

INSTITUTIONAL DISTINCTIVENESS

Jyotirsarvodayaya - Life Skills Education

Jyotirsarvodayaya-Light and Prosperity the motto of the college succinctly encapsulates the vision, mission and goals of the college. The mission of the college is 'To provide educational opportunities to all aspiring youth to excel in life by nurturing academic excellence, fostering values, creating civic responsibility and building global competencies in a dynamic environment.' The priority of the institution spelt as a goal is 'To mould the individuals into integrated personalities who are intellectually competent, spiritually mature, physically strong and socially sensitive.' The vision is translated into action through the four pillars of educational philosophy of the institution – Knowledge, Skills, Values and Attitude. Since its inception, the thrust of the college is to impart an education that focuses on the holistic development of the individual.

The introduction of Life skills Education in the model proposed by World Health Organisation (WHO) to all the graduating students of the institution was intended to groom them as positive and integrated personalities. Mere competency in the chosen academic field may create narrow outlook and approach. The need for moulding sensitized, sensible, highly evolved successful young men and women of tomorrow requires knowledge and training in skills, other than academics (in addition to). The priority of the institution is to create knowledge leaders of future enabled the institution to initiate life skills training for all the faculty members of the institution in 2011 and graduating students since 2012. To be reworded

The college signed a MoU with Rajiv Gandhi National Institute for Youth Development (RGNIYD) to introduce Life Skills Education (LSE) programme. This was a pioneering venture for the first time in the state to provide LSE to all students and faculty members. The Centre for Life Skills Education (CLSE) was established with the following objectives:

- To know oneself and empathize with others
- To inculcate creative and critical thinking abilities in life situations
- To build effective communication and interpersonal relationship
- To effectively face problems and take right decisions in life
- To empower students to cope with emotions and stress

From the academic year 2012 – 2013, all the final year under-graduate and post students were provided with LSE training. LSE has been introduced as a non-core course in the I year curriculum of all programmes since 2013-2014.

The academic year for first year students begin with Life skills training and the same is integrated in the curriculum for UG programmes. For the PG students, a 30 hour certificate course in LSE is offered. Learning and enhancing life skills enables one to adapt to situations and people and helps to lead a healthy and positive life. Adaptive skills provide the flexibility to adjust and positive thinking enables to look at opportunities even in difficult situations. Learning Life Skills promotes psycho-social competencies and interpersonal skills. The college envisions that students need to be individuals who make informed decisions, communicate effectively, develop coping and self-

management skills to lead a healthy and productive life. Life skills enables to translate knowledge, attitude and value into actual abilities by helping one to decide what to do, when to do and how to do it. LSE is an approach that functions as an instrument of empowerment. Mere enhancement of knowledge, without enhancing life skills may not have practical application. Life skills enable young adults to utilize other skills such as functional, vocational, livelihood and literacy skills better.

The core life skills contributing to the improvement of the performance of the institution are given below:

Life Skills	Improvement of Individual Performance	Improvement of Team Performance	Improvement of Institutional Performance
Self-awareness	Recognition of self, character, skills, strength and weaknesses, likes and dislikes	Creates willingness to learn more, builds self-esteem and self-confidence	Ability to develop positive attitude, life-long learners
Empathy	Sensitive to others situation, to understand others concern, worry, fear and needs	Improves love, care towards fellow beings	Helps to move closer to solution, resolve conflicts, and enhance quality of life
Critical thinking	Ability to analyse information and experiences in an objective manner	Recognise and assess factors influencing attitude and behaviour	Ability to deal with peer pressure and media influences
Creative thinking	Ability to generate new ideas by combining, changing or reapplying existing ideas	Helps to look beyond individual experiences, improves flexibility	Adaptive responses, innovation in processes
Problem solving skills	Dealing with problems in a constructive manner	Processing problems into various steps	Respond positively by exploring available alternatives
Decision-making	Choose from varied options based on existing knowledge	Builds consideration in mind, positive and negative consequences of each option	Better / Efficient leaders
Interpersonal relationship	Establish positive relationships	Relate with people in positive ways, maintain friendly relationship	Builds mental and social wellbeing
Effective communication	Ability to express verbally and non-verbally	Culturally acceptable ways of communication, effective use of gestures and body language	Build rapport, effective use of modern communication technology
Coping with emotions	Being aware of the predominant emotion that pre-occupies the mind at any point of time	Knowing how emotions influence behavior	Able to respond emotion appropriately
Coping with stress	Recognize sources of stress and knowing its effect	Managing the effect of stress physically and emotionally	Devising ways to control levels of stress

Life skills serve as the precursor of future career and life. They are effectively complemented by core work skills that have emerged as the key factor for students to land a job and get a healthy hike in salary. Competencies such as

communication, English, digital/arithmetic/financial literacy, problem solving and life skills together are defined as core employability skills or future skills. Core work skills are essential to prepare the youth for their future and seek gainful employment. The students of the institution are provided with necessary skills which make them 'Job ready' and are fit **to deal with the** demands of the labour market. This practice, makes the institution distinctive in developing student competencies and enhance performance of the institution. The study conducted by the institution on the impact of Life Skills Education has revealed the following outcomes:

- Students have displayed an overall positive engagement and satisfaction
- Pedagogy is meaningful and has promoted the intellectual competency and performance of the students
- LSE has increased self-confidence, satisfaction of life and overall efficiency
- Team building, interpersonal skills [social skills] have been nurtured along with technical and employability skills
- **Greater** interest to contribute for the welfare of neighbourhood communities and society
- The practice has enhanced the application of innovative and creative skills

LSE has heralded empowerment in the life of **all students of the college**, true to the motto of the college, 'Light and Prosperity.' It has served as an effective tool for character building and attitudinal development. It has resulted in building healthy relationship amidst students, family and the institution. It helps to effectively address the demands of youth at risk. The Centre for Life Skill Education has emerged as leading consultant to provide life skills training in Karnataka and other states of our country.