



GOVERNMENT OF KARNATAKA
DEPARTMENT OF COLLEGE EDUCATION
GOVT FIRST GRADE COLLEGE, CHANNAPATNA-562 160.
RE-ACCREDITED BY NAAC WITH "B" GRADE

No:GFGC-CPT/ /2018-19
Email ID-gfgc_cpt@live.in

Office of the Principal,
Government First Grade College,
Channapatna-562 160
Date: 25/10/2018.

To
Dr. Pradeep B S
Additional Professor
Department Of Epidemiology
NIMHANS
Bangalore


Respected Sir

Subject: Requisition to conduct a *Life Skill and personality development program* in our college


We are planning to conduct a *Life Skill and personality development program* in our college on 31 October 2018. Our college has a huge student strength of around 2500 of which at least 500 students from final year graduation will be participating in the program. The program will be immensely beneficial for the students and the faculty. All the arrangements required for the program will be made.

I request you to accept the invitation and do the needful. Looking forward to a favorable response.

Thank You


Yours Faithfully
Principal
Govt. First Grade College
Channapatna - 571 501

Scanned by CamScanner


Principal
Government First Grade College
Channapatna - 562160.

Report On One Day Workshop Conducted by Youth Red Cross Wing and IQAC in Association with Centre for Public Health, Department of Epidemiology, National Institute of Mental Health and Neuro Sciences (NIMHANS) on 31 October 2018

Need for Life Skills

In a constantly and rapidly changing world, having life skills is an essential part of being able to meet the challenges of everyday life. The dramatic changes in global economies over the past few years have been matched with the transformation in technology and these are all impacting on education, the workplace and our home life. **To cope with the increasing pace and change of modern life, students need new life skills such as the ability to deal with stress and frustration.** Today's students will have many new jobs over the course of their lives, with associated pressures and the need for flexibility.

World Health Organization (WHO) defines Life skills

as the abilities for adaptive and positive behavior that enable humans to deal effectively with the demands and challenges of life. Students hailing from rural background are first generation learners and they are not exposed to skill sets needed for survival, being employable and thrive as a healthy and happy individual. Thus Red Cross along with internal Quality Assurance Cell of the college requested the centre for Public Health, Department of Epidemiology, National Institute of Mental Health and Neuro Sciences (NIMHANS) Bangalore to conduct a **One-Day workshop for our Students, faculty members and non-teaching staff.**

The Importance of Life Skills

Individual Benefits

In day to day life Life Skills help students to

- Find new ways of thinking and problem solving
- Recognize the impact of their actions and teaches them to take responsibility for what they do rather than blame others
- Build confidence both in spoken skills and for group collaboration and cooperation
- Analyze options, make decisions and understand why they make certain choices outside the classroom
- Develop a greater sense of self-awareness and appreciation for others

Employment Benefits

Though our students fare well at academics, they lack employability skills. Mere academic success doesn't guarantee them a job nor does it assure them of a great career. Life Skill teaches

- The ability to self-manage, solve problems and understand the business environment
- Working well as part of a team
- Time and people management
- Agility and adaptability to different roles and flexible working environments
- The potential to lead by influence

Societal Benefits

Life skill imparts skills not only beneficial for an individual but it benefits the society and the world community at large too.

- Life Skill promotes harmony as it enhances cultural awareness.
- It enables citizens for better cooperation internally and internationally
- It makes the people religiously and culturally tolerant. It makes the people acknowledge diversity. Respecting diversity allows creativity and imagination to flourish.
- Developing negotiation skills, the ability to network and empathise can help to build resolutions rather than resentments

Report

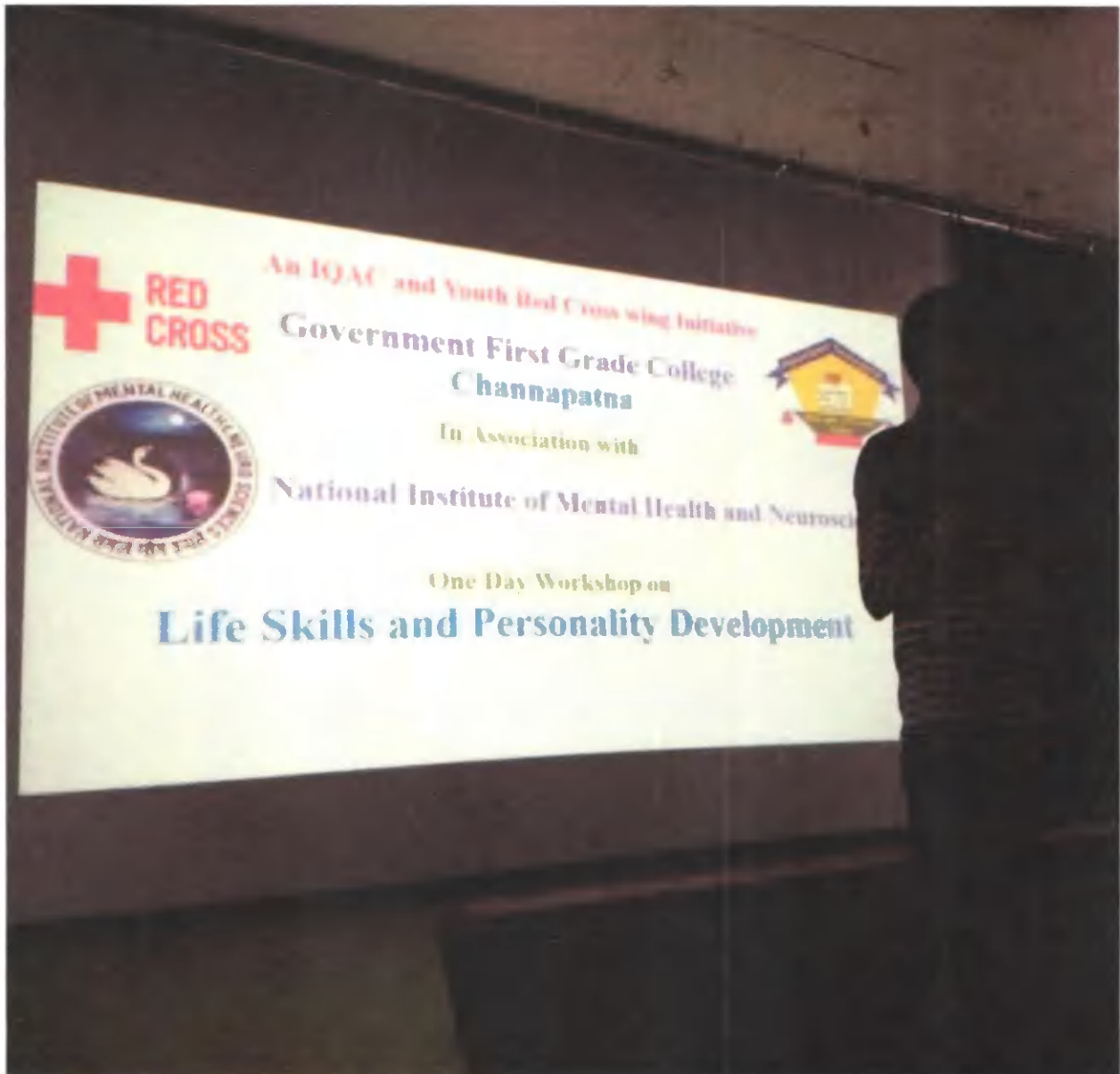
Keeping in view the above mentioned uses of Life Skills the college organized one day workshop at Shatamanotsava Bhavan Channapatna on 31 October 2018. More than 1000 students, faculty and non-teaching staff participated in the programme

Topics Covered

The following topics were covered in the workshop

- Self-awareness
- Empathy
- Coping with Stress
- Coping with Emotions

- Communication Skills
- Interpersonal Relationship Skills
- Creativity
- Critical Thinking
- Problem Solving
- Decision Making









Life Skills learnt through activities



National Institute of Mental Health & Neuro Sciences

(An Institute of National Importance)

Bangalore - 560 029, India.



DEPARTMENT OF EPIDEMIOLOGY CENTRE FOR PUBLIC HEALTH

Phone: 91-80-2869 8244/8245/8299; Fax: 91-80-28644828; E-mail: cphe@nimhans@gmail.com

LIFE SKILLS TEAM

Sl. No	Team	Designation	Contact Number
1.	Dr. Pradeep B S	Principal Investigator	9845452250
2.	Dr. Lavanya G	Programme Coordinator	9886363630
3.	Ms Anu T P	Programme Coordinator	9632994860
4.	Mr. Amaresh Y	Field Coordinator	9740588554
5.	Ms. Swati Shahane	Training Coordinator	7406206861
6.	Mr. Mutharaju A	Training Coordinator	9008944821
7.	Ms Srividya R N	Training Coordinator	9741271777
8.	Mr. Suprej	M & E Officer	9656824692
9.	Mrs Jyothi M K	M & E Officer	968645679
10.	Mr. Anand B C	Field Liaison Officer	8660363854
11.	Mr. Pradeep B K	Field Liaison Officer	8147326616
12.	Mr. Mahendra	Field Liaison Officer	9538210609
13.	Mr. Nagaraj	Field Liaison Officer	9008343253
14.	Mrs Shruthi T	Admin	9741347573

Feel free to email us @: lifeskills.nimhans@gmail.com

facebook



: www.facebook.com/yuvaspandana

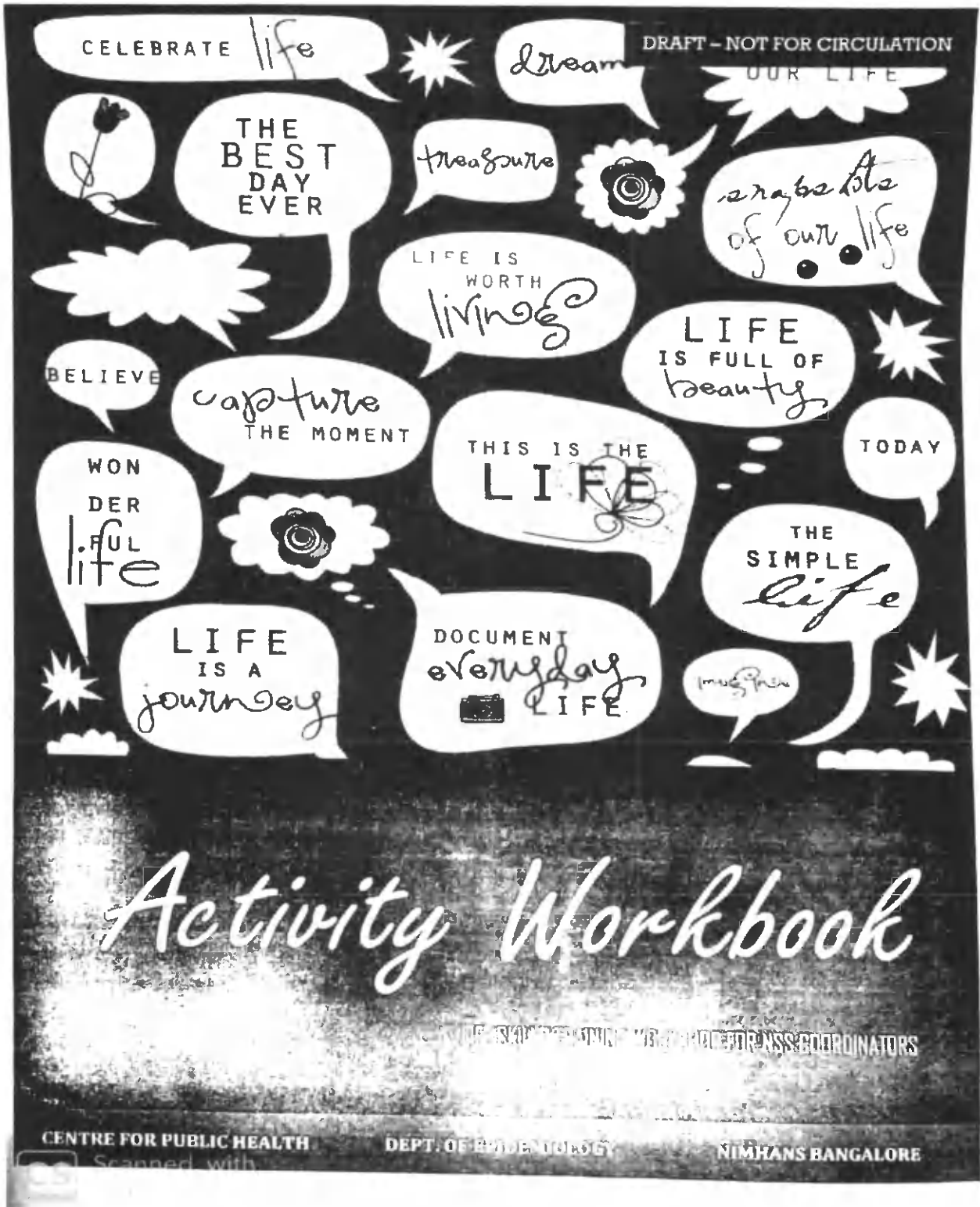


Life Skill Team from NIMHANS

LIFE SKILLS

A COMPREHENSIVE TRAINING MANUAL OF LIFE SKILLS FOR NSS COORDINATORS





Life Skill Module provided by NIMHANS



“ಯುವ ಸ್ವಂದನ”

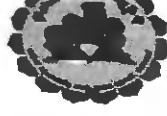
ಯುವ ಸಬಲೀಕರಣ ಮತ್ತು ಕ್ರೀಡಾ ಇಲಾಖೆ, ಕರ್ನಾಟಕ ಸರ್ಕಾರ ಮತ್ತು ಐನ ಆರೋಗ್ಯ ಕೇಂದ್ರ,
ರಾಷ್ಟ್ರೀಯ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಮತ್ತು ನರವಿಜ್ಞಾನ ಸಂಸ್ಥೆ (ನಿಮ್ಹಾನ್ಸ್), ಬೆಂಗಳೂರು



ಯುವಜನರಿಗಾಗಿ ಯುವಜನರು...!

CS

CamScanner



ಶ್ರೀ ಸಿದ್ದರಾಮಯ್ಯ

ಗೌರವಾನ್ವಿತ ಮುಖ್ಯಮಂತ್ರಿಗಳು



ಶ್ರೀ ಪ್ರಮೋದ್ ಮಧ್ವರಾಜ್

ಮಾನ್ಯ ಸಚಿವರು, ಯುವ ಸಬಲೀಕರಣ ಮತ್ತು ಕ್ರೀಡಾ ಇಲಾಖೆ

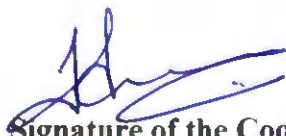
ಯುವ ಸ್ಪಂದನ ಕೇಂದ್ರಗಳ ಸಂಪರ್ಕ ಮಾಹಿತಿ

ಬಾಗಲಕೋಟೆ	yuvaspandana.bagalkot@gmail.com	08354235120
ಬೆಂಗಳೂರು ನಗರ	yuvaspandana.bir@gmail.com	08029700328
ಬೆಳಗಾವಿ	yuvaspandana.belagavi2015@gmail.com	08312474101
ಬಳ್ಳಾರಿ	yuvaspandana.bellary@gmail.com	08392278827
ಚಾಮರಾಜನಗರ	yuvaspandana.chamarajanagar@gmail.com	08226222868
ಚಿಕ್ಕಮಗಳೂರು	yuvaspandana.chickmagalur@gmail.com	08262220624
ಚಿಕ್ಕಬಳ್ಳಾಪುರ	yuvaspandana/chikkaballapur@gmail.com	083156271054
ಚಿತ್ರದುರ್ಗ	yuvaspandana.chitradurga@gmail.com	08194235636
ದಾವಣಗೆರೆ	yuvaspandana.dvg@gmail.com	08192222050
ಹಾಸನ	Belgaum yuvaspandana.hassan@gmail.com	08172245050
ಕಲಬುರಗಿ	yuvaspandana.kalaburagi@gmail.com	08472236470
ಕೋಲಾರ	yuvaspandana.kolar@gmail.com	08152222340
ಉಡುಪಿ	yuvaspandana.udupi@gmail.com	08202533933
ಮಂಗಳೂರು	yuvaspandanamangaluru@gmail.com	08242452264
ಮೈಸೂರು	Uttara yuvaspandana2014.mysore@gmail.com	08212444922
ರಾಯಚೂರು	Kannada yuvaspandana.raichur@gmail.com	08532231122
ಶಿವಮೊಗ್ಗ	yuvaspandanashimoga@gmail.com	08182222248
ತುಮಕೂರು	yuvaspandana.tumkur@gmail.com	08162277019
ಉತ್ತರ ಕನ್ನಡ	Shimoga yuvaspandana.uk@gmail.com	08382222332
ವಿಜಯಪುರ	yuvaspandana.vijayapura@gmail.com	08352223554
ಬೆಂಗಳೂರು ಗ್ರಾಮಾಂತರ	Udupi yuvaspandana.bangalorerural@gmail.com	Chikka-ballapur 08029700328
ಮಂಡ್ಯ	yuvaspandana.mandya@gmail.com	08232230234
ಕೊಪ್ಪಳ	yuvaspandana.koppal@gmail.com	Bengaluru 09482404848
ಕೊಡಗು	Mandya yuvaspandana.kodagu@gmail.com	Kolar 08272225985
ರಾಮನಗರ	yuvaspandana.ramnagar@gmail.com	08027271213
ಧಾರವಾಡ	yuvaspandana.dwd@gmail.com	08362447424
ಹಾವೇರಿ	yuvaspandana.haveri@gmail.com	08375232070
ಬೀದರ	Mysuru yuvaspandana.bidar@gmail.com	08482227222
ಯಾದಗಿರಿ	yuvaspandana.yadgiri@gmail.com	09480695441
ಗದಗ	yuvaspandana.gadag@gmail.com	08372220375

District wise phone numbers of Govt help/care centers

Feedback from the Students and Participants

1. All the students felt that the workshop helped them to develop interpersonal, communication skills required for career advancement
2. They realized how complex and confusing communication can be.
3. Students realized how important empathy is day to day life
4. Students learnt how to cope with stress.
5. They understood the need to check the credibility of the “facts” through critical thinking
6. Students and participation got the information of where to go and whom to approach for counselling in case of severe stress related problems
7. Students found the helpline extremely useful as they could approach the nearest center for guidance and counselling. The participants were assured of confidentiality.



Signature of the Coordinator
Dr. HARISH M.G.
Nodal Officer Youth Red Cross Wing.
Govt. First Grade College
Channapatna.



Signature of the Principal
Principal
Government First Grade College,
Channapatna - 562160.