



## Department of Psychology

### Invites applications for value-added course

### 2025

## "Life Skills and Mental Well-being"



### About the Course

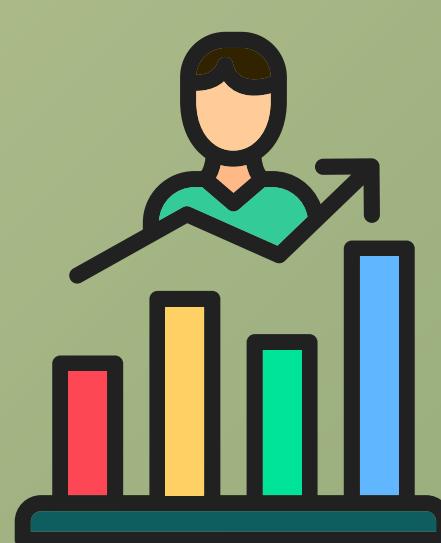
This course aims to provide students with both theoretical and practical exposure to life skills education and mental wellness, preparing them to deal with life's realities. Life skills education empowers young people for their livelihood through a different approach to the holistic development.

### ? How to apply

The interested students can apply through ERP portal

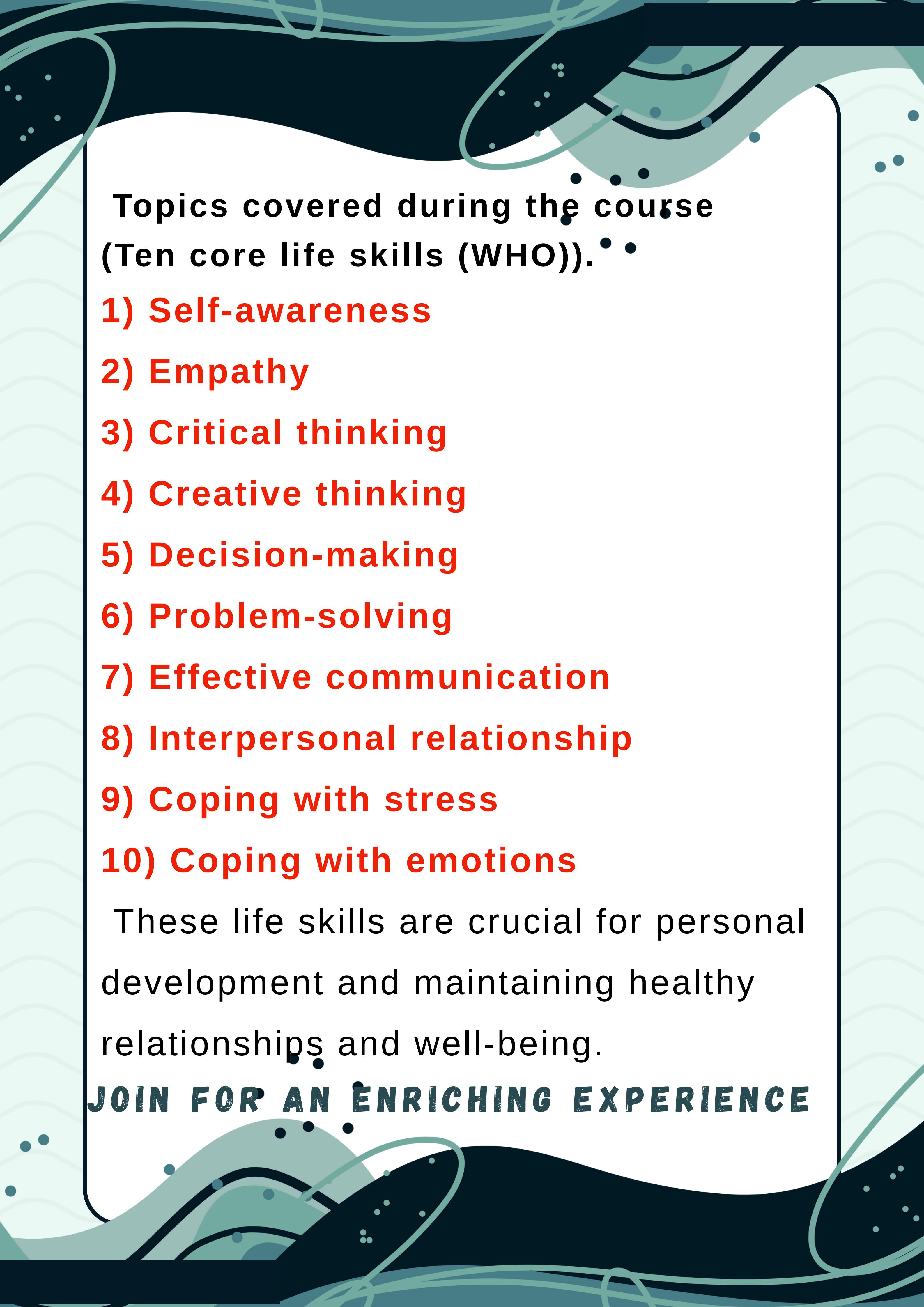
### Course details:

- Duration : 30 Hours
- Number of Students : 40 Max.



**Course Coordinator:**  
Dr. James Ranjith P.  
Assistant Professor,

Auxilium College, Vellore.



**Topics covered during the course  
(Ten core life skills (WHO)).**

- 1) Self-awareness**
- 2) Empathy**
- 3) Critical thinking**
- 4) Creative thinking**
- 5) Decision-making**
- 6) Problem-solving**
- 7) Effective communication**
- 8) Interpersonal relationship**
- 9) Coping with stress**
- 10) Coping with emotions**

These life skills are crucial for personal development and maintaining healthy relationships and well-being.

**JOIN FOR AN ENRICHING EXPERIENCE**