

**CENTRAL UNIVERSITY
OF KARNATAKA**

(Established by an Act of the Parliament in 2009)



Kadaganchi, Aland Road
Gulbarga 585 367
Phone (08477) – 226722
Telefax : 225703
Website: www.cuk.ac.in
Email: registrar@cuk.ac.in

No. CUK/ADMN-III/F-749/2019-20/1110

18/ June, 2019

CIRCULAR


Sub: Celebration of International Yoga Day on 21st June, 2019.

- Ref:** 1. MHRD vide letter No.304/2019-U.5(pt.), dated 7th March, 2019.
2. Common Yoga Protocol 2019 received from Ministry of AYUSH. Gol.
3. UGC vide D.O. No.F.14-13/2015(CPP-II), dated 7th June, 2019.
4. Hon'ble Vice-Chancellor's approval dated 18/06/2019.

Central of Karnataka is celebrating "**International Yoga Day**" in Administrative building on 21st June, 2019. Shri. Santosh G.S. Yoga Instructor, Bhoomi Yoga Foundation, Bidar will demonstrate Yoga as per the Common Yoga Protocol-2019 as per the Ministry of AYUSH, Govt. of India from 7.00 AM to 8.00 AM in front of Admin Building, CUK.

Prof. (Dr.) Nirmala Kelmani, M.D. (Ayurveda), M.Sc. (Yoga), Shri Hingulambika Ayurvedica Medical College, Kalaburagi will deliver a special lecture on "Yoga and the World" at 08.30 AM in the Auditorium Hall, 2nd Floor, Administrative Building, Central University of Karnataka, Kalaburagi. Prof. H.M. Maheshwaraiah, Hon'ble Vice-Chancellor, CUK, will preside over the function.

All the employees and students of Central University of Karnataka are informed to attend the programme without fail.


Registrar 18/06/19

कुलसचिव / REGISTRAR
कर्नाटक केन्द्रीय विश्वविद्यालय
Central University of Karnataka
गुलबर्गा GULBARGA.

To.

1. All Heads/Coordinators/Directors of Department/Sections/Centres-Request to bring the content of the circular among respective students & staff.
2. Dr. S. Lingamurthy, Asst. Professor of Economics to Coordinate the above programme.
3. Dr. Ganapati B. Sinnoor, PRO, for press and media coverage of the above program.
4. Mr. Basavaraj M., Asst. Professor of Economics, for arrangement of refreshment.
5. The Assistant Registrar (CD), for Electrical and stage arrangements.
6. The Assistant Registrar (Transport), for arrangement of Transportation.

Copy to:

- 1) PS to Vice-Chancellor
- 2) O/o Pro Vice-Chancellor, Registrar, Finance Officer & COE
- 3) All the Deans of Schools
- 4) The Dean Students Welfare
- 5) The Liaison Officers, EOC/OBC/Minority/EWS
- 6) The Dy. Librarian
- 7) The Wardens of CUK Hostels
- 8) The System Analyst: Requested to upload in CUK Website
- 9) All the Assistant Registrars
- 10) All the Notice Boards
- 11) The Hindi Officer, Rajbasha Section (for Translation)
- 12) Concerned file.


कुलसचिव / REGISTRAR
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कलबुरगी / KALABURAGI

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No. CUK/ADMN-III/F-749/2019-20/1110

18th June, 2019

CIRCULAR

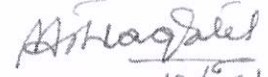
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Registrar 18/06/19

REGISTRAR
ಕರ್ನಾಟಕ ಕೇಂದ್ರೀಯ ವಿಶ್ವವಿದ್ಯಾಲಯ
Central University of Karnataka
ಗುಲ್ಬರ್ಗಾ GULBARGA.

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- 2) O/o Pro Vice-Chancellor, Registrar, Finance Officer & COE
- 3) All the Deans of Schools
- 4) The Dean Students Welfare
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- 6) The Dy. Librarian
- 7) The Wardens of CUK Hostels
- 8) The System Analyst: Requested to upload in CUK Website
- 9) All the Assistant Registrars
- 10) All the Notice Boards
- 11) The Hindi Officer, Rajbasha Section (for Translation)
- 12) Concerned file.


REGISTRAR
ಕರ್ನಾಟಕ ಕೇಂದ್ರೀಯ ವಿಶ್ವವಿದ್ಯಾಲಯ
Central University of Karnataka
ಕಲಬುರಗಿ / KALABURAGI

CENTRAL UNIVERSITY OF
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Kadganchi, Aland Road
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Phone (08472) – 272057
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Website: www.cuk.ac.in
Email: cukgulbarga@gmail.com

No. CUK/ADMN-III/F-749/2/2020-21/ 87

19th June 2020.

C I R C U L A R

Sub: Celebration of International Yoga Day on 21st June, 2020.

The Central University of Karnataka is celebrating “International Yoga Day” in the administrative building at 8.00 AM on 21st June 2020.

Mrs. Shashikala M. Guttedar and Mr. Siddayya Guttedar, Yoga Instructor, Vasishta Yoga Centre, Kalaburagi will give demonstrations at 08.00 a.m. at in front of Admin Building CUK.

Dr. Nirmala Kelamani Professor, Hingulambika, Ayurvedic Medical College and Research Centre Kalaburagi will deliver a special lecture on “Yoga” at 8.30 a.m. in the auditorium Hall, 2nd Floor, Administrative Building, Central University of Karnataka.

Prof. H M Maheshwaraiah, Hon`ble Vice Chancellor, CUK, will preside over the function. Prof. G R Naik, Pro-Vice Chancellor; Prof. Mushtaq Ahmed I Patel, Registrar, Sri. Sivanandan, Finance Officer, and Prof. B R Kerur, COE will grace the event.

All the staffs of Central University of Karnataka are informed to attend the program, following COVID-19 guidelines.

Ashlagal
Registrar
19/06/2020

कुलसचिव/REGISTRAR
कर्नाटक केन्द्रीय विश्वविद्यालय
Central University of Karnataka
गुलबर्गा GULBARGA.

To,

1. Deans of Schools
2. Heads/Coordinators/Directors/ of Dept. & Center - Request to bring the content of the circular among respective staff.
3. All the staff of CUK.

Copy to:

1. O/o VC, PVC, Registrar, F&A & COE
2. Mr. Mahendra M. Sports (i/c): To Coordinate the event.
3. All Statutory Officers
4. Mr. Vinod Kumar T, System Analyst: Requested to upload in CUK website.
5. Mr. Sunil G, A.R (CD): To ensure transport & seating arrangements.
6. All Notice Boards.
7. Hindi Rajbasha Section (for Translation)
8. Concerned File

B. K.
कुलसचिव / REGISTRAR
कर्नाटक केन्द्रीय विश्वविद्यालय
Central University of Karnataka
कलबुरगी / KALABURAGI



मिसील क्रमांक सीयूके /Admn-III/F-1037 /2022-23/536

7th July, 2022

WALK IN INTERVIEW

CENTRAL UNIVERSITY OF KARNATAKA, KALABURAGI	
ADVERTISEMENT FOR THE POSITION OF YOGA INSTRUCTOR	
Central University of Karnataka, Kalaburagi invites applications from the eligible candidates for the position of Yoga Instructor and conduct Yoga classes for the employees and students of the University.	
<i>Essential Qualification</i>	Master's Degree in Yoga with two years of experience in the relevant field. Preference will be given to candidates with Ph.D degrees and experience.
<i>Remuneration</i>	Candidates with out Ph.D. degree - Rs. 40000/- per month (consolidated) Candidates with Ph.D. degree -Rs 45000/- per month (consolidated)
<i>Date of conduct of Walk in Interview</i>	On 22.07.2022 @ 10.30 am [Candidates should report at 9.30 am with all the testimonials in original + 2 sets attested photo copies]
Note: The appointment shall be initially for a period of six months and may be extended as per the requirement. The position is purely contractual. Selected candidate will have no right whatsoever to claim absorption/regularization in the University. No TA/DA will be paid for appearing in the interview.	

7-7-2022

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Central University of Karnataka
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Central University of Karnataka
गुलबर्गा / KALABURAGI



मिसील क्रमांक सीयूके /Admn-III/F-749/2022-22/460

17 June 2022

परिपत्र / CIRCULAR


Sub: Admn – Celebration of 08th International Yoga Day on 21st June 2022 – reg.

- u - u - u -

Central University of Karnataka is celebrating International Yoga Day on 21st June 2022 from 6:00 am at Multipurpose Hall, near Health Care Center University Campus. Shri **Santosh S. Bashetti**, Yoga Teacher, Yoga Vidya Niketan, Vashi will demonstrate Yoga on the occasion.

Prof. Battu Satyanarayana, Hon'ble Vice Chancellor, CUK, will preside over the function. Further, the direct relay of Hon'ble Prime Minister's address on the eve of international Yoga Day is arranged in the same venue.

All the faculty, officers, staff and students of Central University of Karnataka are hereby requested to attend the program. Transportation arrangement is made for the employee to come from the city. The buses will start from GUG and Central Bus Stand point at 5:00 am and will reach the University before 6:00 am.


कुलसचिव / REGISTRAR
कर्नाटक केंद्रीय विश्वविद्यालय

To

1. All Teaching, Non-Teaching employees and students of the University
2. Deans of Schools
3. Heads/Coordinators/Directors of Dept. & Center - Request to bring the content of the circular among respective staff and students.

Copy to:

1. PS to Vice Chancellor
2. DSW/COE/Finance Officer
4. System Analyst - requested to upload in website.
5. Asst. Registrar (Transport Section) for arranging the buses
6. Hindi Rajbasha Section (for Translation)
7. Concerned File


कुलसचिव / REGISTRAR
कर्नाटक केंद्रीय विश्वविद्यालय
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Telefax: 08477-226703
E-mail: registrar@cuk.ac.in

No. CUK/RPS/2022-23/465

Date: 20-06-2022

CIRCULAR

All the employees and students of the University are hereby informed to attend the 8th International Yoga Day-2022 celebrations at the Multipurpose Hall at 6:00 am on 21-06-2022.

Shri. Santosh S. Bashetti, Yoga Teacher, Yoga Vidya Niketan, Vashi will demonstrate yoga at the hall in which the employees and students participate. To facilitate for Yoga practice the employees and students are advised to wear suitable dresses so that they can practice yoga with an ease.

The Heads/Coordinators are requested to arrange for reading out the content of the circular to all the students in the classes and displaying the same on the notice boards in their departments.

To
All the Employees and Students

Copy to:

- 1) All Deans
- 2) All Heads/Coordinators
- 3) Finance Officer/COE/DSW.
- 4) The Librarian.
- 5) PS to Vice-Chancellor.
- 6) All the Wardens of CUK Hostels.
- 7) System Analyst for uploading on University Website.
- 8) Hindi Officer, Rajbasha Section (for Translation).
- 9) Concerned file.

20-6-2022

REGISTRAR

IP

कुलसचिव/REGISTRAR

केन्द्रीय विश्वविद्यालय

Central University of Karnataka

गुलबर्गा GULBARGA.

R. J. H.

कुलसचिव / REGISTRAR
केन्द्रीय विश्वविद्यालय
Central University of Karnataka
कलबुरगि / KALABURAGI

LIFE SKILL TRAINING REPORT

INTRODUCTION: Life skills refers to a large group of psychosocial and interpersonal skills that promotes mental wellbeing and that leads to a healthy and productive life. Life skills develop *competencies and actual behaviors*. They result in personal actions, actions directed to others and actions to change the surrounding environment in a healthy, safe way. The World Health Organization (WHO, 1993) defines life skills as “the abilities for adaptive and positive behavior that enables individuals to deal effectively with the demands and challenges of everyday life.” WHO (1994) has also identified a core set of life skills for the promotion and well being of children and adolescents. Core Life Skills Problem-solving Decision-making (including goal setting) Critical thinking Creative thinking (including value clarification) Communication skills Interpersonal skills (including assertiveness) Self-awareness Empathy Coping with stress Coping with emotions. As a part of the MSW Curriculum and programme in the Social Work Department, Central University of Karnataka, the Group work trainees were trained on Life Skills Education Toolkit developed by WHO.

OBJECTIVE OF TRAINING

- To develop competencies and actual behaviors.
- Behavior change in real life situations
- confidently manage their lives in a positive manner while serving as valuable resources to their friends, families and community.
- understand and assimilate information and to reflect on one's beliefs and attitudes.
- reduce risk and cope with threatening and difficult situations

METHODOLOGY

TOOLS : Life skills scale developed by DR. VRINDA, NIMHANS, is used for data collection. The scale has 115 statements on a 5-point Likert scale with 10 life skills.

STUDY POPULATION: Adolescent children

DESIGN: The study adopted AB Design, a Single subject Design, in which baseline and outcome status of the life skills are evaluated or assessed.

ANALYSIS OF DATA: Quartile deviation, mean, standard deviation and Wilcoxon tests are used for analysis of the data. Graphs are also used to present the Data.

PROCESS: Social work competence building / Skill development & practice

- Life Skills Training for MSW students – 9 days
- Life Skills Need assessment (Base line Data) - 4 days
- Life Skills Intervention - 10 days
- Life Skills Effectiveness - 3 days
- Submit Life Skills Report with photos & Press news - 2 days

P. K. ...
Head
Department of Social Work
Central University of Karnataka
Gulbarga

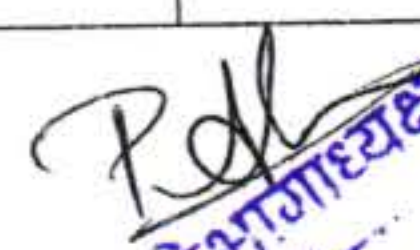
SCHEDULE

CENTRAL UNIVERSITY OF KARNATAKA

Life Skill Training for MASTER OF SOCIAL WORK 1st Year Students

Timings	Program schedule	Module	Facilitator
Day-1 18/2/2023			
9.00am to 10.00am	Orientation on life skill		Prof. Channaveer R.M
10.00am to 11.00am	Introduction to life skill		Dr Chitkala
11.00 am to 11.10am	Break		
11.10 am to 11.45am	Child to child model		Dr Chitkala
11.45am to 12.30pm	Understanding children's participation		Dr.Chitkala
12.30pm to 1.15pm	Active learning method		Dr Chitkala
1.15pm to 2.15pm	Lunch Break		
Introduction to Module-1			
2.15pm-3.00pm	Double Wheel	Getting Started	Dr.Bhagyashree
3.00pm-4.00pm	Ground Rules and Expectations	Getting Started	Dr.Chitkala
4.00pm-4.10pm	Break		
4.10pm-5.10pm	3P Matrix		Dr.Chitkala
5.10pm-5.30pm	Assigning Mock Session to the Group		Dr.Chitkala
DAY-2 20/2/2023			
9.00am to 9.30am	Morning Session		Dr.Chitkala
9.30am-10.30am	Introduction to Bridge Model		Dr.Chitkala
10.30am to 11.00am	Activity Grid		Dr Chitkala
11.00am to 11.15am	Break		
Introduction to Module-2			

11.15am to 12.15pm	I Love My Self	Knowing Myself	Dr.Chitkala
12.15pm to 1.15pm	My protective shield	Knowing Myself	Dr Bhagyashree
1.15pm to 2.15pm	Lunch Break		
2.15pm to 3.15pm	Iam happy to be a girl/boy	Knowing Myself	Dr. Bhagyashree
3.15 pm to 4.15pm	Value voting	Knowing Myself	Dr Chitkala
4.15pm to 4.30pm	Break		
4.30pm to 5.15pm	Assigning Mock Session to the group		Dr. Bhagyashree
DAY-3 21/2/2023			
9.00am to 9.30am	Morning Session		Dr.Chitkala
9.30am to 10.30am	The River of Life	Knowing Myself	Dr.Chitkala
10.30am to 10.45am	Break		
Introduction to the Module-3			
10.45am to 11.45am	Act to Meet	Communication	Dr.Sivamoorthy
11.45am to 12.45pm	Mixed Messages	Communication	Dr.Sivamoorthy
12.45pm to 1.45pm	Saying "No" and Meaning It	Communication	Dr.Sivamoorthy
1.45pm to 2.45pm	Lunch Break		
Introduction to the Module-4			
2.45pm-3.45pm	Hero Heroines	Relationships	Dr.Bhagyashree
3.45pm-4.45pm	My best friend	Relationships	Dr.Bhagyashree
4.45pm-5.00pm	Break		
5.00pm to 5.30pm	Assigning Mock session to the group		Dr.Bhagyashree
Day-4 22/2/2023			
9.00am -9.30am	Morning Session		Dr.Bhagyashree
9.30am - 10.30am	Hot Line	Relationships	Dr Bhagyashree
10.30am-10.40am	Break		
10.40am -11.40am	Relationship Maps	Relationships	Dr.Srinivasa
11.40am-12.40pm	This and That	Relationships	Dr.Srinivasa
12.40pm-1.40pm	Abuse: Hurting Someone	Relationships	Dr.Srinivasa
1.40pm-2.40pm	Lunch Break		


 R. K. Kulkarni / HEAD
 Department of Social Work
 University of Karnataka
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Introduction to the Module-5			
2.40pm to 3.40pm	Testing Water	Decision-Making.	Dr.Lakshmana.G
3.40pm to 4.40pm	You Are in The Driver's Seat	Decision-Making.	Dr.Sivamoorthy
4.40pm to 4.50pm	Break		
4.50pm to 5.30pm	3Cs	Decision-Making.	Dr.Lakshmana.G
5.30pm-6.00pm	Assigning Mock session to the group		Dr.Lakshmana.G
Day-5 23/2/2023			
9.00am-9.30am	Morning session		Dr.Lakshmana.G
9.30am-10.30am	Choosing Behavior	Decision-Making.	Dr.Lakshmana.G
10.30am-10.40am	Break		
Introduction to the Module-6			
10.40am-11.40am	Pass the feeling	Coping with Emotions	Dr Chitkala
11.40am-12.40pm	Rainbow and clouds	Coping with Emotions	Dr.Sivamoorthy
12.40pm-1.40pm	Mood Meter	Coping with Emotions	Dr.Sivamoorthy
1.40pm-2.40pm	Lunch Break		
2.40pm-3.40pm	Managing anger	Coping with Emotions	Dr.Sivamoorthy
3.40pm-4.40pm	Managing Sadness	Coping with Emotions	Dr.Sivamoorthy
4.40pm-4.50pm	Break		
4.50pm-5.30pm	Assigning Mock Session to the Group		Dr.Sivamoorthy
Day-6 24/2/2023			
9.00am-9.30am	Morning Session		Dr Chitkala
9.30am-10.30am	Fear not	Coping with Emotions	Dr Chitkala
10.30am-10.40am	Break		
10.40am-11.40am	Book of me	Coping with Emotions	Dr Srinivasa
Introduction to the Module-7			


 ವಿಭಾಗಾಧ್ಯಕ್ಷ / HEAD
 ಸಾಮಾಜಿಕ ಕಾರ್ಯ ವಿಭಾಗ
 Department of Social Work
 ಕರ್ನಾಟಕ ಕೇಂದ್ರೀಯ ವಿಶ್ವವಿದ್ಯಾಲಯ
 University of Karnataka
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11.40am-12.40pm	How different are we	Growing up	Dr.Lakshmana.G
12.40pm-1.40pm	How should we be in the field		Dr.Lakshmana.G
1.40pm-2.40pm	Lunch Break		
2.40pm-3.40pm	Bad touch	Growing up	Dr.Lakshmana.G
Introduction to the Module-8			
3.40pm-4.40pm	HIV transmission/Doors of entry	Preventing and living with HIV	Dr.Lakshmana.G
4.40pm-4.50pm	Break		
4.50pm-5.30pm	Assigning Mock Session to the Group		Dr.Lakshmana.G
DAY-7 25/2/2023			
9.00am-9.30am	Morning Session		Dr Srinivasa
Introduction to the Module-9			
9.30am-10.30am	Advertisement do not lie	Substance Use	Dr Srinivasa
10.30am-10.40am	Break		
10.40am-11.40am	To smoke or not	Substance Use	Dr Srinivasa
11.40am-12.40pm	Alcohol Abuse	Substance Use	Dr.Lakshmana.G
12.40pm-1.40pm	Tempt me, Tempt me not	Substance Use	Dr.Srinivasa
1.40pm-2.40pm	Lunch Break		
Introduction to the Module-10			
2.40pm-3.40pm	I wish I hope	Reaching My Goals	Dr Bhagyashree
3.40pm-4.40pm	Magic box	Reaching My Goals	Dr Srinivasa
4.40pm-4.50pm	Break		
5.00pm-6.00pm	Experience and opinion sharing and winding up with candle lighting		ALL Teachers


 ವಿಭಾಗಾಧ್ಯಕ್ಷ / HEAD
 ಕಾರ್ಯ ವಿಭಾಗ
 Department of Social Work
 ಕರ್ನಾಟಕ ಕೇಂದ್ರೀಯ ವಿಶ್ವವಿದ್ಯಾಲಯ
 Central University of Karnataka
 ಗುಲ್ಬರ್ಗಾ / GULBARGA

Materials required for the training of life skill education.

- Thick multicoloured markers 4 boxes
- Coloured chart papers 40 sheets (blue, green, pink, white and yellow)
- Plastic topped pins - 1 boxes
- Pairs of scissors - 2
- Brown gum tapes (broad) - 1 roll
- String 15 mtrs.
- Gum
- A stack of old colourful magazines
- Thermancol sheets 18"/36"
- 1.5 inch thick - 4
- 10. Large sheets of brown papers - 5
- 11.sweets
- 12.candles
- Plastic topped pin-
- Scissore-
- Brown tape
- Brown paper-
- Thermocol-
- String-
- Gum-
- Candles-
- Sweet-
- Chart-

Total number of students training imparted-143

Total number of beneficiaries-1500

Conclusion: The sessions have been structured in such a way that the children are encouraged to try out their new skills in real life situations. The children get an opportunity to test the skills they have already learned and gradually add on more new skills. This process helps them to confidently The facilitator guides the children as they reflect and review their new skills, learn from mistakes and do things better the next time. Linking Learning to Life is presented in every session, and it is strongly recommended that the facilitators discuss, follow up and review with the children what new behavior they were able (or found it difficult) to practice in the next sessions.


विभागाध्यक्ष / HEAD
कार्य विभाग
Department of Social Work
कर्नाटक केन्द्रीय विश्वविद्यालय
38 Central University of Karnataka
गुल्बर्गा / GULBARGA

Life Skill Training for MSW 1st Year Students

Life Skill Training Schedule

Date: 13/07/2021

Sl. No.	Date	Day	Time	Topic	Activities	Module Number
1	14/07/2021	Day One (Wednesday)	10:00 AM to 11:30 AM	Introduction	-----	
2	14/07/2021	Day One (Wednesday)	11:35 AM to 12:00 PM	Life skill activities demonstration	Ground Rules and Expectations	One
3	14/07/2021	Day One (Wednesday)	12:01 PM to 12:11 PM	Tea Break		
4	14/07/2021	Day One (Wednesday)	12:12 PM to 1:00 PM	Life skill activities demonstration	I Love My Self	Two
5	14/07/2021	Day One (Wednesday)	1: 01 PM to 2:00 PM	Lunch Break		
6	14/07/2021	Day One (Wednesday)	2:01 PM to 3:00 PM	Life skill activities demonstration	The River of Life	Two
7	14/07/2021	Day One (Wednesday)	3:01 PM to 4:00 PM	Feedback and next day preparation		
8	15/07/2021	Day Two (Thursday)	10:00 AM to 11:30 AM	Life skill activities demonstration	Relationship Maps	Four
9	15/07/2021	Day Two (Thursday)	11:35 AM to 12:00 PM	Life skill activities demonstration	Double Wheel	One
10	15/07/2021	Day Two (Thursday)	12:01 PM to 12:11 PM	Tea Break		
11	15/07/2021	Day Two (Thursday)	12:12 PM to 1:00 PM	Life skill activities demonstration	Act to Meet	Three
12	15/07/2021	Day Two (Thursday)	1: 01 PM to 2:00 PM	Lunch Break		
13	15/07/2021	Day Two (Thursday)	2:01 PM to 3:00 PM	Life skill activities demonstration	Mixed Messages	Three
14	15/07/2021	Day Two (Thursday)	3:01 PM to 4:00 PM	Feedback and next day preparation		
15	16/07/2021	Day Three (Friday)	10:00 AM to 11:30 AM	Life skill activities demonstration	3P Matrix	----- -
16	16/07/2021	Day Three (Friday)	11:35 AM to 12:00 PM	Life skill activities demonstration	Excuse Excuses	Five
17	16/07/2021	Day Three (Friday)	12:01 PM to 12:11 PM	Tea Break		

18	16/07/2021	Day Three (Friday)	12:12 PM to 1:00 PM	Life skill activities demonstration	You Are in The Driver's Seat	Five
19	16/07/2021	Day Three (Friday)	1: 01 PM to 2:00 PM	Lunch Break		
20	16/07/2021	Day Three (Friday)	2:01 PM to 3:00 PM	Life skill activities demonstration	This and That	Four
21	16/07/2021	Day Three (Friday)	3:01 PM to 4:00 PM	Feedback and next day preparation		
22	17/07/2021	Day Four (Saturday)	10:00 AM to 11:30 AM	Life skill activities demonstration	Choosing Behavior	Five
23	17/07/2021	Day Four (Saturday)	11:35 AM to 12:00 PM	Life skill activities demonstration	Alcohol Abuse	Nine
24	17/07/2021	Day Four (Saturday)	12:01 PM to 12:11 PM	Tea Break		
25	17/07/2021	Day Four (Saturday)	12:12 PM to 1:00 PM	Life skill activities demonstration	Abuse: Hurting Someone	Four
26	17/07/2021	Day Four (Saturday)	1: 01 PM to 2:00 PM	Lunch Break		
27	17/07/2021	Day Four (Saturday)	2:01 PM to 3:00 PM	Life skill activities demonstration	3Cs	Five
28	17/07/2021	Day Four (Saturday)	3:01 PM to 4:00 PM	Feedback and next day preparation		
29	18/07/2021	Day Five (Sunday)	10:00 AM to 11:30 AM	Life skill activities demonstration	Saying "No" and Meaning It	Three
30	18/07/2021	Day Five (Sunday)	11:35 AM to 12:00 PM	Life skill activities demonstration	Mood Meter	Six
31	18/07/2021	Day Five (Sunday)	12:01 PM to 12:11 PM	Tea Break		
32	18/07/2021	Day Five (Sunday)	12:12 PM to 1:00 PM	Life skill activities demonstration	Managing Sadness	Six
33	18/07/2021	Day Five (Sunday)	1: 01 PM to 2:00 PM	Lunch Break		
34	18/07/2021	Day Five (Sunday)	2:01 PM to 3:00 PM	Life skill activities demonstration	Book of Me	Six
35	18/07/2021	Day Five (Sunday)	3:01 PM to 3:30 PM	Life skill activities demonstration	Magic Box	Ten
36	18/07/2021	Day Five (Sunday)	3:35 PM to 4:00 PM	Feedback		

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CENTRAL UNIVERSITY OF KARNATAKA

Life Skill Training for MASTER OF SOCIAL WORK 1st Year Students

Department of Social Work, School of Social and Behavioral Sciences

Life Skill Training Schedule

Date: 4/3/2022-19/3/2022

SL. No	Date	Time	Activities	Module Number	Module	Facilitator
1	14/3/2022	9.30am-10.00am	Orientation			Prof. Channaveer R.M
2	14/3/2022	10.00am-11.00am	Introduction-Life skill			Dr.Chitkala
	14/3/2022	11.00am-11.10am	TEA BREAK			
3	14/3/2022	11.10am-12.15pm	Demonstration Ground Rules and Expectations	One	Getting Started	Dr.Chitkala
4	14/3/2022	12.15pm-1.15pm	Double Wheel	One	Getting Started	Dr.Chitkala
	14/3/2022	1.15pm-2.15pm	LUNCH BREAK			
5	14/3/2022	2.15pm-3.30pm	I Love My Self	Two	Knowing Myself	Dr.Chitkala
6	14/3/2022	3.30pm-4.00pm	Feedback and next day preparation			Dr.Chitkala
7	15/3/2022	2.00pm-3.30pm	The River of Life	Two	Knowing Myself	Dr.Chitkala
8	15/3/2022	3.30pm-4.00pm	Feedback and next day preparation			Dr.Chitkala/Dr.Srinivasa
9	16/3/2022	9.30am-10.50am	Relationship Maps	Four	Relationships	Dr.Srinivasa
	16/3/2022	10.50am-11.00am	TEA BREAK			
10	16/3/2022	11.00am-12.15pm	This and That	Four	Relationships	Dr.Srinivasa
11	16/3/2022	12.15pm-1.15pm	Abuse: Hurting Someone	Four	Relationships	Dr.Srinivasa


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	16/3/2022	1.15pm-2.15pm	LUNCH BREAK			
12	16/3/2022	2.15pm-3.30pm	3P Matrix	-----		Dr.Chitkala
13	16/3/2022	3.30pm-4.00pm	Feedback and next day preparation			Dr.Srinivasa/ Dr.Lakshmana.G
14	17/3/2022	9.30am-10.45am	Excuse Excuses	Five	Decision-Making.	Dr.Lakshmana.G
	17/3/2022	10.45am-10.55am	TEA BREAK			
15	17/3/2022	10.55am-12.00pm	You Are in The Driver's Seat	Five	Decision-Making.	Dr.Lakshmana.G
16	17/3/2022	12.00pm-1.15pm	3Cs	Five	Decision-Making.	Dr.Lakshmana.G
	17/3/2022	1.15pm-2.15pm	LUNCH BREAK			
17	17/3/2022	2.15pm-3.30pm	Choosing Behavior	Five	Decision-Making.	Dr.Lakshmana.G
18	17/3/2022	3.30pm-4.00pm	Feedback and next day preparation			Dr.Lakshmana.G/ Dr.Sivamoorthy
19	18/3/2022	9.30am-10.45am	Mood Meter	Six	Coping with Emotions	Dr.Sivamoorthy
	18/3/2022	10.45am-10.55am	TEA BREAK			
20	18/3/2022	10.55am-12.00pm	Managing Sadness	Six	Coping with Emotions	Dr.Sivamoorthy
21	18/3/2022	12.00pm-1.15pm	Alcohol Abuse	Nine	Substance Use	Dr.Lakshmana.G
	18/3/2022	1.15pm-2.15pm	Lunch break			
22	18/3/2022	2.15pm-3.30pm	Act to Meet	Three	Communication	Dr.Sivamoorthy
23	18/3/2022	3.30pm-4.00pm	Feedback and next day preparation			
24	19/3/2022	9.30am-10.45am	Mixed Messages	Three	Communication	Dr.Sivamoorthy
	19/3/2022	10.45am-10.55am	TEA BREAK			
25	19/3/2022	10.55am-12.15pm	Saying "No" and Meaning It	Three	Communication	Dr.Sivamoorthy
26	19/3/2022	12.15pm-1.30pm	Book of Me	Six	Coping with Emotions	Dr.Srinivasa
	19/3/2022	1.30pm-2.30pm	LUNCH BREAK			
27	19/3/2022	2.30pm-3.45pm	Magic Box	Ten	Reaching My Goals	Dr.Srinivasa
28	19/3/2022	3.45pm-4.30pm	Feedback			All Teachers

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CENTRAL UNIVERSITY OF KARNATAKA

Life Skill Training for MASTER OF SOCIAL WORK 1st Year Students

DATE-18-2-2023 To 25-2-2023

Timings	Program schedule	Module	Facilitator
Day-1 18/2/2023			
9.00am to 10.00am	Orientation on life skill		Prof. Channaveer R.M
10.00am to 11.00am	Introduction to life skill		Dr Chitkala
11.00 am to 11.10am	Break		
11.10 am to 11.45am	Child to child model		Dr Chitkala
11.45am to 12.30pm	Understanding children's participation		Dr.Chitkala
12.30pm to 1.15pm	Active learning method		Dr Chitkala
1.15pm to 2.15pm	Lunch Break		
Introduction to Module-1			
2.15pm-3.00pm	Double Wheel	Getting Started	Dr.Bhagyashree
3.00pm-4.00pm	Ground Rules and Expectations	Getting Started	Dr.Chitkala
4.00pm-4.10pm	Break		
4.10pm-5.10pm	3P Matrix		Dr.Chitkala
5.10pm-5.30pm	Assigning Mock Session to the Group		Dr.Chitkala
DAY-2 20/2/2023			
9.00am to 9.30am	Morning Session		Dr.Chitkala
9.30am-10.30am	Introduction to Bridge Model		Dr.Chitkala
10.30am to 11.00am	Activity Grid		Dr Chitkala
11.00am to 11.15am	Break		
Introduction to Module-2			
11.15am to 12.15pm	I Love My Self	Knowing Myself	Dr.Chitkala


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12.15pm to 1.15pm	My protective shield	Knowing Myself	Dr Bhagyashree
1.15pm to 2.15pm	Lunch Break		
2.15pm to 3.15pm	Iam happy to be a girl/boy	Knowing Myself	Dr. Bhagyashree
3.15 pm to 4.15pm	Value voting	Knowing Myself	Dr Chitkala
4.15pm to 4.30pm	Break		
4.30pm to 5.15pm	Assigning Mock Session to the group		Dr. Bhagyashree
DAY-3 21/2/2023			
9.00am to 9.30am	Morning Session		Dr.Chitkala
9.30am to 10.30am	The River of Life	Knowing Myself	Dr.Chitkala
10.30am to 10.45am	Break		
Introduction to the Module-3			
10.45am to 11.45am	Act to Meet	Communication	Dr.Sivamoorthy
11.45am to 12.45pm	Mixed Messages	Communication	Dr.Sivamoorthy
12.45pm to 1.45pm	Saying "No" and Meaning It	Communication	Dr.Sivamoorthy
1.45pm to 2.45pm	Lunch Break		
Introduction to the Module-4			
2.45pm-3.45pm	Hero Heroines	Relationships	Dr.Bhagyashree
3.45pm-4.45pm	My best friend	Relationships	Dr.Bhagyashree
4.45pm-5.00pm	Break		
5.00pm to 5.30pm	Assigning Mock session to the group		Dr.Bhagyashree
Day-4 22/2/2023			
9.00am -9.30am	Morning Session		Dr.Bhagyashree
9.30am - 10.30am	Hot Line	Relationships	Dr Bhagyashree
10.30am-10.40am	Break		
10.40am -11.40am	Relationship Maps	Relationships	Dr.Srinivasa
11.40am-12.40pm	This and That	Relationships	Dr.Srinivasa
12.40pm-1.40pm	Abuse: Hurting Someone	Relationships	Dr.Srinivasa
1.40pm-2.40pm	Lunch Break		


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Introduction to the Module-5			
2.40pm to 3.40pm	Testing Water	Decision-Making.	Dr.Lakshmana.G
3.40pm to 4.40pm	You Are in The Driver's Seat	Decision-Making.	Dr.Sivamoorthy
4.40pm to 4.50pm	Break		
4.50pm to 5.30pm	3Cs	Decision-Making.	Dr.Lakshmana.G
5.30pm-6.00pm	Assigning Mock session to the group		Dr.Lakshmana.G
Day-5 23/2/2023			
9.00am-9.30am	Morning session		Dr.Lakshmana.G
9.30am-10.30am	Choosing Behavior	Decision-Making.	Dr.Lakshmana.G
10.30am-10.40am	Break		
Introduction to the Module-6			
10.40am-11.40am	Pass the feeling	Coping with Emotions	Dr Chitkala
11.40am-12.40pm	Rainbow and clouds	Coping with Emotions	Dr.Sivamoorthy
12.40pm-1.40pm	Mood Meter	Coping with Emotions	Dr.Sivamoorthy
1.40pm-2.40pm	Lunch Break		
2.40pm-3.40pm	Managing anger	Coping with Emotions	Dr.Sivamoorthy
3.40pm-4.40pm	Managing Sadness	Coping with Emotions	Dr.Sivamoorthy
4.40pm-4.50pm	Break		
4.50pm-5.30pm	Assigning Mock Session to the Group		Dr.Sivamoorthy
Day-6 24/2/2023			
9.00am-9.30am	Morning Session		Dr Chitkala
9.30am-10.30am	Fear not	Coping with Emotions	Dr Chitkala
10.30am-10.40am	Break		
10.40am-11.40am	Book of me	Coping with Emotions	Dr Srinivasa
Introduction to the Module-7			
11.40am-12.40pm	How different are we	Growing up	Dr.Lakshmana.G

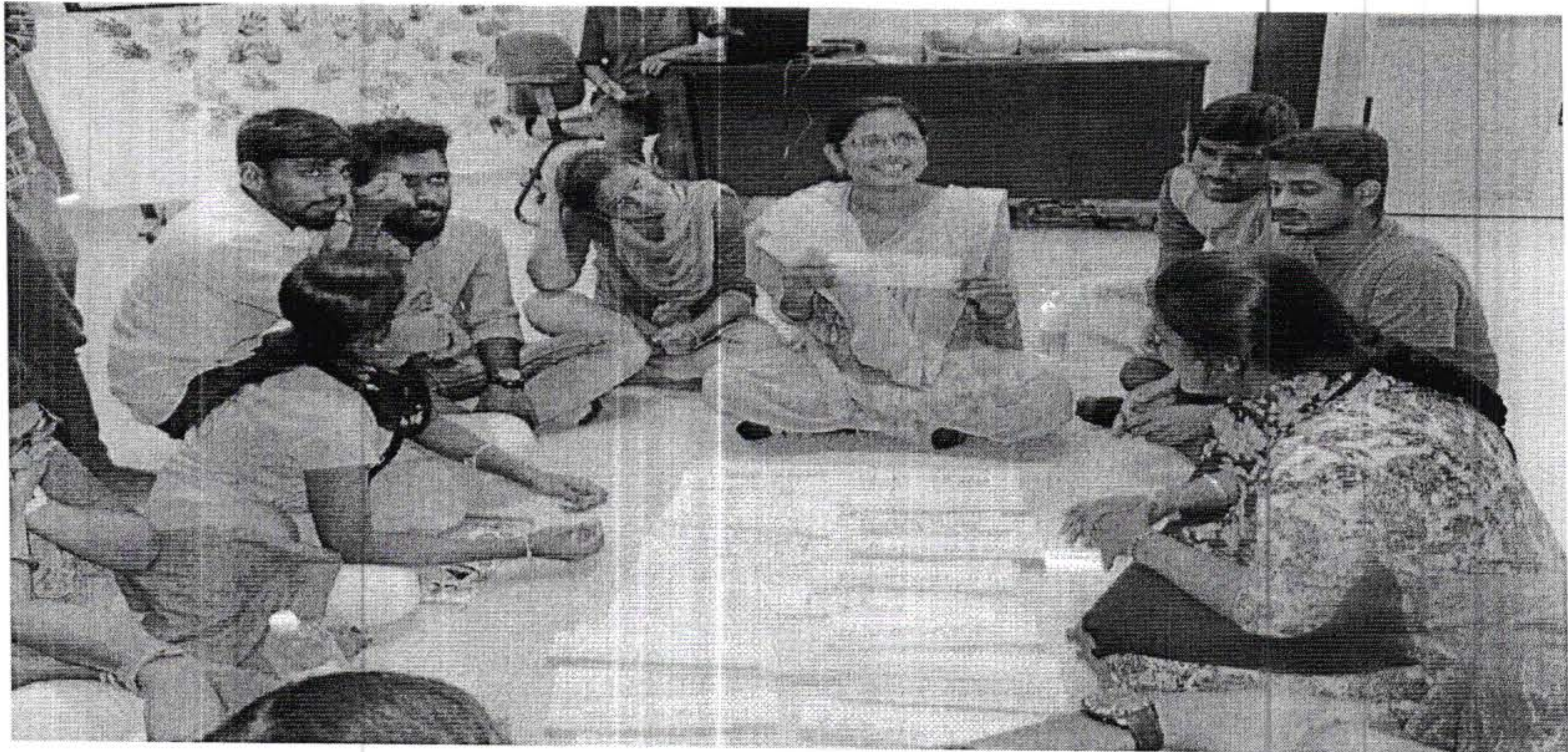

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12.40pm-1.40pm	How should we be in the field		Dr.Lakshmana.G
1.40pm-2.40pm	Lunch Break		
2.40pm-3.40pm	Bad touch	Growing up	Dr.Lakshmana.G
Introduction to the Module-8			
3.40pm-4.40pm	HIV transmission/Doors of entry	Preventing and living with HIV	Dr.Lakshmana.G
4.40pm-4.50pm	Break		
4.50pm-5.30pm	Assigning Mock Session to the Group		Dr.Lakshmana.G
DAY-7 25/2/2023			
9.00am-9.30am	Morning Session		Dr Srinivasa
Introduction to the Module-9			
9.30am-10.30am	Advertisement do not lie	Substance Use	Dr Srinivasa
10.30am-10.40am	Break		
10.40am-11.40am	To smoke or not	Substance Use	Dr Srinivasa
11.40am-12.40pm	Alcohol Abuse	Substance Use	Dr.Lakshmana.G
12.40pm-1.40pm	Tempt me, Tempt me not	Substance Use	Dr.Srinivasa
1.40pm-2.40pm	Lunch Break		
Introduction to the Module-10			
2.40pm-3.40pm	I wish I hope	Reaching My Goals	Dr Bhagyashree
3.40pm-4.40pm	Magic box	Reaching My Goals	Dr Srinivasa
4.40pm-4.50pm	Break		
5.00pm-6.00pm	Experience and opinion sharing and winding up with candle lighting		ALL Teachers


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a) Life Skills Training

Department has been training the MSW Ist semester students on life skills based on the WHO modules from 2014. The students were trained on ten life skills such as self- awareness, coping with emotions, coping with stress, problem solving, decision making, empathy, effective communication, empathy, critical thinking, creative thinking and interpersonal relationship through various activities from 23/02/2019 to 24/02/2019. Ms Bhagyasree and Mr Shivanad, PhD Research scholars, Central university of Karnataka, conducted training programmes.



Ms Bhagrashree teaching life skills activities to MSW students

2019-2020

LIFE SKILLS ACTIVITIES – GROUP WORK PRACTICES IN SCHOOLS

47

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2022-23

Soft Skill
Behavioral

International Conference: Health, Wellbeing, and Technology

January

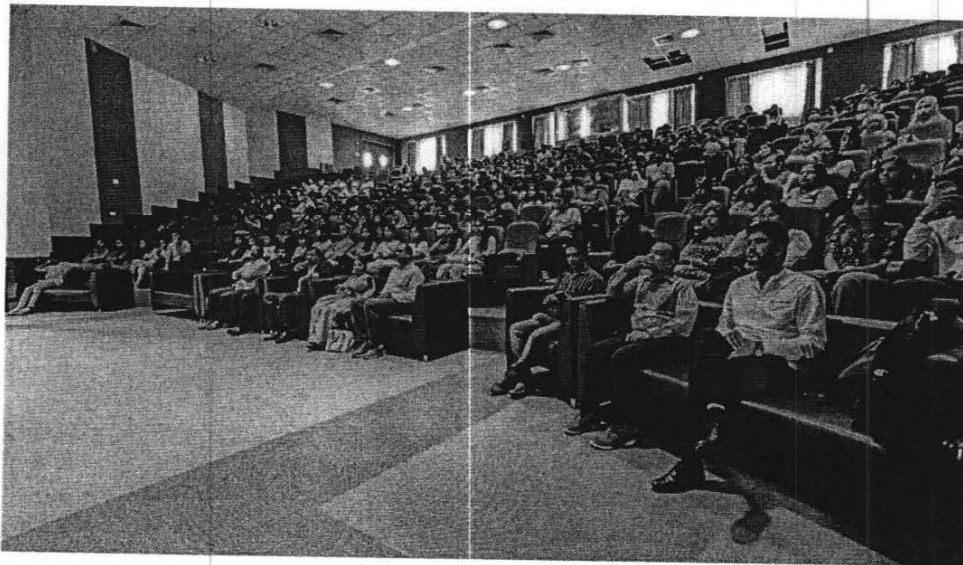
Dates: 27th - 29th March 2023

Venue: Central University of Karnataka

Topic: Health, Wellbeing, and Technology

Organizer: Department of Psychology, Central University of Karnataka

Speakers: Prof. Jaspreet S Brar, Prof. K Srinivasan, Prof. Ashok Mysore, Prof. Meera Hariharan, Prof. V.J. Byra Reddy



Introduction:

In an era where technology permeates every aspect of our lives, the interplay between health, wellbeing, and technology has become increasingly complex and fascinating. Recognizing this evolving landscape, the Department of Psychology at Central University of Karnataka hosted a three-day international conference titled "Health, Wellbeing, and Technology: Intertwined Futures" from March 27th to 29th, 2023. The event brought together esteemed academics, researchers, healthcare professionals, and technology developers from across the globe to

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explore the diverse ways technology is shaping health and wellbeing in the 21st century. The conference was well-attended, with about 150 participants including students, faculty members and researchers.

Objectives:

The conference aimed to achieve the following objectives:

- Foster critical dialogue and debate about the multifaceted impact of technology on health and wellbeing, examining both its potential benefits and unforeseen challenges.
- Showcase cutting-edge research and innovations at the intersection of technology and healthcare, spanning areas like mental health interventions, telehealth applications, wearable devices, and artificial intelligence in medicine.
- Explore ethical considerations and responsible development practices in the evolving realm of health and wellbeing technologies.
- Identify opportunities for collaboration across disciplines and sectors, promoting the co-creation of innovative solutions for enhancing population health and well-being.
- Share diverse perspectives and experiences from international scholars and practitioners, encouraging the exchange of knowledge and best practices.

Speakers and Presentations:

The conference featured keynote addresses and panel discussions by renowned experts:

- Prof. Jaspreet S Brar: In her keynote address, "Technology-Driven Mental Health Interventions: Promises and Pitfalls," Prof. Brar explored the growing potential of digital tools and platforms for enhancing mental health access and care while highlighting the potential risks of digital dependencies and privacy concerns.
- Prof. K Srinivasan: Prof. Srinivasan's session, "Telehealth: Transforming Healthcare Delivery in Remote and Underserved Communities," discussed the transformative potential of telehealth in bridging geographical barriers and expanding access to healthcare, particularly in rural and underserved areas.

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- Prof. Ashok Mysore: Prof. Mysore's focus was on "Wearable Devices and Personalized Health Monitoring: Towards a Future of Preventive Care," where he examined the burgeoning field of wearable technologies and their potential for personalized health monitoring, early disease detection, and proactive health management.
- Prof. Meera Hariharan: In her presentation, "Artificial Intelligence in Medicine: Ethics and Opportunities," Prof. Hariharan delved into the ethical considerations surrounding AI integration in healthcare, emphasizing the need for transparency, fairness, and human-centered design principles.
- Prof. V.J. Byra Reddy: Prof. Reddy's concluding session, "Building a Collaborative Future for Health and Wellbeing Technology," emphasized the importance of fostering interdisciplinary collaborations between technologists, researchers, healthcare professionals, and policymakers to ensure the ethical and effective development and deployment of health and wellbeing technologies for societal benefit.

Panel Discussions and Networking:

Engaging panel discussions followed each keynote address, allowing for in-depth exploration of specific themes and facilitating lively audience interaction. Throughout the conference, a dedicated networking space fostered communication and collaboration among participants, leading to potential future partnerships and research initiatives.

Key Takeaways:

The conference served as a crucial platform for exploring the intricate relationship between health, wellbeing, and technology, generating valuable insights for the future. Some key takeaways included:

- Technology offers tremendous potential for revolutionizing healthcare access, precision medicine, and personalized well-being interventions.
- Ethical considerations around data privacy, algorithmic bias, and equitable access must be addressed to ensure responsible technology development and deployment for health and wellbeing.

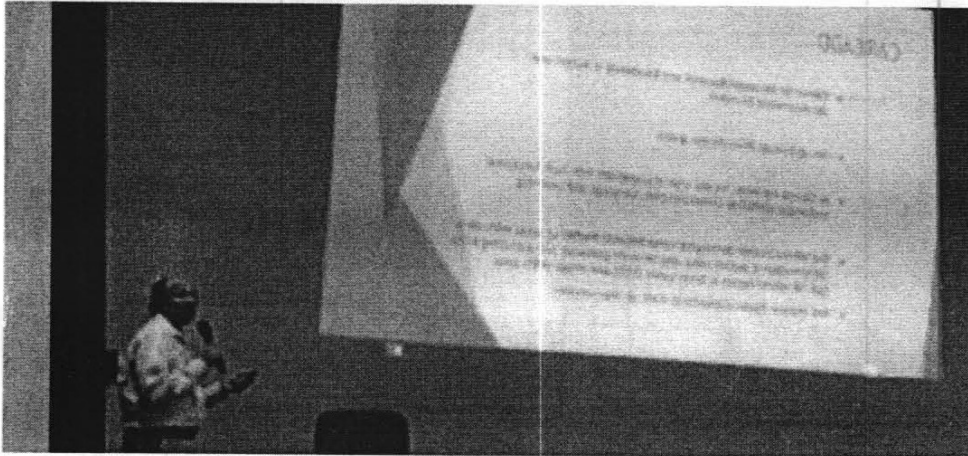
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- Interdisciplinary collaboration and public engagement are key to harnessing the positive potential of technology while mitigating its potential risks.
- Culturally-sensitive and context-specific solutions are crucial for ensuring the ethical and effective adoption of health and wellbeing technologies across diverse populations and settings.

Conclusion:

The "Health, Wellbeing, and Technology: Intertwined Futures" international conference at Central University of Karnataka provided a dynamic platform for knowledge exchange, critical reflection, and collaborative visioning about the future of health and wellbeing in a technology-driven world. By convening experts and stakeholders from diverse backgrounds, the event spurred conversations that will undoubtedly shape the trajectory of innovation and ethical practices in this critical domain. As participants go forth, the conference's impact will reverberate in the form of research agendas reshaped, collaborations forged, and policies and practices informed by a critical awareness of the intertwined futures of health, wellbeing, and


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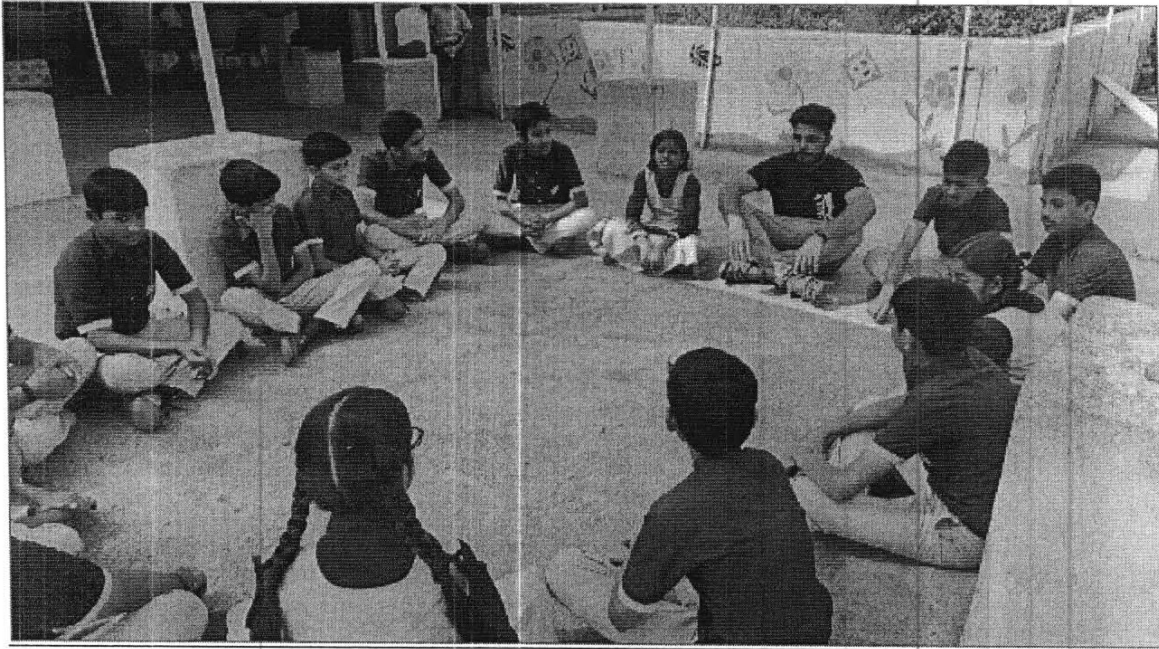
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1. LIFESKILL TRAINING - BRIDGE SCHOOL, ALAND KARNATAKA

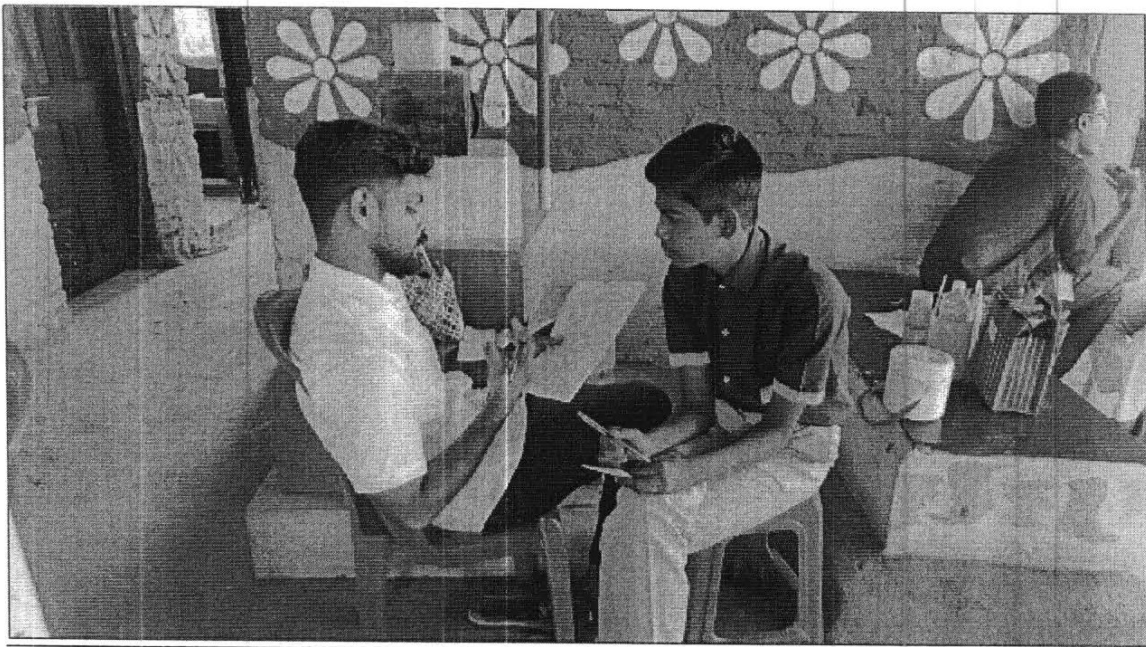


Making ground Rules: This activity was conducted to make children understand that some rules should be made and followed for the smooth functioning of the training. The children need to understand that everyone should be treated with respect and also surety was given for the children that they are free to share ideas, thoughts, etc. and it will not be teased or disclosed to anyone. Children mentioned rules like: Don't fight each other, Don't make fun of others, Have good cooperation each other, Don't be shy and have no stage fear, Before speaking raise your hand,

P.H.
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The activity is conducted to understand the expectations of children about the session, So it could be smoothly organized. The children were asked to share their expectations one by one. There were no unrealistic expectations. In simple terms, the facilitator explains life skills and how to think critically, express feelings and understand how to communicate, develop healthy relationships and cope with feelings of anger and sadness. Alternatively, the children discussed and expectations for the group as a whole was written on chart paper by a student who came voluntarily. The expectations and ground rules were pasted in the classroom. Through this activity, the children got a clear idea about life skills and sessions.



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The interview session was started with greeting them, self-introduction of the trainer. After that, the students were asked to introduce themselves. Later A brief introduction of the statements of the lifeskill scale was given to the children and the 5 options Always, Usually, Sometimes, Rarely, Never was clearly explained to them. The trainers said not to worry, or have tension about anything. It was also told to the children that the answers you provide will be confidential and no one is going to judge them based on the answers they provide. Trainers asked the children to answer the questions honestly and if they are uncomfortable they can take a break while interviewing. It was also told to them that if they have any doubts, questions or need repetition or clarity they could ask freely. After the interview session a little review of the session was conducted through a discussion between the trainer and student in which any feedback, any improvement was asked.



1. Name of Activity: I Love Myself:

This activity was conducted for the purpose of identification of the children's strengths and what they are good at and what positive qualities they possess. In addition, it enables the children to understand why others love them. The children were asked to say, "I love myself" Loud. While saying trainer suggested the children to use simple gestures such as smiling, hugging oneself, and standing up tall and proud and any other way that expresses the meaning of what they are saying. Each child was given a chart paper and they were asked them to write on top, "I love myself because ...". Each child was asked to draw any symbol they like for themselves. The trainer introduced some common symbols as a preparatory activity. Each child was asked to write at least five things they like about themselves or are good at. Examples were provided like physical characteristic, or a quality they have, or a

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behavior or a skill. Children were asked to share what they have written with their partner on the right. Next, ask the children were asked to tape the chart paper on their backs and move about the room. Children were asked to write something positive on the chart. Children were asked to be specific." In a circle, each children were asked to read out "I love myself and others love me because _____.

Review Questions and reply:

What did you like about this activity, what did you learn about yourself and what did you learn about your friends? Children replied that they were interested to draw symbols and write their own good qualities and writing on others' backside was interesting. They again told that they understood what their good qualities are and why others love them. Children itself told that they were able to improve their self-awareness qualities.



Activity- This and That

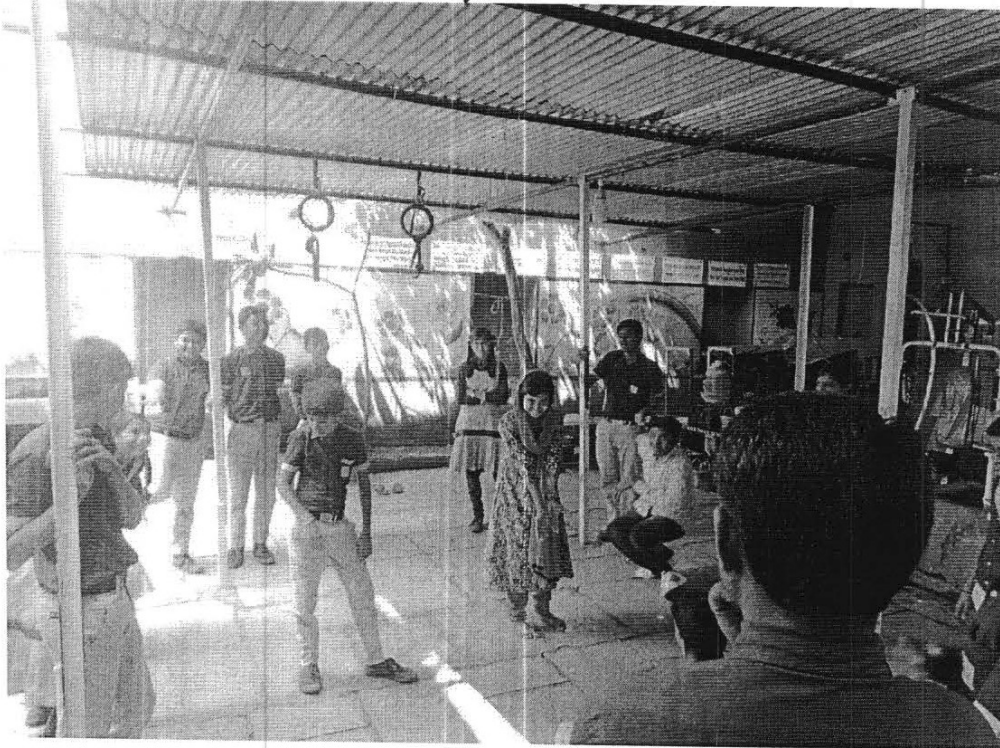
The activity started with an energizer game. After the game, childrens be seated as a circle. Facilitator started the activity by saying that conflict often arises because we see a situation in different ways. Each one believes that his or her perspective is right. Disagreement arises because we cannot agree on a solution that takes in to account each other's opinion. After that facilitator asked the children to look their palms and what are the different things they can observe from their palms. Children replied different things like, they can observe some letters, signs from their palms and the size of each fingers are different etc. After that co-facilitator passed a mixed picture of house, pot human face to the children and asked them that what are the things that they can observe from the picture. The children replied different things some of them replied these three things and some of them replied absolute different things. Once again the picture passed among the children at this time they discovered the

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hidden things.

Review Questions: How many saw both images? Was it difficult to see the other picture even after being shown? Was it difficult to explain to others what you easily saw? Response of the Children:

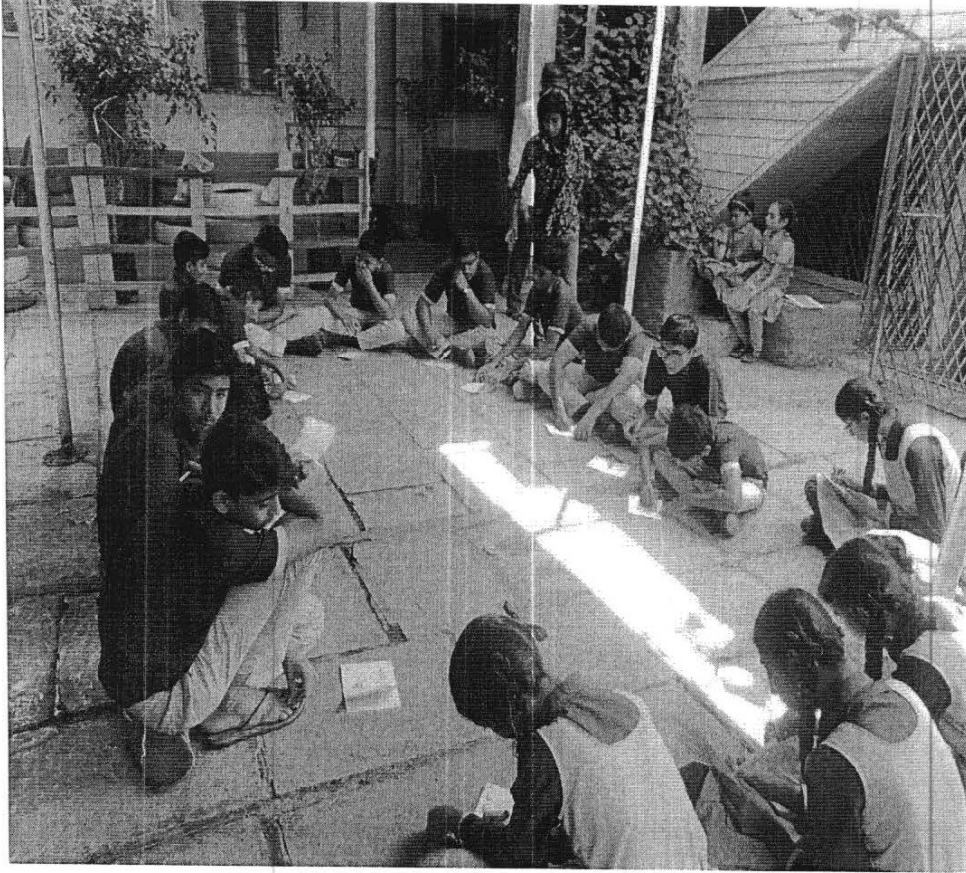
The children replied that most of them saw both the pictures. When the group leader explained about the picture all children saw both the pictures and children said that they didn't face any difficulty to explain to others what they saw.



Activity- Managing Sadness

The activity started with an energizer. It was called the crying and laughing game. After the energizer childrens be seated as semi-circle. After that facilitator asked them what cause little sadness and serious sadness. Children replied about different situations. After that the facilitator asked, if feelings of sadness change over time? Children replied about death. By accepting every answers and indicating the energizer, facilitator said that happiness and sadness are side of a coin. After that discussed about how sadness expressed, children replied bedwetting, annoying, fighting etc. and asked the children that how they help a friend if he is in depressed condition? Children replied that looking the happy thoughts album together, walking with the friend, holding his hand etc. After that students seated as semi-circle. Gave them instruction to take deep breath three times and by closing eyes gave them some relaxing instructions. After the meditation children raised their eyes. By giving five minute relaxation facilitator concluded the session. The activity winded up with an appreciation clap.

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Activity- Book of me

The activity was conducted to enhance critical thinking, and self-awareness of children. The activity was started with an energizer. Then the group worker provided booklets to the children and asked the children to reveal about themselves through the writings. After that the group worker explained about the importance of the book of me and asked the children how they felt while writing their own book and the children responded that it was quite interesting and some really enjoyed by analyzing their own self. Then the activity wound up with an appreciation clap.

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P. S. L.

Life Skill Student data attended - 2018-2023

Department		Academic Year 2018-19		Program		Total No. of Seats As per seat matrix		30	
Sl. No	Name of the Student	Enrollment No.	Gender	Category Belongs to	Category admitted	State Domicile		Remarks	
1	ABDULLA SAMEER P V	2018MSW01	M	Gem	GM	Kerala			
2	AIRIN TOM	2018MSW02	F	GM	GM	Kerala			
3	ALBIN M P	2018MSW03	M	GM	GM	Kerala			
4	AMITHA MP	2018MSW04	F	SC	GM	Kerala			
5	ANJANA K R	2018MSW05	F	OBC	SPORT	Kerala			
6	BASIL BABU	2018MSW06	M	GM	GM	Kerala			
7	BHAGYASHREE	2018MSW07	F	SC	GM	Karnataka			
8	CHAITRA M GONAL	2018MSW09	F	OBC	OBC	Karnataka			
9	CRISTO JOSEPH	2018MSW10	M	GM	GM	Kerala			
10	DEEPA KASHINATH BADIGER	2018MSW11	F	OBC	GM	Karnataka			
11	HONEY VARGHESE	2018MSW12	F	GM	GM	Kerala			
12	JISHAD K	2018MSW13	M	OBC	OBC	Kerala			
13	LINTAMOL DEVASIA	2018MSW14	F	GM	GM	Kerala			
14	MOHAMMED ANEES	2018MSW15	M	OBC	GM	Kerala			
15	MUHAMMED IMTHIYA O V	2018MSW16	M	OBC	OBC	Kerala			
16	NAGARATHA V	2018MSW17	M	ST	ST	Karnataka			
17	NAZIYA BEGUM	2018MSW18	F	OBC	GM	Karnataka			
18	POOJA HAJARI	2018MSW19	F	OBC	HKR	Karnataka			
19	POOJA VENKARADDI DESAI	2018MSW20	F	OBC	GM	Karnataka			
20	RASHID P	2018MSW21	M	OBC	OBC	Kerala			
21	REKHA RMAESH KALE	2018MSW22	F	SC	SC	Karnataka			
22	SACHIN	2018MSW23	M	GM	GM	Karnataka			
23	SANDRA ELIZA MANU	2018MSW24	F	GEM	GM	New Delhi			
24	SHANKRAPP KALER	2018MSW26	M	SC	GM	Karnataka			
25	SREELAKSHMI K SADEEP	2018MSW28	F	GM	GM	Kerala			
26	YALLALING	2018MSW29	M	SC	SC	Karnataka			
27	BUBUL SARKAR	2017MSW09	M	SC	SC	Assam			

Department		Academic Year 2018-19		Program		Total No. of Seats As per seat matrix	
1	DANISHWAR RASOOL DAR	MPhil-PSW1801	M	GM	GM	Jammu and Kashmir	
2	MANJULA	MPhil-PSW1802	F	OBC	OBC	Karnataka	

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Department of **Social Work** Academic Year 2019-20 program **MSW** Total No. of Seats **30**

Sl. No	Enrollment number	Name of the student	Gender	Category Belongs to	Category admitted	State Domicile	Remarks
1	2019MSW01	ABHIRAM A H	M	GENERAL	GM	Kerala	
2	2019MSW02	ABHISHEK S	M	GENERAL	GM	Kerala	
3	2019MSW03	AJAY DAS P	M	OBC	GM	Kerala	
4	2019MSW04	AKSHAY K A	M	SC	SC	Kerala	
5	2019MSW05	ANSILA E K V	F	OBC	GM	Kerala	
6	2019MSW06	ARYA PRADEEP	F	SC	GM	Kerala	
7	2019MSW07	ASHOK	M	SC	SC	Kerala	
8	2019MSW08	ATHUL HARIDAS	M	OBC	GM	Kerala	
9	2019MSW09	BANARU SIVANI	F	GENERAL	GM	Kerala	
10	2019MSW10	BHALE SANDEEP KUMAR	M	SC	SC	Kerala	
11	2019MSW11	CRISTAKUMARI	F	SC	SC	Kerala	
12	2019MSW12	DIVYA C	F	OBC	OBC	Kerala	
13	2019MSW13	DONA MARIYA	F	GENERAL	GM-EWS Girl	Kerala	
14	2019MSW14	HAMSA	M	OBC	OBC	Kerala	
15	2019MSW15	HARI MURALI	M	GENERAL	GM	Kerala	
16	2019MSW16	HARIS SIDHEEQ T K	M	OBC	OBC	Kerala	
17	2019MSW17	HARISANKAR DAS	M	OBC	GM	Kerala	
18	2019MSW18	KANDAVALLI VENU	M	SC	SC	Kerala	
19	2019MSW19	KHATIK RIYAZ JAKIRHUSAIN	M	OBC	OBC	Kerala	
20	2019MSW20	KRISHNAPRIYA C S	F	OBC	GM-EWS Girl	Kerala	
21	2019MSW21	MAHANTESH HOSAMANI	M	SC	SC	Kerala	
22	2019MSW22	MERAVATH MANIKANTA	M	ST	ST	Kerala	
23	2019MSW23	MOHAMMED ASHIK K T	M	OBC	OBC	Kerala	
24	2019MSW24	NANDULAL E G	M	OBC	OBC	Kerala	
25	2019MSW25	PRABHUL DAS K P	M	OBC	OBC	Kerala	
26	2019MSW26	PRINCE GEEARGHESE	M	GENERAL	GM	Kerala	
27	2019MSW27	R NIRNJAN REDDY	M	GENERAL	GM	Andhrapradesh	
28	2019MSW28	RIA SUSAN SABU	F	EWS	EWS	Kerala	
29	2019MSW29	SHALU VARGHESE	F	GENERAL	GM-EWS Girl	Kerala	
30	2019MSW30	SHYMA R	F	GENERAL	GM-EWS Girl	Kerala	
31	2019MSW31	SNEHA K	F	GENERAL	NCC	Kerala	
32	2019MSW32	SREEHARI C M	M	GENERAL	GM	Kerala	
33	2019MSW33	UAY ADVEPPA AIDUDDI	M	OBC	OBC	Kerala	
34	2019MSW34	VISMAYA M	F	GENERAL	EWS	Kerala	
				Academic Year 2019-20	Program	MPhil	Total No. of Seats As per seat matrix
Sl. No	Enrollment number	Name of the student	Gender	Category Belongs to	Category admitted	State Domicile	Remarks
1	MPHILPSW1901	PRASHANT PATIL	M	GM	GM	karnataka	

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2	MPHILPSW1902	RAJESHWAR P	M	ST	ST	telangana	
3	MPHILPSW1903	ROSNA DAVIS C	F	GM	GM	kerala	
4	MPHILPSW1904	URMILA BAMNEY	F	GM	GM	karnataka	
		Academic Year 2019-20	Program	Ph.D	Total No. of Seats As per seat matrix		
Sl. No	Enrollment number	Name of the student	Gender	Category Belongs to	Category admitted	State Domicile	Remarks
5	PHDSW1901	BHUKYA ANIL	M	OBC	OBC	telangana	
6	PHDSW1902	HANOK	M	SC	SC	Kerala	
7	PHDSW1903	TUKARAM BADIGER	M	SC	SC	karnataka	

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Department of		program					
Social Work	Academic Year 2020-21		MSW	Total No. of Seats	18		
				As per seat matrix			
Sl. No	Enrollment n	Name of the student	Gender	Category Belongs to	Category admitted	State Domicile	Remarks
1	20PGMSW01	AAVULA SWETHA RANI	F	General	General	kerala	
2	20PGMSW02	ABHIJITH A K	M	EWS	EWS	kerala	
3	20PGMSW03	AKHILA N S	F	SC	SC	kerala	
4	20PGMSW04	ASWATHI K V	F	OBC	General	kerala	
5	20PGMSW05	DENIL K VARKEY	M	General	General	kerala	
6	20PGMSW06	GEO P BABU	M	General	General	kerala	
7	20PGMSW08	GOUDAPPA	M	General	General	karnataka	
8	20PGMSW09	GREESHMA VINESH	F	OBC	General	kerala	
9	20PGMSW12	MAHENDRA EDIGA	M	OBC	OBC	karnataka	
10	20PGMSW13	MALAVIKA VIKRAMAN	F	OBC	General	kerala	
11	20PGMSW14	MD ALI KHAN	M	HKR	HKR	kerala	
12	20PGMSW15	RAHULKRISHNAN C.M	M	SC	SC	kerala	
13	20PGMSW16	RAKENDU R V	F	OBC	OBC	kerala	
14	20PGMSW17	RENJURAJ M	F	GM	NCC	kerala	
15	20PGMSW18	SAIDUSAB ELIGARA	M	PWD	PWD	karnataka	
16	20PGMSW19	SETHULEKSHMI M B	F	OBC	OBC	kerala	
17	20PGMSW20	SOORYA P K	M	OBC	OBC	kerala	
18	20PGMSW21	VISHAKH K	M	EWS	EWS	kerala	

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Department of
Social Work

Academic Year 2021-22

program

MSW

Total No. of Seats As per seat matrix

33

Sl. No	Enrollment number	Name of the student	Gender	Category Belongs to	Category admitted	State Domicile	Remarks
1	21PGMSW01	ADARSA B R	F	General	EWS	kerala	
2	21PGMSW02	AIGEL SANTHOSH	F	General	general	kerala	
3	21PGMSW03	AISWARYA BABU	F	General	general	kerala	
4	21PGMSW04	AJANYA S A	F	sc	sc	kerala	
5	21PGMSW05	AKSHAY B R	M	sc	sc	kerala	
6	21PGMSW07	AMAL K C	M	General	General	kerala	
7	21PGMSW08	ANEESHA T P	F	OBC	ODC	kerala	
8	21PGMSW09	ANGEL GEORGE	F	General	General	kerala	
9	21PGMSW10	ANISH T THOMAS	M	ews	ews	kerala	
10	21PGMSW11	ANUSRI T V	F	wdp	wdp	kerala	
11	21PGMSW13	DEEPTHY C D	F	obc	obc	kerala	
12	21PGMSW14	FEBIN SUNNY	M	general	general	kerala	
13	21PGMSW15	HASNA K I	F	General	general	kerala	
14	21PGMSW17	KARTHIKA U	F	obe	obe	kerala	
15	21PGMSW18	KYONGTHUNGO N KHU	M	st	st	kerala	
16	21PGMSW21	MERLIN	F	general	general	kerala	
17	21PGMSW22	MUFLIH RAHMAN AK	M	obe	obe	kerala	
18	21PGMSW23	NANDANA K	F	ncc	ncc	kerala	
19	21PGMSW24	PRAVEEN KERALLI	M	General	general	karnataka	
20	21PGMSW25	PRIYANKA	F	sc	sc	karnataka	
21	21PGMSW26	RAHUL M	M	obe	obe	kerala	
22	21PGMSW27	SHABEEB RAHMAN P	M	obe	obe	kerala	
23	21PGMSW28	SHANIDA KAMAL M	F	obe	obe	kerala	
24	21PGMSW30	SOORAJ P S	M	pwd	pwd	kerala	
25	21PGMSW31	SREELEKSHMI S	F	obe	obe	kerala	
26	21PGMSW32	STEFFY DAVIS	F	ews	ews	kerala	
27	21PGMSW33	SWAPNA	F	sc	sc	karnataka	
28	21PGMSW34	THANIMA RAJ	F	General	general	kerala	
29	21PGMSW35	THARA KRISHNA V	F	general	general	kerala	
30	21PGMSW36	VAKEEL AHMAD MALL	M	general	general	kerala	
31	21PGMSW37	VIVEK SANIL K	M	st	st	kerala	
32	21PGMSW38	YADUNATH K V	M	General	genral	kerala	

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Central University of Karnataka
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Prof. Ramesh

SOCIAL WORK Academic Year 2022-23 Program-BA Ec&SW Total No. of Seats As per s 40

Sl. No	Name of the Student	Enrollment No.	Gender	Category Belongs to	Category admitted	State Domicile	Remarks
1	Aditya Toliram Lihare	22UECSW02	Male	UNRESERVED	UNRESERVED	MAHARASTRA	
2	Amal Mohanan	22UECSW03	Male	SC	SC	KERALA	
3	Amruthapudi Raju	22UECSW04	Male	SC	SC	ANDRA	
4	Ankit Raj	22UECSW05	Male	EWS	EWS	BIHAR	
5	Aparna J	22UECSW06	Female	UNRESERVED	WDP	TAMILNADU	
6	Ashlin Johnson	22UECSW07	Female	UNRESERVED	UNRESERVED	KERALA	
7	Ayush Singh	22UECSW08	Male	UNRESERVED	UNRESERVED	DELHI	
8	Bocha Umesh Chandra	22UECSW09	Male	SC	UNRESERVED	TELANGANA	
9	Boini Ramu	22UECSW10	Male	OBC	OBC	TELANGANA	
10	Elipe Pavani	22UECSW12	Female	SC	UNRESERVED	ANDRA	
11	Gauthamkumar M	22UECSW13	Male	UNRESERVED	UNRESERVED	KERALA	
12	Gudipalli Bhavani Lakshmi	22UECSW14	Female	OBC	UNRESERVED	ANDRA	
13	Harshada Chandran	22UECSW15	Female	OBC	UNRESERVED	KERALA	
14	Himanshu Raj	22UECSW16	Male	UNRESERVED	UNRESERVED	BIHAR	
15	Jathoth Bhanu Prakash	22UECSW17	Male	ST	ST	TELANGANA	
16	Khadeeja Parveen	22UECSW18	Female	OBC	OBC	KERALA	
17	Medidi Bujji Babu	22UECSW19	Male	EWS	EWS	ANDRA	
18	Mihir Pradhan	22UECSW20	Male	OBC	OBC	ODISHA	
19	Mirza Saif Baig	22UECSW21	Male	OBC	KKR	KARNATAKA	
20	Mrityunjay Kumar	22UECSW22	Male	UNRESERVED	UNRESERVED	BIHAR	
21	Nikhitha P P	22UECSW23	Female	OBC	SPORTS	KERALA	
22	Permula Abhiram	22UECSW24	Male	SC	SC	ANDRA	
23	Ranjitha B Pujar	22UECSW25	Female	OBC	EWS	KARNATAKA	
24	Rudrakshi Janghel	22UECSW26	Female	UNRESERVED	UNRESERVED	CHATTISHKAR	
25	S P Spoorthi	22UECSW27	Female	OBC	OBC	KARNATAKA	
26	Sapna	22UECSW28	Female	ST	ST	KARNATAKA	
27	Satyarth Kumar Jha	22UECSW29	Male	EWS	UNRESERVED	BIHAR	
28	Shivaraj C	22UECSW30	Male	UNRESERVED	UNRESERVED	KERALA	
29	Sneha Raj	22UECSW31	Female	UNRESERVED	UNRESERVED	BIHAR	
30	Syeda Ayesha Naaz	22UECSW32	Male	OBC	KKR	KARNATAKA	
31	Tayyab Baig	22UECSW33	Male	OBC	KKR	KARNATAKA	
32	Tejeshwar P	22UECSW34	Male	OBC	OBC	TAMILNADU	
33	Theeta Sai Kumar	22UECSW35	Male	SC	SC	TELANGANA	
34	Vaishali Avinash Pillai	22UECSW36	Female	UNRESERVED	UNRESERVED	MAHARASTRA	

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SOCIAL WORK Academic Year 2022-23			Program MSW		Total No. of Seats -40	
Sl. No	Name of the Student	Enrollment No.	Gender	Category Belongs to	As per seat matrix	State Domicile
1	Patil Suraj Baburao	CUKPGCT22001617	MALE	UNRESERVED	UNRESERVED	MAHARASTRA
2	Devika Suresh	CUKPGCT22000893	FEMALE	OBC	UNRESERVED	KERALA
3	Naveen Vincent	CUKPGCT22000705	MALE	UNRESERVED	UNRESERVED	KERALA
4	Binsha N	CUKPGCT22000313	FEMALE	OBC	UNRESERVED	KERALA
5	Gowtham R	CUKPGCT22000260	MALE	UNRESERVED	UNRESERVED	KERALA
6	Amritha P	CUKPGCT22000060	FEMALE	UNRESERVED	UNRESERVED	TAMILNADU
7	Jewel Sebastian	CUKPGCT22003226	MALE	UNRESERVED	UNRESERVED	KERALA
8	Sruthi P M	CUKPGCT22001619	FEMALE	UNRESERVED	UNRESERVED	KERALA
9	Apurba Satapathy	CUKPGCT22000694	FEMALE	UNRESERVED	UNRESERVED	KERALA
10	Nandhana C. S	CUKPGCT22001900	FEMALE	OBC	UNRESERVED	ODISA
11	Aswin Arayind K	CUKPGCT22002516	MALE	OBC	UNRESERVED	KERALA
12	Edega Guria Shekar Goud	CUKPGCT22000779	MALE	OBC	UNRESERVED	KERALA
13	Aswathi K	CUKPGCT22001941	FEMALE	OBC	OBC	TELOGANA
14	Abhiram I K	CUKPGCT22001977	MALE	OBC	OBC	KERALA
15	Gundappagari Rohith Kun	CUKPGCT22003146	MALE	OBC	OBC	KERALA
16	Rasna V V	CUKPGCT 22001967	FEMALE	OBC	OBC	TELOGANA
17	Christeena Leslie	CUKPGCT22007052	FEMALE	OBC	OBC	KERALA
18	Utlia Ramesh	CUKPGCT22004537	MALE	SC	OBC	KERALA
19	Athira M K	CUKPGCT22006727	FEMALE	SC	SC	WEST BENGAL
20	ADEENA KRISHNA PM	22PGMSW03	FEMALE	OBC	SC	KERALA
21	Nikhitha	CUKPGCT22001308	FEMALE	SC	OBC	KERALA
22	Paskel Mochahary	CUKPGCT22000128	MALE	ST	SC	KERALA
23	Konduri Neelima	CUKPGCT 22006420	FEMALE	UNRESERVED	ST	ASAM
24	Shijikrishna B	CUKPGCT 22005215	FEMALE	OBC	EWS	TELOGANA
25	Abhishek Kumar	CUKPGCT22006747	MALE	OBC	EWS	KERALA
26	Channaveer	CUKPGCT22007817	MALE	OBC	KKR	KARNATAKA
27	Arundathy G J	CUKPGCT22005538	FEMALE	UNRESERVED	KKR	KARNATAKA
28	Eldhose Reji	CUKPGCT22005711	MALE	UNRESERVED	WDP	KERALA
					NCC/NSS/SPORTS	KERALA

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