. Rama Bhide, Secretary, IALSE & Founder Director, Alpha School of Life Skills organized a series of programmes.

Ms. Rama conducted an experiential workshop titled “Finding Your True North” for MCA and MMS students of a college in Mumbai on 16th and 17th September 2025. Through a structured and reflective approach, the workshop guided students to explore self-awareness as the foundation for finding their “True North”—their inner direction and sense of purpose. Students were encouraged to examine their beliefs, motiva-



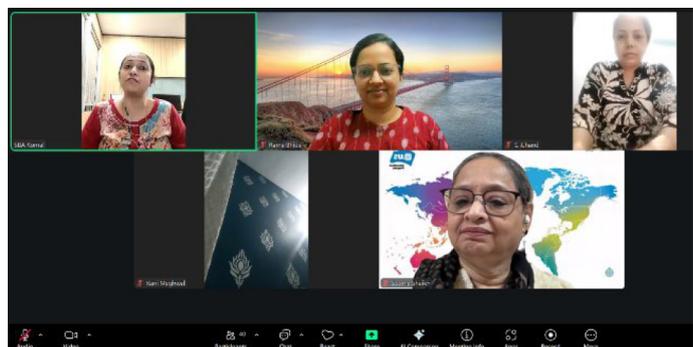
tions, fears and mental blocks that often influence their choices and limit their growth. Activities using self-awareness and self-reflection exercises, creative thinking, crit-

ical thinking, and guided discussions helped participants question assumptions and gain new perspectives about themselves.



Ms. Rama delivered a talk titled “Innovating for Impact – Beyond Tools, Towards Skills.” during the Psych Innovation Fest 2025 organized by Amity Institute of Behavioural and Allied Sciences (AIBAS), Amity University Mumbai on 1 October 2025. In her talk, Ms. Bhide spoke about how innovation is often seen only in terms of technology, products, and tools. She encouraged the audience to look beyond this and reflect on the importance of innovating the self. She shared that while creating new tools is important, personal growth and life skills are equally essential for making a meaningful impact.

Life Skills for Peace and Partnership through the NEP Lens- Ms. Rama served as a Resource Person for the online webinar was organised by SKILL Bharat Association – Vidurshala on 11 Nov 2025. The session was attended by around 70 educators from across India. Ms. Rama’s address focused on the role of life skills education in building peace, collaboration, and responsible citizenship. Ms. Bhide emphasised that life skills are central to creating a peaceful and inclusive society, as they shape how individuals communicate, manage emotions, make decisions, and resolve conflicts. She highlighted the importance of empowering children and

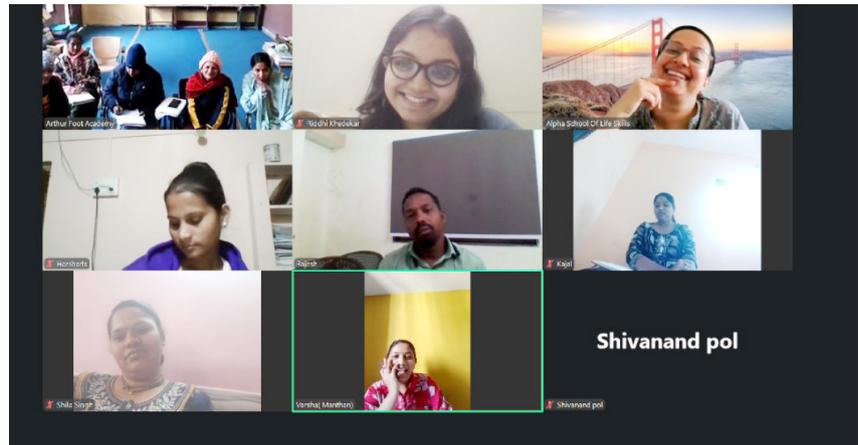


adolescents as future change-makers, noting that sustainable peace begins with education that nurtures social and emotional competencies.



Capacity Building Program on Life Skills for Adolescent Reproductive and Sexual Health (ARSH) Issues was organized from 16 to 19 December 2025. The objective of the program was to strengthen the life skills facilitation capacities of professionals working with adolescents on Adolescent Reproductive and Sexual Health (ARSH) issues. The program brought together 14 participants from Maharashtra and Dehradun.

A key strength of the program was its focus on measurable learning outcomes. Pre- and post-tests were conducted to assess knowl-



edge improvement, and participants were introduced to simple tools to evaluate the effectiveness of life skills training with adolescents. On the final day, teach-back

sessions and action plan presentations allowed participants to demonstrate their learning and prepare for field-level implementation.



हर मत मानो, वापसी जरूर #resilience #confidence #awarenesswithsaksham  
Awareness With Saksham (NGO) 882 subscribers



### Dr. Kirti Chauhan

Dr. Kirti Chauhan delivered a talk on Resilience for an NGO, Saksham. The talk is available on YouTube.

<https://www.youtube.com/watch?v=hLxQpkhhX-rQ&t=109s>

### Ms. Usha R Life Skills Master

Ms. Usha R is a Life Skills Master Trainer from Madurai, Tamil Nadu. As CSR Consultant she collaborates with institutions and organisations to design meaningful, community-centric programmes that translate intent into sustainable social impact. Her approach blends empathy, reflection, and practical learning, empowering individuals and communities to



grow with confidence, resilience, and responsibility.

### Adolescents – School Students (Classes 9–12)

This Life Skills Education pro-

gramme, aligned with the World Health Organization identified, is implemented in collaboration with the Tamil Nadu Model School Society, reaching nearly 8,000 adolescents every year across



South Tamil Nadu. The impact is evident in enhanced emotional intelligence, improved self-con-

trol, responsible decision-making, and healthier peer relationships. Students develop clarity about their strengths and behaviours,

enabling them to make mindful choices and grow into confident, empathetic, and responsible young individuals.

**Parents of Special Children – Emotional Coping & Strengthening**

This intervention focuses on parents of special children, addressing the emotional challenges they face throughout their child’s developmental journey. The training emphasises emotional awareness, coping skills, and self-regulation, helping parents recognise and manage feelings of guilt, stress, and insecurity. Through guided reflection and dialogue, parents understand the vital role their emotional wellbeing plays in their child’s growth and behaviour. The programme creates emo-



tional resilience and confidence among parents, strengthening parent-child bonds and fostering supportive home environments. Participants leave with practical

tools to respond with patience, balance, and empathy, contributing positively to their child’s overall development.

**Government Employees – Work-Life Balance & Interpersonal Skills**



Life Skills training was conducted for 100+ employees of the Tamil Nadu Water Resources Management Department, focusing on workplace wellbeing and human relations. The programme addressed work-life balance, emotional regulation, communication, and people-handling skills through reflective and experiential learning methods. Participants examined personal work patterns, stress triggers, and interpersonal dynamics in professional settings. The impact of the training includes improved clarity, emotional balance, and effective communication at the workplace. Employees gained practical insights into managing stress, building healthier professional relationships, and maintaining harmony between personal and professional life, leading to improved productivity and wellbeing.



## Dr. Muttu Vemula

“Empowering Educators: Integrating Life Skills Across the Curriculum and Co-Curricular Domains”

The Department of Education, Mizoram University, Aizawl, successfully organized an ICSSR-Sponsored 12-Day Capacity Building Programme on “Empowering Educators: Integrating Life Skills Across the Curriculum and Co-Curricular Domains” from 17th to 28th November 2025 organized by department of Education Mizoram University programme director Dr. Muttu Vemula, Assistant professor. The programme aimed at strengthening educators’ theoretical understanding, pedagogical competencies, and research capacities in the domain of Life Skills Education, in alignment with NEP 2020, NCF 2023, and SDG 4.

The 12-day programme adopted a multi modal and interactive approach, including expert lectures, workshops, reflective writing, participant presentations, group



discussions, and hands-on activities.

Notable sessions included reflective and critical discussions on colonized vs. contextual educational practices, participant project presentations with peer review, and a panel discussion on the future of education and human flourishing. Participants demonstrated enhanced understanding of life skills integration, reflective pedagogical practices, and action-oriented educational planning.

The programme brought together early-career faculty members, research scholars, and educators from various institutions across India. Participant feedback re-

flected high levels of academic engagement, practical relevance, and professional enrichment. The programme contributed significantly to participants’ readiness to implement life skills-based and holistic education practices in real educational settings.

The ICSSR-Sponsored Capacity Building Programme served as a meaningful academic initiative that reinforced the importance of life skills for contemporary education. It successfully empowered educators with knowledge, pedagogical tools, and research perspectives necessary for nurturing confident, compassionate, and future-ready learners.

## Dr. Gauri Hardikar Vice President, IALSE

Across classrooms, academic programs, and global forums, Dr. Gauri Hardikar’s recent engagements reflected a deep and sustained commitment to strengthening the human core of education through life skills.

She was nominated as a Member of the Constitutional Standing



Committee of the World Council of Comparative Education So-

cieties, UNESCO International Bureau of Education, where she



contributes to shaping global academic governance and the evolving vision of comparative education.

As an Invited Speaker at the International Seminar on 21st Century Leadership in Higher Education at NIEPA, New Delhi, she addressed the theme Co creating the Future Life Skills and Leadership in Higher Education, offering a compelling perspective on how humane leadership, ethical clarity, and emotional competence must guide the universities of tomorrow.

She facilitated a series of Teacher Enrichment Programmes on Caring Classrooms for secondary school teachers under Anugraha, sensitising educators to the emotional worlds of learners



and strengthening the culture of empathy, safety, and belonging in schools.

Under the RUSA Mentoring Initiative, she was invited to conduct a Faculty Development Workshop on Enhancing Holistic Student Development at BMN College of

Home Science, Mumbai, where she connected mentoring with the nurturing of students' social, emotional, and life competencies.

She also facilitated several youth development programmes for higher education institutions on



the theme Life Skills for Empowerment, enabling young adults to discover inner strength, confidence, purpose, and the courage to navigate personal and social challenges.

Dr Hardikar delivered the Valedictory Address for the ICSSR Sponsored 12 Day Capacity Building Programme Empowering Educators Integrating Life Skills Across the Curriculum and Co Curricular Domains, where she spoke on emotional well being, empathy, and human connection as life lines for human flourishing in an age

shaped by digital isolation and AI mediated relationships.

She conceptualised and facilitated a three day intensive life skills training programme for student teachers of Hansraj Jeevandas College of Education under RUSA, weaving together self awareness, reflective practice, and classroom application to prepare future teachers for holistic education.

She was also invited as a resource person for a session on Life Skills for Self Empowerment in a

Faculty Development Programme organised by Homi Bhabha University, Mumbai, inspiring faculty to view personal growth as the foundation of professional excellence.

Across all these engagements, Dr Hardikar drew upon her rich experience in life skills education and her mastery of experiential learning to add depth, meaning, and transformative value, helping educators and students alike reconnect with the human dimensions of learning, leadership, and living.





## Achievements

### Mr. B. Senthil

On the occasion of the 77th Republic Day, Mr. B. Senthil, Hon'ble Member, Juvenile Justice Board, Thiruvallur District, Dept. of Children Welfare and Special Services, Govt. of Tamil Nadu & Joint Secretary of IALSE, was honoured with an Appreciation Certificate by the Hon'ble Collector of Thiruvallur District, for his commendable service with the Juvenile Justice Board. The award



recognises his dedicated efforts in rehabilitation, counselling support, and life skills development for juveniles in conflict with the law. Expressing his gratitude,

Mr. Senthil acknowledged the support of his team and thanked the District Administration and the organising committee for this recognition

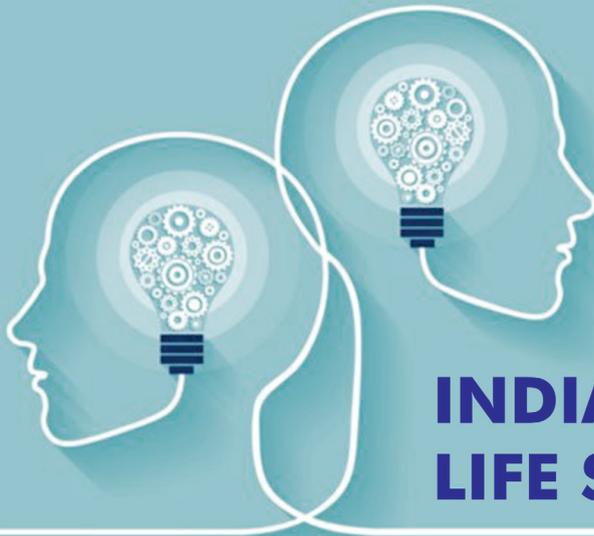
### Dr. Chandrasekharan Praveen Exe. Committee member of IALSE

In 2024-25, Dr. Praveen attempted to foster Life Skills in the students of NIT Calicut using AI generated content for teaching Communication Skills for the newly launched Integrated Teacher Education programme. The objective was to foster empathy in the students in the light of the Wayanad landslide disaster of 2024 in the adjacent district of NIT Calicut. Later in Nov 2025, Dr. Praveen presented a paper on the Life Skills related work done in NIT-Calicut during the 12th LSME International Research Conference on "Responsible Research and Innovation in Humanities and



Social Sciences" organized by the London School of Management

Education, UK. This won him the Best paper award for session IE.



# INDIAN ASSOCIATION OF LIFE SKILLS EDUCATION

[www.ialse.in](http://www.ialse.in)

The Indian Association of Life Skills Education (IALSE) is a registered society under the Tamil Nadu Societies Registration Act, 1975. It was established in 2010. Since then, the association has been working tirelessly to promote life skills education across India. Life skills are among the newer disciplines that emerged during the second half of the 20th century. In India, life skills as a subject of study were introduced by the Rajiv Gandhi National Institute of Youth Development, Sriperumbudur, in 2008, followed by the launch of a trainers' training programme in Life Skills. Professionals involved in life skills education and training established the Indian Association of Life Skills Education (IALSE) to promote the subject across the country.

The association provides a platform for practitioners to connect, collaborate, and advance life skills education for both individual growth and national development. IALSE operates nationwide, allowing members to exchange ideas, resources, and expertise. Its core activities include training, research, and publication in the field of life skills education. With the emphasis on life skills in the National Education Policy 2020, demand for such education has increased, making it a key focus for IALSE. The association offers

customised formats that support a competency-building approach and has a diverse group of qualified, experienced trainers nationwide.

IALSE has developed field-tested life skills resource materials that enhance the learning experience, making it enjoyable and effective. IALSE training sessions follow a participatory, learner-centric approach and are tailored to the felt needs of participants. IALSE also offers consultancy services specialising in designing Life Skills Education curricula for universities and colleges that wish to introduce the subject.

Additionally, IALSE provides a platform for practitioners and researchers to collaborate, share ideas, and present their research at its annual International Conference on Life Skills Education. In the field of life skills education, IALSE disseminates research through its publications. It publishes the International Journal of Life Skills Education, a biannual peer-reviewed journal with an ISSN. The journal aims to publish research papers that highlight recent developments in life skills education and training. IALSE promotes mutual and collective efforts to develop, promote, and apply life skills to improve individual and community well-being through interdisciplinary and transdisciplinary approaches. To join IALSE, please visit [www.ialse.in](http://www.ialse.in)

## LIFE SKILLS

Achieving effective living requires cultivating and supporting a diverse mix of essential skills, strong values, requisite knowledge, and a positive mindset. Life skills are abilities inherent in every individual and psychosocial in nature (understanding oneself and others) that, through conscious practice, can serve as tools to promote personal competence, self-empowerment, and mental well-being as we face the realities and challenges of daily life.

Practising life skills does not imply a life free of problems; rather, it means that individuals equipped with these skills can effectively navigate and adapt to life's challenges. Moreover, they can bounce back more swiftly from highly stressful or life-threatening situations. By understanding, exploring, and consciously practising life skills, individuals can refine these inherent abilities, maximising their potential for better daily outcomes and adeptly facing life's hur-

dles. In simple terms, life skills are defined as adaptive, positive behaviours that enable individuals to handle the challenges of everyday life effectively. These skills can be cultivated and enhanced through regular practice.

The concept of life skills has developed, leading to shifts in perspectives and impact. Life skills today are recognised as transformative competencies essential for nurturing successful individuals and equipping them to navigate the complexities of the future.

Life skills are considered cognitive and non-cognitive, higher-order, transversal, and transferable skills for learning, employability, personal empowerment, and active citizenship. (UNICEF MENA, 2017).

Life skills are instrumental in meeting important challenges across a wide range of relevant contexts, including the self, family, and community.

### WHY DO WE NEED LIFE SKILLS?

- To develop a dynamic self-image and great self-esteem
- To become self-empowered
- To improve the communication skills
- To make relationships better and handle interpersonal problems
- To boost our decision-making ability and make informed decisions
- To help us deal with the challenges of everyday life
- To practice positive behaviour
- To transform self and others
- To become a well-adjusted individual
- To create a positive ripple in society
- To become change agents



Practising life skills benefits individuals by fostering a deeper understanding of themselves, enhancing agility and adaptability across various roles and situations, instilling a sense of responsibility for meaningful employment, promoting strong problem-solving and decision-making skills, respect for diversity, and encouraging the advocacy and practice of cultural awareness and social sensitivity.

Achieving success in life goes beyond rote learning; it requires developing psychosocial competencies. This includes active engagement, proactivity, creativity, curiosity, and a commitment to lifelong learning, ultimately shaping individuals into active and responsible citizens.



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