

“EMPOWERING YOUTH THROUGH LIFE SKILLS”

Adolescence is a challenging transitional period for many young people. They go through many changes in physical, cognitive, emotional and social domain of their life. During these developmental changes young people believe that they are unable to communicate what they want with their parents, teachers and adults and often find themselves in the middle of conflicts and arguments. These situations lead to unnecessary stress, anger issues and low self-esteem resulting in, low academic performances, and disruptive behaviour in college and at home.

Life Skills Education Programme is a series of self-building sessions, consisting of basic skills for personal and social development which will help young people in coping with the challenges they face. Through these sessions adolescents learn better ways to communicate with others, develop their self-esteem, and learn to take responsibilities for their actions, become more mature and adult – like and make informed choices and decisions. These skills will help them to resist peer pressure as they learn how to accept themselves for who they are.

Objectives:

- To sensitize all 10 Life Skills as listed by WHO which includes Self Awareness, Empathy, Communication, Interpersonal Relationship, Creative thinking, Critical thinking, Problem Solving, Decision making, coping with Emotions and Coping with stress.
- Conducting sensitization program based on Kolb’s Learning Cycle/experiential learning technique

Facilitators of the Workshop:

Mr Mutharaj A (Ph. D scholar)
Department of psychiatric social work,
Training coordinator Yuva spandana program, NIMHANS

Ms Anu T P
Project coordinator Life Skills Program, NIMHANS

Ms Srividya
Training Coordinator Life skills program, NIMHANS

Dr Kumaraswamy R
Co-ordinator NSS & YRC, SDUAHER

Program Schedule:

Time	Activity
8:30am - 8:45am	Registration
8:45am - 9:00am	Inauguration
9:00am - 10:00am	Introduction and Self-awareness
10:00am - 10.45am	Empathy And Coping With Emotions
10.45am - 11:00am	Tea Break
11:00am - 12.30pm	Effective Communication & Interpersonal Skills
12.30pm - 1.30pm	Lunch Break
1.30pm - 2.30pm	Decision Making, Problem Solving
2.30pm - 3.30pm	Critical Thinking, Creative Thinking And Coping With Stress
3.30pm - 4.00pm	Sensitization About Yuva Spandana
4:00pm - 4:15pm	Valedictory And High Tea

Patrons:

Sri. R. L. Jalappa, Founder President, SDUAHER
Sri. Rajesh N Jagadale, Vice-President, SDUAHER
Dr. S. Kumar, Chancellor, SDUAHER
Dr. A V M Kutty, I/c Vice-Chancellor & Registrar, SDUAHER
Sri. G. H. Nagaraja, Secretary, SDUET
Sri J. Rajendra, Finance Director, SDUAHER
Dr. M. L. Harendra Kumar, Dean/Principal, SDUMC
Dr. Lakshmaiah V, Med. Supdt., R.L.J.H. & R.C.

Organizing Chairman:

Dr Sridevi N. S. Prof & HOD

Organizing secretary:

Dr. Kumarswamy R. Co-ordinator NSS & YRC, SDUAHER

Members:

Dr. K. V. Venkateshu	Professor
Dr. Ashwini. N. S	Asso Prof
Dr. Divya C	Asst Prof
Dr Shashidhar K	Asst Prof
Mrs. Krishnaveni. C	Lecturer
Mr. Suresh T	Lecturer
Dr. Vinay Kulkarni	Jr Lecturer
Mr. Krishna Kishore	PhD Scholar
Mr. Ravi Shankar	PhD Scholar
Mr. Anjaneya Babu	PhD Scholar



SRI DEVARAJ URS ACADEMY OF HIGHER EDUCATION & RESEARCH
(DEEMED TO BE UNIVERSITY)

SRI DEVARAJ URS MEDICAL COLLEGE, KOLAR

**DEPARTMENT OF ANATOMY
&
NATIONAL SERVICE SCHEME**



*Organizing
Workshop on*

“EMPOWERING YOUTH THROUGH LIFE SKILLS”

DATE: 11.12.2018

Venue: A V Hall, SDUMC (Adjacent to Physiology Department)

To,

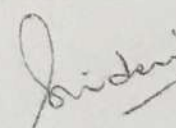


Date: 11.12.2018

Sri Devaraj Urs Medical College
Department of Anatomy
1st MBBS 2018-19 batch
Signature list

Workshop on "EMPOWERING YOUTH THROUGH LIFE SKILLS"

SL No	Name	Morning session	Afternoon session
1	Aaditya Ruhela	ABSENT	ABSENT
2	Aanchal Kashyap	u	u
3	Aayush Srivastava	u	u
4	Abhimanyu Singh Shaktawat	u	u
5	Abhishek	ABSENT	- AB -
6	Abhishek Kumar	Abhishek Kumar	Abhishek Kumar
7	Abhishek Kumar Goswami	Abhishek	Abhishek
8	Abhishek Kumar Singh	Abhishek	Abhishek
9	Aditi Badala	ABSENT	- AB -
10	Aditi Singh	Aditi Singh	Aditi Singh
11	Aditya Ranjan	Aditya	- AB -
12	Aditya Prakash	Aditya	Aditya
13	Akash H A	Akash H A	Akash H A
14	Akash Mittal	Akash Mittal	Akash Mittal
15	Amit	Amit	Amit
16	Amit Kumar Solanki	Amit Solanki	Amit Solanki
17	Amithia G	- AB -	- AB -
18	Amrutha N A	Amrutha N D	Amrutha N D
19	Anadi Arun	Anadi	Anadi
20	Ankit Singh Janmeda	Ankit	Ankit
21	Ankur Prajapati	Ankur Prajapati	Ankur Prajapati
22	Ankur Sinha	- AB -	- AB -
23	Anuj Balwada	Anuj	u
24	Anushka Jain	Anushka	Anushka
25	Apoorva Biswas	Apoorva Biswas	Apoorva Biswas


 PROP & HEAD
 DEPT. OF ANATOMY
 SRI DEVARAJ URS MEDICAL COLLEGE
 KOLAR 565104

Date: 11.12.20

Sri Devaraj Urs Medical College
Department of Anatomy
1st MBBS 2018-19 batch
Signature list

Workshop on "EMPOWERING YOUTH THROUGH LIFE SKILLS"

SL No	Name	Morning session	Afternoon session
26	Arpit Pandey		AB
27	Arshita Bisla	AB	AB
28	Arunam Tripathi	Arunam	AB
29	Aryan Pankaj	Aryan Pankaj	Aryan Pankaj
30	Ashish	Ashish	Ashish
31	Ashish Sharma	Ashish Sharma	Ashish Sharma
32	Asmita Choudhary	Asmita Choudhary	Asmita Choudhary
33	Asmita Srivastava	Asmita	Asmita
34	Ayushi Dixit	Ayushi	Ayushi
35	Bhupendra Choudhary	Bhupendra	Bhupendra
36	Bobin Mishra	BOBIN MISHRA	BOBIN MISHRA
37	Chaithanya P	Chaithanya	Chaithanya
38	Chandan Kumar	Chandar	Chandar
39	Chitra Tiwari	Chitra	Chitra
40	Deeksha	Deeksha	Deeksha
41	Desh Deepak	Desh Deepak	Desh Deepak
42	Garima	AB	AB
43	Gauri S Kumar	Gauri	Gauri
44	Gautami Gera	AB	AB
45	George Varughese	George	George
46	Gowra Srinivas	Gowra	Gowra
47	Grace Mariam James	Grace	Grace
48	Grisha Gautam	Grisha	Grisha
49	Hardik Mangla	Hardik	Hardik
50	Hari Krishnan Rajeev	Hari	Hari

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SRMMS, KOLAR SCHOOL

Sri Devaraj Urs Medical College
 Department of Anatomy
 1st MBBS 2018-19 batch
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Workshop on "EMPOWERING YOUTH THROUGH LIFE SKILLS"

SL No	Name	Morning session	Afternoon session
51	Harshit Gupta	Harshit	Harshit
52	Hridaya Harkesh	Hridaya	Hridaya
53	Ishita Shrivastava	Ishita	AB
54	Jabeen Akhtar	AB	AB
55	Jiya	Jiya	Jiya
56	Jyoti Pachar	Jyoti Pachar	Jyoti Pachar
57	Jyoti Yadav	AB	AB
58	K Shakthipriya	Shakthipriya	Shakthipriya
59	Kamran Afaque	AB	AB
60	Kanika Sachdeva	AB	u
61	Kanishka Singh	AB	a
62	Kanupriya Prasad	AB	u
63	Kapil Saini	Kapil	u
64	Karthi Keyan E S	Karthi Keyan	Karthi Keyan
65	Kartik Raj	Kartik Raj	AB
66	Keerthan N	Keerthan	Keerthan
67	Kher Krutibahen Mohansinh	Kher	AB
68	Komal Tanwar	Komal	Komal
69	Kowthalam Sai Preethi	Kowthalam	Kowthalam
70	Krishna Narayan Pandey	K.N. Pandey	K.N. Pandey
71	Kshitiz Joshi	Kshitiz	Kshitiz Joshi
72	Lakshya Dubey	Lakshya	Lakshya
73	Lakshya Gupta	Lakshya Gupta	Lakshya Gupta
74	M Hari	M Hari	M Hari
75	Madhushri C B	Madhushri	Madhushri

Signature

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 YAMKA, KOLAR 583102

Date: 11.12.20

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Department of Anatomy
1st MBBS 2018-19 batch
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Workshop on "EMPOWERING YOUTH THROUGH LIFE SKILLS"

SL No	Name	Morning session	Afternoon session
76	Mandeep	<u>Mandeep C</u>	<u>AB</u>
77	Manoj Kumar Jat	<u>Manoj</u>	<u>Manoj</u>
78	Meghna Gupta	<u>AB</u>	<u>AB</u>
79	Menali Uthpala Dissanayake	<u>Menali</u>	<u>Menali</u>
80	Mokshita	<u>mokshita</u>	<u>mokshita</u>
81	Muskan Garg	<u>AB</u>	<u>AB</u>
82	Mythili G	<u>Mythili G</u>	<u>Mythili G</u>
83	Naga Santhosh Bikkasani	<u>Naga</u>	<u>Naga</u>
84	Narendra Babu Mokshathaa	<u>Narendra Babu</u>	<u>Narendra Babu</u>
85	Narendra Patel	<u>Narendra Patel</u> 11/12/2018	<u>Narendra Patel</u> 11/12/2018
86	Navanya Ratheesan	<u>Navanya</u>	<u>Navanya</u>
87	Neeraj Kumar	<u>Neeraj Kumar</u>	<u>Neeraj Kumar</u>
88	Niharika Rajeev	<u>Niharika</u>	<u>Niharika</u>
89	Nikhil Saharan	<u>Nikhil</u>	<u>Nikhil</u>
90	Nimisha Gupta	<u>Nimisha</u>	<u>Nimisha</u>
91	Palkin Sharma	<u>AB</u>	<u>AB</u>
92	Pankaj Yadav	<u>Pankaj</u>	<u>Pankaj</u>
93	Parul Yadav	<u>Parul</u>	<u>Parul</u>
94	Piyush Mahala	<u>Piyush</u>	<u>Piyush</u>
95	Pradeep Kumar Sharma	<u>Pradeep</u>	<u>AB</u>
96	Pradyuman	<u>Pradyuman</u>	<u>Pradyuman</u>
97	Prakhar Singhal	<u>Prakhar</u>	<u>AB</u>
98	Prashil Pandya	<u>Prashil</u>	<u>Prashil</u>
99	Priya Mann	<u>Priya</u>	<u>Priya</u>
100	Priyadarshani Singh	<u>Priyadarshani</u>	<u>Priyadarshani</u>

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TAMIKA, KOLAR 563102

Sri Devaraj Urs Medical College
Department of Anatomy
1st MBBS 2018-19 batch
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Workshop on "EMPOWERING YOUTH THROUGH LIFE SKILLS"

SL No	Name	Morning session	Afternoon session
101	Priyanka Yadav	<u>Priyanka yadav</u>	<u>Priyanka yadav</u>
102	Priyanshu Arora	<u>AB</u>	<u>AB</u>
103	Punit Karwasara	<u>AB</u>	<u>Punit</u>
104	R Jubair Mohamed	<u>RJ</u>	<u>RJ</u>
105	Radhika Gupta	<u>Radhika Gupta</u>	<u>Radhika Gupta</u>
106	Raghav Maheshwari	<u>AB</u>	<u>AB</u>
107	Raheel Mohamed Rahamathulla	<u>RA</u>	<u>Raheel</u>
108	Rajesh Kumar	<u>RK</u>	<u>Rajesh</u>
109	Rakshith Gowda M	<u>RK</u>	<u>RK</u>
110	Rashika U.	<u>Rashika</u>	<u>Rashika</u>
111	Rashim Bowry	<u>Rashim</u>	<u>Rashim</u>
112	Ravi Kumar	<u>RK</u>	<u>Ravi</u>
113	Rohit Vijay	<u>Rohit vijay</u>	<u>Rohit vijay</u>
114	S Keerthika	<u>S Keerthika</u>	<u>S Keerthika</u>
115	Sachin Sharma	<u>Sachin</u>	<u>Sachin</u>
116	Sahil Kadyan	<u>Sahil</u>	<u>Sahil</u>
117	Saiesh Pethe	<u>SP</u>	<u>SP</u>
118	Sakshi	<u>Sakshi</u>	<u>AB</u>
119	Saumya Pandey	<u>AB</u>	<u>u</u>
120	Saurabh Kumar Singh	<u>u</u>	<u>u</u>
121	Senora Arora	<u>u</u>	<u>u</u>
122	Shachi Pandey	<u>u</u>	<u>u</u>
123	Shantanu	<u>Shantanu</u>	<u>Shantanu</u>
124	Shreyashi Shukla	<u>AS</u>	<u>AB</u>
125	Shubham	<u>Shubham</u>	<u>Shubham</u>

Sri Dew

Date: 11.12.2018



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SL No	Name	Morning session	Afternoon session
126	Snehil	Snehil	Snehil
127	Sruthi M Ramachanran	Sruthi	Sruthi
128	Subhasri Sahu	— AB —	Subhasri
129	Suryakant Sharma	Suryakant Sharma	Suryakant Sharma
130	Swapnil Singh	— AB —	— AB —
131	Swati	Swati	Swati
132	Taitiksh Jakhar	— AB —	— AB —
133	Tanishk Pal	T.Pal	T.Pal
134	Tushar Yadav	Tushar	Tushar
135	Ujala Lila	— AB —	— AB —
136	Vaibhav Vats	— AB —	— AB —
137	Vaisakh Venugopal	Vaisakh	Vaisakh
138	Vasundhara Bansal	— AB —	— AB —
139	Vatsal Sharma	— u —	— u —
140	Vidushi Swaroop	— u —	— u —
141	Vidushi Yadav	— u —	— u —
142	Vinay Kumar	Vinay	Vinay
143	Virat Raj	Virat Raj	— AB —
144	Vishal Roy	Vishal Roy	Vishal Roy
145	Vishwani Rakesh	Vishwani	Vishwani
146	Vivek Agarwal	— AB —	— AB —
147	Yeruva Yaswanthi	— AB —	— u —
148	Yeshwanth M	Yeshwanth M	Yeshwanth M
149	Yukta Gaba	Yukta	Yukta
150	Zameel Ahmed Thari Moopan	— AB —	— AB —

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MEDICAL COLLEGE, BANGALORE

Sri Devi

	SRI DEVARAJ URS ACADEMY OF HIGHER EDUCATION AND RESEARCH TAMAKA, KOLAR	
	NATIONAL SERVICE SCHEME (NSS)	

Report of Sensitization Program: “EMPOWERING YOUTH THROUGH LIFE SKILLS”

To facilitate and empower the medical students NSS cell of Sri Devaraj Urs Academy of Higher Education and Research, Kolar in association with Department of Anatomy of Sri Devaraj Urs Medical College, Kolar organized the sensitization program “EMPOWERING YOUTH THROUGH LIFE SKILLS” on 11.12.2018.

Dr Kumaraswamy R, NSS Program Coordinator, SDUAHER, Delivered the introductory remarks. Dr. Sridevi N S, Prof of Anatomy, introduced and welcomed the Resource persons. The sensitization program was organized at A.V hall, Skill laboratory of the academy. The 1st MBBS (150) students were divided in to two groups and conducted the sessions separately.

The sessions following life skills were conducted.

SI No.	Skills
1	Self-awareness
2	Empathy
3	Coping With Emotions
4	Coping With Stress
5	Effective Communication
6	Interpersonal Skills
7	Creative Thinking
8	Critical Thinking
9	Decision Making
10	Problem Solving

Recourse persons:

- Mr. Mutharaj A** (Ph. D scholar)
*Department of psychiatric social work,
Training coordinator Yuva spandana program,
NIMHANS*
- Miss. Anu T P**
Project coordinator Life Skills Program, NIMHANS
- Miss. Srividya**
*Training Coordinator Life skills program,
NIMHANS*
- Dr. Kumaraswamy R**
Program Co-ordinator NSS & YRC, SDUAHER

The sensitization program was based on Kolb’s Learning Cycle/experiential learning technique, which is the best mode of learning by experiencing the thoughts by their own.

The students were actively participated in the entire sessions and appreciated the content of the program. They have also suggested to organize the similar program more elaborately on each of the life skills.

The program was concluded with felicitating the resource persons and by proposing the vote of thanks.


 National Service Scheme
 Programme Co-ordinator
 Sri Devaraj Urs Academy of
 Higher Education and Research
 Tamaka, Kolar




National Service Scheme
Programme Co-ordinator
Sri Devaraj Urs Academy of
Higher Education and Research
Darek, Kolar