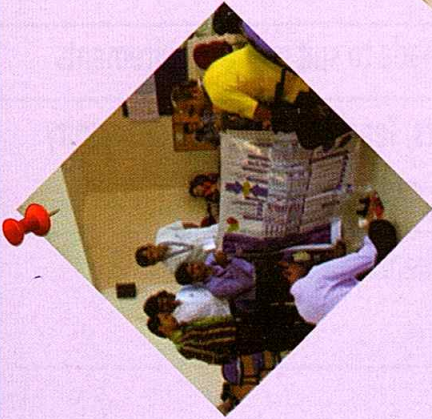


How do we impart Life Skills?



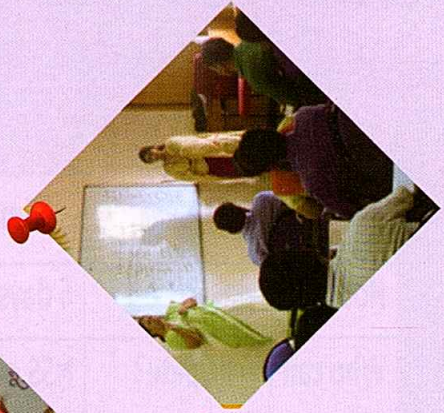
Activity



Reflective observation



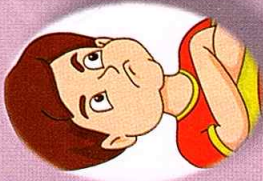
Abstract conceptualization



Delivery tips



How to deal with everyday problem?



How to think creatively & make decisions



Life Skills & Yuva Spandana helped me in many ways



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OR

Visit your nearest Yuva Spandana Kendra



National Institute of Mental Health And Neuro Sciences
Department of Epidemiology
Centre for Public Health



LIFE SKILLS

NSS State Wing
Department of Youth Empowerment & Sports
Government of Karnataka



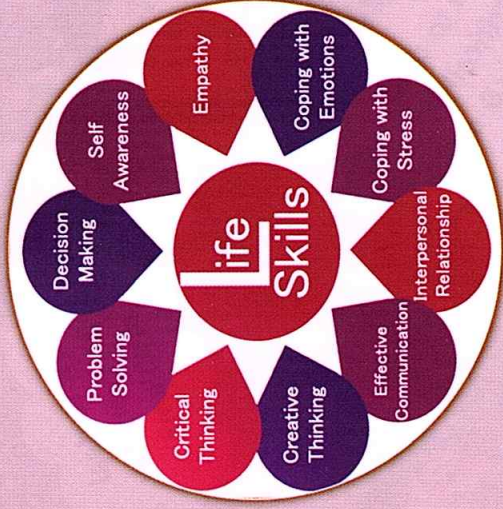
Empowering youth through Life skills

Life Skills

Life skills are “living skills” or abilities for adaptive and positive behavior that enable individuals to deal effectively with demands and challenges of everyday life. Life skills training imparts knowledge and develops attitudes and skills that support adoption of healthy behaviors.

Life Skills Program at NIMHANS

- § A unique Youth mental health promotion initiative
- § First of its kind in the country
- § Complimentary to “YUVA SPANDANA”
- § Implemented by Department of Epidemiology, Centre for Public Health
- § Provides Life skills training and counselling services to the youth of Karnataka through NSS Officers, Coordinators and faculty members of different universities and colleges
- § 1498 NSS officers and other teaching faculty trained
- § 1,00,135 youth reached across Karnataka



Why Life skills??

	<p style="text-align: center;">Youth</p> <p>Recognise strengths and weakness, increased concentration, knowledge, stress & time management Comprehensive personality development</p>
	<p style="text-align: center;">Parents</p> <p>Reduce parental anxiety, Responsible parenting, Social and emotional adjustment, Problem solving & decision making, Empathizing with your Child</p>
	<p style="text-align: center;">Teachers</p> <p>Communicate effectively, Understand & connect empathetically with the students, Effectively manage work life balance</p>
	<p style="text-align: center;">Community</p> <p>Enhanced efficiency of team work, Find new ways of thinking and problem solving, Increased ability to plan ahead</p>

Workshops outside NIMHANS

Workshops within NIMHANS

What to expect?	Improved Life skills, Facilitation Skills, Personality Development & quality of life etc.		
How many days?	6 days	Tailor made to suit group requirements	
Who can participate?	NSS officers and other, teaching faculty across Karnataka	Students, Teachers, Parents, Community people, Colleges and Organisations	
How to participate or organize?	Deputed through their respective directorate	Get audience, time and space*	Others- Can participate with prior intimation*

*Contact us for more details