



KLE ACADEMY OF HIGHER EDUCATION & RESEARCH
Accredited "A" Grade by NAAC (2nd Cycle) & Placed in Category "A" by MHRD (GoI)
INSTITUTE OF PHYSIOTHERAPY
BELAGAVI - KARNATAKA



Value Added Course on Life Skills Training



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PREAMBLE

Life skills are abilities for adaptive and positive behavior that enables humans to deal effectively with demands and challenges of life. WHO has identified 10 skills that are essential for an individual to live a productive and satisfying life. These are problem solving, critical thinking, empathy, managing/ coping with stress and emotions, communication skills, interpersonal; relationship skills, decision making, self-awareness. These are most essential for today's youth who face various challenges in everyday life due to societal pressure and self-confidence issues.

OBJECTIVE

- To understand different life skills and their importance
- To understand and apply these skills and improve quality of life

DURATION : 2 days (16 hours)

MEDIUM OF INSTRUCTION : English

FREQUENCY : Twice a Year

No. of Seats : 100



CONTENT

- What are life skills? Why are they needed?
- Activities to understand various life skills
- How to apply/ use life skills in everyday life?