

LOYOLA COLLEGE OF SOCIAL SCIENCES THIRUVANANTHAPURAM



Criteria 3- Research, Innovations and Extension

3.2- Innovation Ecosystem

3.2.1 Institution has created an ecosystem for innovations and has initiatives for creation and transfer of knowledge

3.2.1-4: LiveLab Report

LiveLab - a Chronicle

Traversing through its Life Trajectory



"touching excellence in service"

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LiveLab

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....Thanking you....

“There has been so much to share in the report and it has taken a very long time to compile and collate most of what we do at LiveLab.

I am happy to share that all our programmes have been growing both vertically and horizontally. From conducting more than 50 different programmes we have now increased our reach to broader area and we have added more programmes to make life skills training exhilarating.

I am truly fortunate and blessed to have so many wonderful people in my life journey who have supported me and guided me for running this great venture. This is the time to thank you...

First of all, I am highly indebted to **Dr Sonny Jose** (Advisor of LiveLab) for his constant support, supervision and guidance as well as for providing abundant information regarding the life skills for running the LiveLab. Your encouragement helped me to make the programme an authentic one.

My sincere words of appreciation for the management especially **Fr Joye James, Fr Aneesh Joseph and Fr Ranjit George** for providing me all support, infrastructure and funding at the right time in the right way. Their professionalism in managing LiveLab helped me to run the LiveLab a productive one and also helped me to brighten my first career.

I would like to express my special gratitude and thanks to **Ms Francina P X** for being my teacher and a friend and giving me much guidance and attention.

I would like to express my gratitude towards the **Principal, all the faculty members, non teaching staff, LES staff** for their kind co-operation and encouragement which helped me to perform my duties in its fullest sense.

I am blessed to have a great team to work with, supportive **trainers and resourceful students...** thank you for all your enthusiasm and effort to extend our service in its maximum.

Once again thank you for all your blessings and prayers

Ms Vijayalekshmi V A
Programme Coordinator
LiveLab



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Introduction

“LiveLab” is an innovative mission of Loyola College for the fortification of Loyola outreach activities. Our objective is to reach out to children and adolescents and equip them to negotiate life in a manner that aids their personal growth. LiveLab encourages personal augmentation and empowerment through life skills training. LiveLab’s life skills education facilitating development of self-choice, self esteem self-confidence, self-reliance and self-growth among the children and adolescents as part of larger society with social concerns. *LiveLab – a Chronicle* is a comprehensive report of its beginning to this time. It throws light on the facts about LiveLab that is ‘what we are intend to do’, ‘where we are’ and ‘what we have achieved till this time’, ‘where we need to improve’ and so on.

LiveLab Concept

LiveLab

“Life through life skills” forms the vision of LiveLab. In realizing this vision, the LiveLab aims at imparting life skills education to children, adolescents, young adults and other needy people by building their capacity through strength based practice and experiential learning. More specifically the objectives include:

- a) Helping the participants to learn to negotiate life in a manner that aids personal growth
- b) Enabling the participants to set their life’s vision, mission & goals by tapping the innate potential of the young talented minds
- c) Dissemination of life skills education among the teachers and the students.
- d) Developing Training of Trainers (ToT)
- e) Facilitating evidence based practice in Life Skills Education

The Context

LiveLab owes its origin to the following:

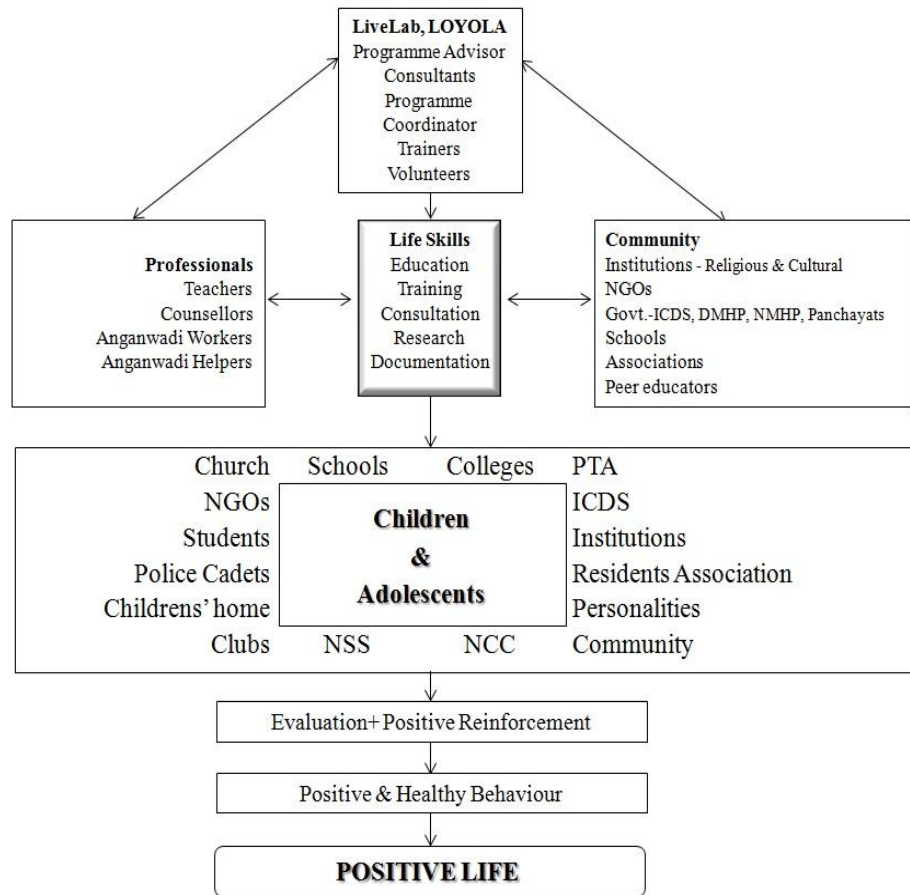
- **Need Assessment Studies:** The College has been approached by teachers, school counsellors and parents for social skills training and group activities. Interaction with the stakeholders as well as researches conducted, indicate that school

adolescents are facing multiple problems. The college has had studies undertaken by Dr. Sussha Janardhanan, Dr. M.K. George and Dr. Anita S. It has published those studies in the *Loyola Journal of Social Sciences* first documenting the dire need for counselling and group interventions as early as 1995.

- **UGC Sponsored Workshop on ‘LiveLab’:** It upheld the need for meaningful field work engagement of the MSW students, as well for providing them with an opportunity for incubation and entrepreneurship.
- **Extension of Social Labs of the College:** In the process of grooming social engineers the college makes use of social labs to integrate theory and practice. Social labs provide opportunity for praxis - experiential learning and reflection. LiveLab provides the training for students interested in group work and group counselling.
- **As a Medium for Social Group Work Intervention:** The social group work can be delivered in a more systematic and effective manner and with particular programme content especially in addressing adolescent population. Adolescent population is subject to numerous ‘fissures’ which jeopardise their health – physical and mental. LiveLab may be regarded as a response to this stark reality.
- **Growing Importance of School Social Work:** Since 2008 Kerala has taken interest in promoting school social work. The various government interventions in the form of School Counselling (*Kishori Sakty Yojana*) has provided a fillip to group work and group counselling practice in both the community and school setting.

LiveLab- Practice

Basically LiveLab conducts a series of sessions comprising ten modules on life skills. These sessions are held at two levels. At the first level, it is conceived as a ToT for the MSW students of Loyola with a view to training them as trainers in life skills. At the second level, the trained team of the college reaches out to potential clients of the LiveLab- school children, adolescents, youth and so on – and organizes the sessions so as to impart the life skills to them.



At the outset of the programme, the team leader orients the students to the whole concept of life skills and its importance in the lives of the adolescents. Following this, 10 modules providing an overview of the ten life skills proposed by WHO, are given. They include: 1. Self-awareness, 2. Empathy, 3. Creative thinking, 4. Critical thinking, 5. Coping with stress, 6. Coping with emotions, 7. Effective communication, 8. Interpersonal relationship, 9. Decision making, 10. Problem solving.

The module is transacted in a very innovative and interactive way that makes the participants involve in the sessions with enthusiasm and interest. The teaching methods include: role plays, brain storming, discussions, individual and group work, exercises, situation analysis, case studies, games, demonstrations, story analysis and simple lecturing. All the activities included in the module connect with daily life situations appropriate to the participants (age, family background, school, and community). If any student needs individual care and attention, LiveLab provides the service.

The mission of LiveLab is achieved through the activities of training, research, peer education, material development, consultancy, and documentation. LiveLab works in collaboration with other government and non-governmental agencies/ organizations/ institutions (schools, colleges, NSS, NCC, ICDS, children's homes and orphanages, church, clubs, residents' associations). LiveLab has a team to deliver quality life skills training. That includes the programme advisor, programme coordinator, and the MSW Students who are the key resource persons trained in Life Skills. The alumni of the college also cooperate with LiveLab as volunteers. Other volunteers who have genuine interest in Life Skills fields also engage with our activities. LiveLab foresees the possibility of collaborating with the M.Sc. Counselling Psychology Department in order to ensure counselling sessions for such children.

LiveLab Activities

Training of Trainers' Programmes

In this training LiveLab go into the concept of life skills. Life skills are seen as the 'tools' children and adolescents need to have to become energetic and productive citizens in society. Teaching life skills requires a rethinking of the conventional teaching approaches commonly used in many educational systems around the world, which often have a strong focus on literacy and numeracy skills. Life skills training has proven to be an effective approach to empowering and supporting children, so that they become better equipped to deal with the difficult circumstances they may be facing..

This training will focus on how to introduce life skills training with children, especially in a group setting (although also attention will be given how this can be used in individual cases). Life skills training can be organized, for example, for children that grow up in institutions, or children that have experienced violence. We will show that life skills education can be a valuable addition to a child's daily routine and formal education.

Loyola College, the premiere institute of excellence engaged in knowledge building which facilitate social transformation through the professionally committed students. As

engaged knowledge building and management the students of the entire department undergo various field and community engagements. So they can reach to various people and spread the life skills into their field practicum. LiveLab's life skills training not only upgrade their professional excellence but also it helps them to develop their personal competencies and knowledge. LiveLab conduct life skills training according to the need and wishes of each department which will inform before two week. Usually class days and evening bases sessions are giving.

The objectives of ToT Life skills sessions are:

- To understand the concept of adolescents and the problems they are facing.
- To orient the participants to the concept of life skills education
- To impart the life skills proposed by WHO with the indigenous module prepared by the LiveLab
- To equip the learners the effective life skills trainers.
- To give Loyola Students basic ways how to use life skills training for children growing up in difficult circumstances
- To provide the trainees with tools to design a training

Course Content (varies according to wishes of participants)

The content is prepared on three questions:

Life skills can help them in their personal and professional life. Life skills become a bridge between their current knowledge and understanding to a positive and healthy life style. It not only prevents them from encountering problems which threatens their life and also equips them to handle such situation adaptively. The ToT helped them to develop their competencies by integrating the life skills training into their field practicum. LiveLab ToT helped the future trainers to understand these entire contexts of life skills and will equip them to be become the scaffolders of younger generations. The main focus of ToT was to enable the trainers to understand the following aspects of life skills education:

- a. Why- life skill is important?*
- b. What- are the various life skills?*

c. How- the life skills can be imparted?

The first module oriented the trainers to the concept of adolescence, life skills and the importance of life skills in the context of adolescents. The next 10 modules covers the 10 life skills proposed by WHO:

- * Self awareness
- * empathy
- * coping with stress
- * coping with emotions
- * Critical thinking
- * Creative thinking
- * interpersonal relationship
- * communication
- * decision making
- * problem solving

The final module is for internalizing the life skills in relation to the day to day dealings.

Teaching Learning Methodologies

Role plays, brain storming, discussions, individual and group work, exercises, situation analysis, case studies, games, demonstrations, storytelling and analysis, simple lecturing interactive talk, illustrative talk and Power point presentations.

LiveLab has conducted series of life skills training sessions for the student in Loyola College during the year 2013 and 2014. Altogether four batches went through the LiveLab's life skills training. They are briefly explaining here.

LiveLab Life Skills Training ToT- 2013

LiveLab has organized Training for Trainers (ToT) Workshop for the future trainers. MSW (CD) MPSW and MA sociology students were trained in the field of life skills. The training sessions were handled by Ms.Vijayalekshmi, Programme Coordinator of LiveLab, Loyola College and Dr. Sonny Jose, Assistant Professor, Loyola College. The programmes were based on the life skills module of LiveLab. The module is transacted in

a very innovative and interactive way that could enable them to attend the sessions fruitfully.

Details at a Glance...

No	Date/Day	Hour	Students	Session On:
1	22/10/2013 TUESDAY	3.30-6.00pm	MSW	‘Why life skills?’
2	24/10/2013 Thursday	11.30am - 12.45pm	MSW	Bridge model & Life Skills
3	25/10/2013 Friday	2.30pm- 4.00pm	MSW	Self Awareness
4	28/10/2013 Monday	2.30-5.30 pm	MSW	Empathy
5	29/10/2013 Tuesday	3.30 PM- 6.00pm	MSW	Creative Thinking & Critical Thinking
6	30/10/2013 Wednesday	11.30-12.30	MSW	Coping with stress -
7	30/10/2013. Wednesday	3.30-9.00pm	MSW	Life skills
8	1/11/2013 Friday	1.30-2.30	MSW	Communication
9	5/11/2013 Tuesday	3.30-5.00	MSW	Coping with emotion-
10	6/11/2013 Wednesday	11.30-12.30	MSW	Interpersonal relationships-
11	7/11/2013 Thursday	3.30-5.00	MSW	Interpersonal Relationship
12	8/11/13 Friday	1.30-2.30 3.30-5.00pm	MSW	IPR & Decision Making
13	9/11/2013 Saturday	11.30-12.30	MSW	Problem solving-
14	11/11/13 Monday-	1.30-3.00Pm	MSW	Life skills
15	12/11/13 Tuesday	2.30-4.30	MSW	Decision Making & Problem Solving-
16	13/11/13 Wednesday-	1 hour	MSW	Concluding sessions
17	15/11/13 Friday-	10.30-11.30	MSW	stress management
18	18/11/2013- trainingIndividually(Ajit,Tenny, Jothish)-	10.30-11.45	MSW	Self awareness, empathy, critical & creative thinking, coping with stress & emotions

19	4/12/2013 Wednesday	10.30-12.30	MPSW	MPSW Students- Why life skills, Life skills, self awareness & Empathy.
20	6/12/2014 Friday	2.00-4.00pm	MA Sociology	Adolescence, life skills- definition, concepts, 10 skills

Life Skills Training ToT- MSW- CD

LiveLab trained the MSW CD students in life skills education. The training started in evening bases. All the students actively attended the sessions with enthusiasm and energy. The approach used in this ToT is to get the Trainers to actually experience the program by doing the sessions as participants. As they proceed through the program remind them that they will be facilitating the same materials. They need to constantly reflect about how they will present the sessions, including the manner in which to improve them. Around 18 sessions were given to the CD students.





Life Skills Training ToT- MPSW

LiveLab initiated its life skills training to Medical and Psychiatric Social Work students. The training started at 10.30am on 4th December 2013 at Murickan Hall. All the MPSW students attended the session. The approach used in this ToT is to get the Trainers to actually experience the program by doing the sessions as participants. The major objectives of the day's training are;

- To understand the problems faced by the adolescents.
- Identify the reasons behind those problems of adolescents
- List risks facing young adults in the community.
- Describe the Bridge Model of behavior change.
- understand the Bridge Model and the life skills concept
- Define the concept of Life Skills.
- Differentiate between Life Skills and other skills.
- Describe the practical use of core Life Skills in daily life.
- Understand the development of identity, self-esteem and self-confidence
- Develop a positive self-image
- Develop a positive identity

These objectives are achieved through different activities. The methodologies used are individual and group work, role plays, games and case studies.



Life Skills Training ToT- MA Sociology

LiveLab in collaboration with Department of Sociology (KSS Unit) has organized a life skill training programme for the MA Sociology students. It was held on 6th December 2013 at the Sutter Hall. Dr, Sonny Jose, Asst Professor of Loyola College took session on life skills. It was very participant friendly. Lecturing, games, exercises were included as training strategies. All the students actively attended the session.



LiveLab Life Skills Training ToT- 2014

LiveLab has conducted ToT Workshop for the future trainers. MSW, MA sociology students were trained in the field of life skills. The training sessions were handled by Ms.Vijayalekshmi, Programme Coordinator of LiveLab. The programmes were planned for three full day for each classes. All the ToT programmes were based on the module as detailed above.

LiveLab Life skills Training ToT MSW details

The Life skills training was given to the junior batches that is the second year student so that they can make use of the life skills practice sessions in their respective field practice such as community or institutions. All the students actively attended the training. The details are:

No	Date/Day	Hour	Session On:
1	23/06/2014 Monday	9.30-5.00pm	Concept of Adolescents, 'Why life skills?' Bridge model theory & Life Skills, Life skills & importance, Self awareness, Empathy, Creative thinking, Critical thinking
2	24/06/2014 Tuesday	9.30am -5.30pm	Coping with stress, Coping with emotions, Interpersonal Relationships, Communication
3	27/06/2014 Friday	9.30am- 5.30	Decision Making, Problem solving, Application of life skills in daily affairs, practice sessions
4	08/07/2014 Tuesday	3.30-6.30	Practice Sessions of Life skills

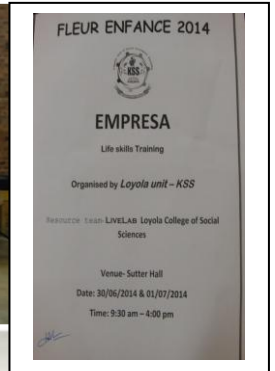


LiveLab Life skills Training ToT – MA Sociology

The Life skills training were given to the MA Sociology students as part of their *fleur enfance*, the KSS programme of this year. The theme of *fleur enfance* is child rights so that they could impart the life skills training to their field engagement that is FaCTS (Field and Community Training Services). All the students actively attended the training. The details are:

No	Date/Day	Hour	Session On:
1	30/06/2014 Monday	9.30-4.30pm	Concept of Adolescents, 'Why life skills?' Bridge model theory & Life Skills, Life skills & importance, Self awareness, Empathy, Creative thinking, Critical thinking
2	01/07/2014 Tuesday	9.30am - 4.30pm	Coping with stress, Coping with emotions, Interpersonal Relationships, Communication

3	07/07/2014 Monday	1.30am- 4.00	Decision Making, Problem solving, Application of life skills in daily affairs, practice sessions
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All the ToT sessions were structured to achieve the specific objectives. With the demand and wish of each department the sessions were imparted. Life skills sessions needs to be given in long term basis. That was possible only among the first batch of MSW CD. So they could able to handle the sessions fruitfully. They could able to manage the group dynamics within the groups of MSW and also dealing the group dynamics among the participants. Other groups also made use the life skills training in their respective field

while the MSW students got proper guidance and supervision for outreach training. The hand-in-hand evaluation after each days ToT life skills training session and the common evaluations after each school's programme gave more insights about the training methodologies, barriers, and things to be consider for the next session. The ToT session were succeeding with the support of faculty members of MSW and MA Sociology department.

LiveLab Life Skills Training- OutReach

LiveLab conducted life skills training for the outsiders to achieve its mission and objectives. The target audience include adolescents in schools, colleges, institutions and communities. LiveLab also organised training programme for the teachers, anganawadi helpers, health care professionals, counsellors and women groups. Teachers and other professionals training were most often ToT in nature because they are dealing with the students and adolescents who wer the future of the state.

LiveLab Life Skills Training for the Teachers, Counsellors & Parents

No	Date	School/institution/place	Target Audience	Number of participants
1	28/11/2014	Pothencode Block	Anganwadi Helpers	35
2	1/02/2014	Santhigiry School, Pothencode	Teachers & Counsellors	56
3	17/02/2014	St Marrys Central School, Vandannoor, Kattakkada	Parents	150
4	09/05/14	Santhigiry School, Pothencode	Teachers	60
5	28/05/14	Alan Fredman Public School	Teachers	65
6	30/09/2014	Loyola School, Mukundara	Teachers	60
Total				426



LiveLab Life Skills Training for the Students

LiveLab conducted life skills training for adolescents in various schools, colleges, NGOs and communities. In schools various groups of students were given life skills training like- students Police Caded Crops, NSS, Clubs, and also in general basis. Government and private schools were covered. NGO like Cheruresmi Poonthura, Sneharam gave ample opportunity to provide life skills training to their stakeholders especially they were from coastal regions. LiveLab also collaborated with DMHP (District Mental Health Programme) and imparted life skills training to adolescents through their School Mental Health Programme. LiveLab also gave some training sessions to adolescent girls under ICDS centres. LiveLab has done life skills training programme programme under the Jesuit Social Work consortium under which LiveLab conduct life skills training programme for the Tribes groups from Attappady and Wayanadu. LiveLab had done life skills sessions for the Community College under Trivandrum Social Service Society (TSSS). All the training programmes were based on the LiveLab life skills module. LiveLab also provide its expertise to Loyola Extension Services for life skills training. Training at Mariyan engineering college is example for that. LiveLab has done its training for parallel colleges and home tuition centre. The skills are covered mainly on the demands and needs of the schools. The activities are restructured according to the problems of the students. Most of the government schools, NGOs demanded for the activities to prevent substance abuse and assertiveness and also

for the self esteem. The most of the management schools demanded sessions for discipline, exam fear and decision making. Activities are common as per the module of LiveLab. Most of the life skills training were done by Ms Vijayalekshmi, Programme Coordinator of LiveLab and in certain training programme was assisted by MSW Community Development specialisation students and in few cases Dr.Sonny Jose, the programme Director also assisted. The various life skills sessions organised under LiveLab are listed below:

No	Date	School/institution/place	Class/department	Number of participants
1	31/10/2013	Loyola School, Sreekariyam	9 th standard	121
2	2/11/2013	STAR Parallel college	7,8,9,10 Classes	100
3	19/11/2013	St.Theresas Convent, Neyyattinkara	10 th Standard	140
4	20/11/2013	St.Thomas HSS, Poonthura	+2	60
5	21/11/2013	Marynilayam Senior Secondary School, Pongumoodu	8 th & 9 th Standard	80
6	29/11/2013	Viswabharathy Public School, Neyyattinkara	9 th standard	90
7	03/12/2013	Viswabharathy Public School, Neyyattinkara	9 th Standard	47
8	05/12/2013	St.Theresas Convent, Neyyattinkara	10 th standard	128
9	06/12/2013	Viswabharathy Public School, Neyyattinkara	9 th Standard	45
10	21/12/2013	Cheruresmi, Poonthura	NGO- different classes	45
11	23/12/2013	G.HSS.Sreekariyam	10 th standard (Student cadet Police)	90
12	23/12/2013	G.HSS.Marayamuttom	+2 (NSS Volunteers)	40
13	27/12/2013	GHSS Anavoor	+2 NSS Volunteers	45
14	3/1/2014	G.HSS.Marayamuttom	+1 & +2 Souhrida Carer Guidance programme	50
15	4/1/2014	St.Joseph School	ICDS block	35

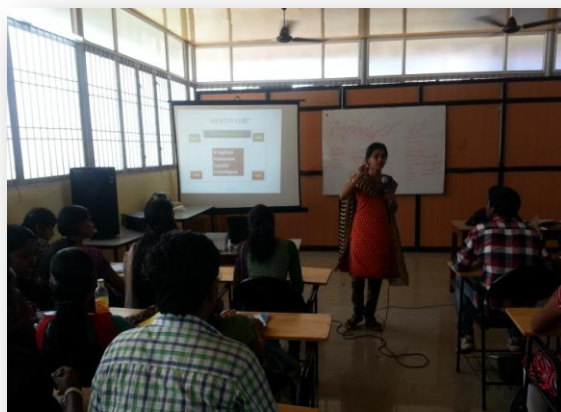
			Balaramapuram	
16	11/1/2014	ICDS Centre, pallichal	Adolescent girls	66
17	16/01/2014	St.Theresas Convent, Neyyattinkara	Plus Two	115
18	18/01/2014	MMR School, Balaramapuram	Adolescent Girls, Balaramapuram Block	35
19	25/01/2014	Korakulam, Community	Children	11
20	17/02/2014	St Marrys Central School, Vandannoor, Kattakkada	Students	120
21	09/03/14	Sneharam, Anchuthengu	Students(Thudy- Wynadu)	55
22	11/04/14	Sneharam, Anchuthengu	Students	60
23	29/04/14	ICDS Centre, Varkala	Students	55
24	24/05/14	Home tuition centre	Students	21
25	10/07/14	Holliangels	Students	300
26	17/07/14	Depol Institute, Kannoore	Students	90
27	17/07/14	Depol Institute, Kannoore	Students	60
28	17/07/14	Depol Institute, Kannoore	Students	60
29	12/08/14	Marian Engineering College	Students	250
30	12/08/14	Marian Engineering College	Students	250
31	12/08/14	Marian Engineering College	Students	250
32		BPM Model School	Students	300
33	17/09/2014	St.Xaviers Institute, Palayam	Students	90
34	04/10/2014	G.H.S.S Vattiyookavu	Students	85
35	01/11/2014	Viswa Prakasam, Central School	Students	39
36	01/11/2014	Viswa Prakasam, Central School	Students	48
Total				3226

LiveLab Training programme in schools.....





LiveLab Training programme in Colleges & Institutions.....



LiveLab Life Skills Training for the Health Professionals

LiveLab has conducted life skills training for the health professionals as an initial stage. Dr.Sonny Jose and Ms Vijayalekshmi conducted life skills training for the doctors and counsellors on 2th May 2014 at Bodhana, Thiruvalla. Ms Francina and Ms Vijayalekshmi have conducted life skills training sessions for the care givers and home nurses on 14th October 2014. The sessions were prepared on the basis of LiveLab life skills training. For the health professionals' empathy, coping with stress and emotions, decision making and problem solved, interpersonal relationship and effective communications were given at most priority while imparting the life skills sessions.

No	Date	Place	Target audience	Participants
1	02/05/2014	Bodhana Thiruvalla	Doctors & Counsellors	70
2	14/10/2014	Home Nurse & Care givers	Care givers	44
Total				114



LiveLab- Consultancy Services on Life Skills

Apart from ToT, LiveLab provide its expertise to a person or organisation. Two or three day life skills training are not enough to become a skilled life skills trainer. When students become prepare for training sessions they face many doubts and need more clarifications. At that time LiveLab offers consultancy services to the students.

MSW Community Development students Mr Tenny, Ajith and Vaishnavi were regularly approached the programme coordinator for consultancy services like more activity based modules. Mr Sebin T Babu, student of MA Sociology work as freelance trainer at ASAP. He used to approach the programme Coordinator and seek consultancy services. Along with that some research scholars who are doing their research in the field of Life skills also sought guidance from the LiveLab. One of the best examples for LiveLab's consultancy service is the conduction of life skills training for the Anganawadi workers organised by the SALT (Social Work Students' Association of Loyola College Trivandrum) 28th Novemberer 2013. The MSW trainers Fr Roney Zakarias, Br Joby Mathew, Mr Ajith conducted the life skills sessions for the participants with the consultation of LiveLab coordinator Ms Vijayalekshmi. This was a great venture of accepting and dignifying anganwadi workers. that help them to identify their strength and develop a positive self esteemand positive attitude in relation to their professional life. As part of Consultancy and extension of LiveLab, LiveLab offered ToT training session for different schools and training centres. On 12th December Dr.Sonny Jose, Ms.Vijayalekshmi and team had conducted an orientation session on Life Skills to the participants at the *three day ToT workshop on Life skills* organized by the Rajagiri Life Skills Resource Center at Rajagiri College Kalamasseri. Dr.Sonny Jose, Programme Director of LiveLab was the key resource person of the Day. Dr.Sonny Jose and Ms Vijayalekshmi oriented the participants to the concept of 'adolescents', 'Why the Life skills are important for adolescents'. 'Bridge model Theory' and the 10 life skills proposed by WHO. The MSW CD team also facilitated the session along with the key resource persons.



LiveLab-Field engagements by MSW Students

Practicum forms an integral part of Social Work training. The Social Work program consists of classroom education and learning from the actual fields of practice. Classroom education provides the information basis, theoretical knowledge and understanding in all the foundational areas. Field education is the learning-by-doing aspect of Social Work education and is an integral part of curriculum. Social Work Practicum, usually referred to as Field Work plays a crucial role and provides the experiential basis for the student's academic programme. The basic purpose of social work practicum is to translate the world of theory into a world of practice, encountering real life issues and problems with the support of the various methods of social work, within a framework of social work philosophy and principles. It therefore acts as a social laboratory where the students experiment with whatever theory they have gained in classroom sessions under the able guidance of their faculty, as well as that of the experienced professional social worker in the agency.

While practicing their basic methods of social work and intervening in any issues related with the individual, group or communities the student can apply the life skills training into their respective realm of intervention. The MSW students have larger world of intervention during their field work and block placement where they can apply those skills. MSW Community Development and the present batch has done life skills training in their fields.

No	NAME	PLACE	Target Groups	Skills Covered	No Participants	Date & Time
1	Gayathri Krishna	Govt U P S Kallor, Pothencode	Adolescents	Critical & Creative thinking	50	14/08/2014- 1.30 hr
2	Gayathri Krishna	ICDS Kallor	Adolescents	Self awareness & Creative thinking	15	26/04/14 2 1/2 hr
3	Gayathri Krishna	ICDS Kallor	Adolescents	Communication & IPR	12	15/02/14 3 hr
4	Salini	ICDS Kailathukonam	Children	Self awareness, empathy, critical & Creativethinking, decision making, effective communication	20	Series of sessions(7days)- 2hrs per day
5	Salini	ICDS Kailathukonam	Women	Self awareness, empathy, critical & Creativethinking, decision making, effective communication	25	Series of sessions(7days)- 2hrs per day
6	Albert Debbarma Ajay Jose	Mundakkal Panchayat, Mangalapuram	Adolescents	self awareness, empathy, coping with stress and problem solving	23	14/8/14 4 hours
7	Abhishek, Sr Shyni, Sajith, Meera	St Vincent School,	Adolescents	All life skills	50	Series of sessions
7	Sr Shyni Gayathri	Manvila	Adolescents	Self awareness & empathy, Creative & Critical Thinking	85	Series of sessions
8	Meera Sr Shyni	Govt U P S Kanjiram	Adolescents	Self awareness & empathy, Creative & Critical Thinking	75	Series of sessions

		puram				
9	Sr Shyni		Senior citizenx	Creative & Critical Thinking	40	Series of sessions
10	Anjana Ms Francina Fr Saji	ICDS Ariyottuk onam	Women group	Different Life skills	20	3hrs
11	Anjana	ICDS Ariyottuk onam	Adolescent girls	Self awareness & Critical thinking	22	Series of sessions (may23-27)
12	Cyriac K J, Ajay Jose, Albert Debrma, Abishek Vijayalekshmi	BPM School, Vellore Ward Mangala puram	Adolescents	All the 10 skills	215	16/08/2014 3 hr
13	Veena Surendran	ICDS Chembak amangalam	Adolescents	Creative thinking & Problem solving	15	Series of sessions
14	Amal Sebastian	ICDS Menevila (Pothenco de panchayat)	Adolescents	Communication & Public speaking	20	Series of sessions
15	Meera Paul Sr Shyni Reshma Susan	Govt UP school, Kaniyapuram	Adolescents	Self awareness & empathy, Creative & Critical Thinking, IPR	50	4hrs(Series of sessions)
16	Dessy Joseph	Puthuvel colony, Kadinam kulam	adolescents	Self awareness, empathy, creative thinking, critical thinking	34	Series of sessions
17	Sajith James	ICDS 32 Manalakom	Adolescents	Self awareness and empathy	26	Series of sessions
18	Ashly Mathew	ICDS	Mothers	All the skills	32	Series of sessions
19	Ashly Mathew	ICDS	Adolescent girls	All the skills	30	Series of sessions
20	Ashly Mathew	Vidyasab Central School,	Adolescents	All the skills	65	Series of sessions

		Marianadu				
21	Vrinda Preetha	ICDS Kallupalam, Andoorkonam	Adolescents	Creative thinking and self awareness	15	Series of sessions
22	Ashlin Mary Mathew	ICDS Girls group	Adolescents	Creative thinking & Self awareness	24	Series of sessions
Total					963	

Field Engagement of MSW-2014





Life Skills Training in Different Institutions

The MSW students organized life skills training sessions at various institutions when they went for their block field work and placements. The Community Development students had done training sessions outside Kerala also. The students collaborated with residents associations and NGOs and provided the training sessions for the beneficiaries of such organizations.



Field Engagement of MA Sociology

Two batches of MA Sociology underwent the life skills ToT of LiveLab. Being a social science subject the students involved with human beings and they are highly involved with public. Under the banner of FaCTS (Field and Community Training Services) and KSS of Sociology Department the student organized many programmes in neighborhood areas. Mentoring a child, life skills training, child rights awareness classes were few among them. They actively incorporate life skills training into their respective engagements. Cheruvackal Government School, St Augustine School- Murickinpuzha- etc were the important schools they had done their life skills training sessions.



LiveLab-Conferences & Workshops- Organised & Attended

- **3 Day ToT Life Skills Training Workshop of Rajagiri Life Skills Resource Center, at Rajagiri College of Social Sciences, Kalamasseri**

LiveLab attended the three day ToT workshop on Life skills at Rajagiri college Kalamasseri organized by the Rajagiri Life Skills Resource Center on 12th to 14th December 2013. Dr. Sonny Jos, Ms. Vijayalekshmi, and LiveLab team conduct a session

on life skills on the first day. After that Ms Vijayalekshmi and team continued there and participated in the workshop. The workshop dealt with different aspects of Life skills education- its origin, development, practice of life skills in different fields, practice evidence, research and life skills and also practical session for life skills. Workshop also covered the skills and competencies needed for a life skills trainer. The training was useful to get a clear understanding about the life skills and moreover facilitated the interaction with professionals working in the life skills field.



○ 5th International Conference on Life Skills Education

Indian Association of Life Skills Education has conducted its 5th international conference on 20 - 22nd February 2014 at Loyola College of Social Sciences, Trivandrum. Loyola was one of the organizing members of the conference. LiveLab actively involved in organizing and managing the conference. It stressed the importance of Strength based practice of life skills education, Life skills and its research application, networking and collaborations with the professionals of life skills education and also the evidence based practices of Life skills. LiveLab coordinated all the students committees who were the key organizers of the

conference. LiveLab coordinator Ms Vijayalekshmi, LiveLab Director Dr Sonny Jose and Consultant Ms Francina presented different papers on Life skills education. The organization and participation in the international conference gave a positive reach to the LiveLab life skills training. From the presentation of concept paper *LiveLab - a model for life skills intervention in schools* discussed by many professionals and shared that this is the best mode of life skills practice with strength based approach. This also helped the LiveLab to select many future endeavors like training for teachers. LiveLab also presented a paper on ‘*the integration of life skills education with social work education*’.



○ **Life-Two-day National Training of Trainers Workshop on Life Skills Education**

LiveLab in collaboration with department of Social Work organized *Life-Two-day National Training of Trainers Workshop on Life Skills Education* at Loyola College of Social Sciences, Thiruvananthapuram on 12th and 13th September 2014. This successful event featured many experts and more than 25 participants from over different districts of Kerala. It provides professionals-private and public sector, researchers and practitioners in the state with excellent opportunities to gather together, interact and exchange their views and reflections. Under the workshop the overall theme were Life Skills-its basics, origin, classifications, importance, and finally the practice sessions for each skills proposed by WHO. The ToT workshop was blessed with the presence and prayers of Fr.Joye James, Fr Ranjit George, Dr Sonny Jose and Dr Teddy Andrews. Dr Teddy Andrews was the key facilitator of the workshop.



LiveLab-Research & Publication

LiveLab involved in research and publications during the year. ‘LiveLab- a model for Life Skills intervention for Adolescents’, ‘Integration of Life Education with Social Work Education’ and ‘Student “Start-ups”: The Loyola Experience’ were the key publications in the field of Life skills education. The first two papers were presented at the 5th International conference on Life Skills Education held at Loyola College of Social Sciences. Here is given the abstract of each paper.

CONCEPT PAPER

- **LiveLab: A Model for Life Skills Intervention for Adolescents**

Authors:

Vijayalekshmi VA & Dr. Sonny Jose
Loyola College of Social Sciences, Thiruvananthapuram

Keywords: Life skills Training, Adolescence, Volunteer, Incubator, Extension

School age ending in adolescence is a period of rapid physiological changes. During adolescence young people expand their relationships beyond the safe haven of family and are increasingly influenced by their peers and media in general. While they mature cognitively, developing abstract thinking, creativity, idealism and articulation, they also tend to engage in experimentation, risk-taking, and groupthink, increasing their vulnerability. Life Skills is a behaviour change approach that imparts certain abilities enabling individuals to deal creatively and effectively with the challenges of everyday living (UNICEF, 2001; WHO, 1996). Loyola College initiated LiveLab as an incubation center-cum-extension activity lead by the students designed to cater to demands for Life Skills Training in schools and communities. The present paper portrays Loyola’s experience with LiveLab, the strategies adopted in designing LiveLab, the experience, challenges and learnings as perceived by the Catalyst (Team

Leader) in leading a student volunteer team, in undertaking Life Skills training for adolescents.

- **Student “Start-ups”: The Loyola Experience**

Author(s):

Dr. Sonny Jose, Afseer K.P & Vijayalekshmi V.A.
Loyola College of Social Sciences, Thiruvananthapuram

Key Words: Fieldwork Training, Life Skill Training, Life Skill Education, Social Entrepreneurship (SE), Start-up, Sustainability, Social Problems.

Abstract

Social entrepreneurship is the use of entrepreneurial principles and market-based methods to solve social issues as diverse as poverty, educational inequity, gender disparity, and environmental degradation. This fast emerging field is ringing in innovation, efficiency, sustainability, and rigor to the social sector and has the potential to address the most pressing needs of our society.

The last three years has witnessed the government and NGOs such as the CMD, Villagro and Kaanthari spearheading initiatives for finding innovative solutions. The training and ambience at Loyola has offered the students of Master of Social Work opportunities to experiment with start-ups. The same has infused entrepreneurship spirit among a few students who attempt to address various needs encountered as part of their fieldwork training.

The paper attempts to portray the social work trainee’s indulgence with social entrepreneurship through two initiatives – “LiveLab”, a self-sustaining social lab that engages in imparting Life Skill Training in schools in Trivandrum District, and “SALT Food Court” initiated by Social Workers Association of Loyola Trivandrum (SALT). The Case Studies demonstrate how social entrepreneurship can be channelized to address contemporary issues by way of self-sustaining initiatives and also prove to be a learning experience in developing sustainable business models perceived to be outside the perspective of social work acumen. The data for same has been generated through FGDs undertaken with the faculty and social work trainees.

- **LiveLab: An Integration of Life Skills with Social Work Education**

Authors:
Vijayaleshmi VA, Francina P X, and Dr. Sonny Jose
Loyola College of Social Sciences, Thiruvananthapuram

Abstract

Life Skills Training has been recognized as a tool to enhance the capacity and competency of human beings across the world. Life skills enable individuals to transform knowledge, attitude, values and skills into healthy and positive behavior. It is a major concern of psychologist and educationalist for many decades.

Social Work is professional service, based on scientific knowledge and skill in human relations, which assists individuals, alone or in groups, to obtain social and personal satisfaction and independence (Friedlander, 1955). Social Work practicum is an integral part of Social Work training. It uses theoretical knowledge, Skills & Attitude and it applies - values, techniques and principles. It helps individuals, groups and communities overcome personal and social problems.

The paper attempts to portray the integration of life skills education with Social work especially as a tool for group work intervention, how LiveLab life skills training facilitates the social work trainees field practicum, how life skills education enhance the confidence level of the trainees and how it overcome the challenges of field practicum of the daily life. The data is generated from social work trainees' feedback, their sharing, FGDs, participant & non-participant observations, personal interviews, mentoring, IC & GC with students and Social Work Educators observations.

LiveLab-Evidence of Success

In one year of its inception, LiveLab has conducted around 75 training programmes for about 4500 participants. The participants covered adolescents in schools, communities and institutions, teachers, health professionals, counselors and parents. We directly focus

on adolescents so that most of our programme targeting on adolescents. LiveLab's foremost intervention area is schools because the life skills help the students to cope with the relationship issues, suicidal ideation, child abuse, substance abuse, pornography, exam fear, stress, emotional outburst, imitation, facebook and Internet abuse, bullying, peer pressure, and many other problems with age- specific situations. The responses to our interventions have been very positive. Schools are approaching us on hearsay. LiveLab also gives life skills training sessions for the parents (alone and/or with the students). The feedback from the parents and children regarding LiveLab sessions indicates that the intervention in this realm is very useful which help them to tackle the issues in a fruitful manner.

Loyola initiated LiveLab to ensure salient features of higher education. The second UNESCO conference on Higher Education held in Paris in July 2009 recognized the significance of social responsibility and community engagement for institutions of higher education; its declaration stated explicitly that "higher education is a public good and the responsibility of all stakeholders". In India, various commissions from time-to-time upheld the importance of community engagements for ensuring social justice and social integration. LiveLab directly or indirectly influence people to develop the skills of self sustaining, social entrepreneurship, community engagement, social responsibility, social justice, social integration, and a sense of ownership. LiveLab ToT enables the future trainers to understand the entire context and equips them to become the scaffolds of the students. LiveLab provides life skills training for them for the enhancement of their personal life and career.

LiveLab - Problems Encountered

Some of the administrators of the schools are unaware of the concept of life skills. Even if CBSE proposed that their schools have compulsory life skills education, several of them don't pay attention to it and most of them are not aware. Life skills education is included in the state school curriculum, but the situation there also remains the same. So LiveLab takes special effort to convince the school authorities about the programme.

Some schools want the sessions to be held for the whole divisions of a particular class which will seriously affect the trainer-student ratio. The appropriate number of participants is 25. Sometimes the trainer is forced to handle 40-45 students per session. Some schools undertake life skills training for namesake, perhaps to spend their budget, or for the reports that it conducted an extracurricular programme or to convince the management and other officials. At the same time some eminent persons and institutions come forward for the life skills sessions because they understand its importance.

LiveLab - Resources Required

- Regular supply of volunteers
- Financial resources to subsidize the trainings for the backward sections and institutions
- Regular staff as trainers and counsellors for expansion
- Intense collaboration and networking with other organisations

LiveLab-Future endeavours

LiveLab continue its regular pattern of activities such as training, consultancy, documentation and research in its basic ideology strength based practice and experiential learning. As we indicate on our LiveLab model we need to broaden our services to our stakeholders. LiveLab plans to organize more ToT programmes to maintain enough resource persons over the state. We also plan to conduct more training programmes for the teachers and parents who are more frequently dealing with the adolescents. Consequently LiveLab has started its campaigning to teachers training centres and B.ed colleges. Another thing we are setting up is formation of 'peer educators and peer volunteers' in school and community level. For this vacation or summer camp will organize and train the peer educators. Another important thing we are arranging is the regular follow up and evaluation of the training programme. So we plans to extend our programme for more days and evaluation tool will be created soon.

Financial constrains is a major problem with most of the government schools experience. So as to ensure the regular funding and resources LiveLab has decided to link the life

skills training programme with some of the CSR Projects. We had initial talk with Paragon foot wear Pvt Limtd and Envestnet, the US based IT Company settled in Trivandrum. They have multiple CSR initiatives in Trivandrum district. They agreed to collaborate with LiveLab for the conduction of some vulnerable schools. Concordia and Cotton hill School in Trivandrum are the first school intervention is going to implement in long term base with Envestnet funding.

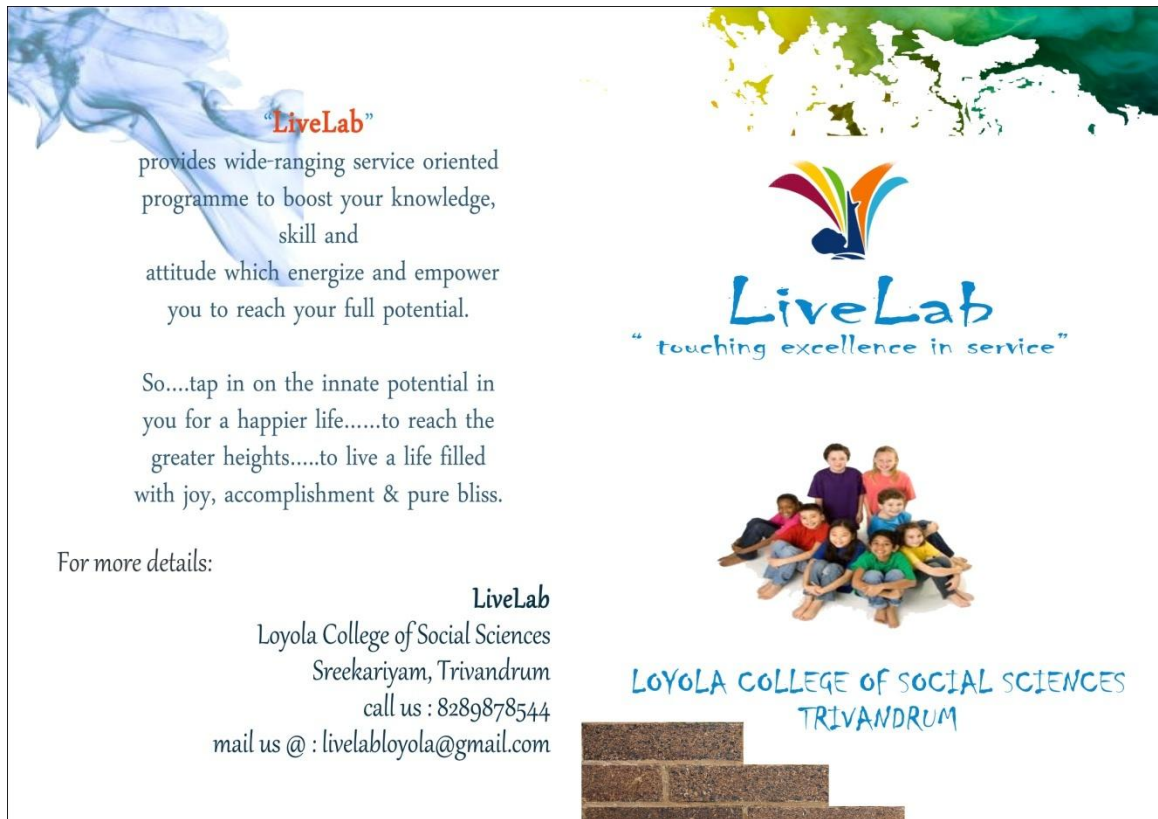
LiveLab, to establish its vision '*life through life skills*' plans to implement an online or certificate course in collaboration with Manipal University for the coming year. Initial discussion with officials of the both the department is going on to start the course. The course will help LiveLab to ensure more trainers all over the state.

Conclusion

Within one year LiveLab conducted around 75 programmes in the state. Our ultimate aim is to reach out to children and adolescents who are vulnerable with their situations. Life skills can help them to deal with with the relationship issues, abuse, substance abuse, pornography, exam fear, emotional outburst, stress, and much mental health issues..... Life skills become a bridge between their current knowledge and understanding to a positive and healthy life style. It not only prevents the students from encountering problems which threatens their life and also equips them to handle such situation adaptively. It helps them to solve the problems independently by taking good decisions in their life. liveLab has a well designed module with various activities. The programme designed to set the life's vision, mission & goals by tapping on the innate potential of the young talented minds. The session orients the students to the concept of life skills proposed by WHO with indigenous module composed of participant friendly learning methodologies. LiveLab is ensuing in accomplishing its vision in particular and Loyola's vision in general. It moulds the socially committed and globally competent citizens towards social transformation. By engage in life skills training for the marginalized and vulnerable sessions of society through which it upholds the core value of inclusiveness and humanness.

APPENDIX

LiveLab - Brochure



The brochure is divided into two main sections. The left section features a blue smoke-like graphic on the left side. The right section features a green and yellow abstract graphic at the top, a group of children sitting in a circle in the middle, and a set of stone steps at the bottom.

“LiveLab”
provides wide-ranging service oriented
programme to boost your knowledge,
skill and
attitude which energize and empower
you to reach your full potential.

So....tap in on the innate potential in
you for a happier life.....to reach the
greater heights.....to live a life filled
with joy, accomplishment & pure bliss.

For more details:

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LiveLab
“touching excellence in service”

**LOYOLA COLLEGE OF SOCIAL SCIENCES
TRIVANDRUM**

"LiveLab" is an innovative mission of Loyola College for the fortification of Loyola outreach activities.

Our objective is to reach out to children and the vulnerable and to equip them to negotiate life in a manner that aids their personal growth.

We encourage personal augmentation and empowerment through participation in programs, providing information, education, and skills development.

"LiveLab" provides a wide range of activities for facilitating development of self-choice, self-esteem, self-confidence, self-reliance and self-growth in the person as part of larger society.

How "LiveLab" can help U...?

We are targeting on adolescents and young adults in schools, colleges and communities who are very productive and at the same time vulnerable to challenges encountered in the present scenario. Our current interventions include:

- o Life skills training*
- o Counselling*
- o Mentoring*

Informative Sessions.....

We undertake classes among the adolescents and youth to address many areas:

- *Exam fear*
- *Substance abuse prevention*
- *Suicide prevention*
- *Child Rights*
- *Child abuse prevention*
- *Sex Education*
- *Cyber crimes*
- *Assertiveness*
- *Leadership*
- *Career Guidance*
- *Personality development*
- *Nutrition*

