

# **\*\*\*PROSPECTUS\*\*\***

## **Certification in Life Skills Training**

**(CLST-20)**

**An interactive  
practical program to  
empower you with  
the ability to train  
people and to build  
their life skills.**



Created and conducted by and at



## **Banjara Academy**

(An institution committed to enriching life through empowerment)

Member with voting rights of  
**World Federation of Mental Health (USA)**

No. 418, 1<sup>st</sup>Main, 1<sup>st</sup> block, RT Nagar

(past BDA shopping complex, last right turn on 14<sup>th</sup> Cross), Bangalore-560032.

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# Banjara Academy

## Certification in Life Skills Training (CLST-20)

Life skills have been identified by the World Health Organization (WHO) of United Nations as the most important learning and asset to lead a fulfilling life.

In India CBSE has made it compulsory, and most other Boards are following it up. Engineering colleges are incorporating life skills training to ensure that students are made industry-ready, and prestigious corporate organizations are looking for soft-skills trained candidates. Bangalore University, vide circular No ACA-II/Int.Mru.Skill/2015-16 has made it compulsory for arts, science and commerce students to study Life Skills in 4<sup>th</sup> Semester. Banjara is associated with a number of colleges to conduct this program.

The three widely acclaimed (Socio-emotional learning SEL) frameworks – CASEL (Collaborative for Academic Social and Emotional Learning, USA), SEAL (Social and Emotional aspects of Learning, UK) and WHO (Life skills program), have contributed significantly toward the compilation of the Integrated SEL Framework.

CASEL's 5 competencies were found to be comprehensive and reflecting in the other frameworks, which are included in the course.

**These are incorporated in our CLST program.**

With more than 20 years of experience in counselling, training, empowering trainers and imparting life skills, Team Banjara offers a practical hands-on part-time program that will empower you to systematically and scientifically guide every individual, particularly youngsters, who needs to improve quality of life.



**Methodology:** Extensive regular presentations, group activities, supervised training sessions, sharpening public speaking skills, and confidence building.

Managed by professionals, the course is meant for people of all backgrounds, and is conducted with the explicit aim of empowering you in the practical realm. Here is a course with a practical orientation -- to understand, master, and practice Life Skills and teach them to

children, adolescents, students and adults. You may also consider using this skill for a business venture. The course has been designed through scientific methods from many decades of experience of Dr. Ali Khwaja and Team Banjara.

## **Eligibility:**

While the program is meant for graduates who have fair knowledge of Life Skills, those with lesser exposure and awareness are also considered on interview and assessment, if they are caring and sensitive human beings and have had sufficient experience in life.

What you need is the right attitude to strictly follow the guidelines of the course and Academy, and a sincere commitment to understand human beings and to guide young people sincerely in terms of their overall development and ability to create a better life for themselves.

*If you have completed DCS, CCAD or any other course from Banjara, you are eligible to join straight away. Persons who have completed any other course which covers aspects of comprehending child and adolescent development will also be considered once we are assured that you have the right exposure to understand the needs of the future generation and the ability to learn how to work with them effectively, particularly through group activities.*

**As long as you are a caring adult and want to work for the cause of imparting Life Skills, then please get in touch with us immediately, we would like to discuss how well you can fit in to this course, and how our admission process is.**

## **Duration& Inauguration:**

Inauguration of the course is on **Monday 6<sup>th</sup> April, 2020**. Classes will be held on **Mondays and Thursdays from 10.30 am to 1:00 pm sharp**.

Regular classes begin immediately after the inauguration.

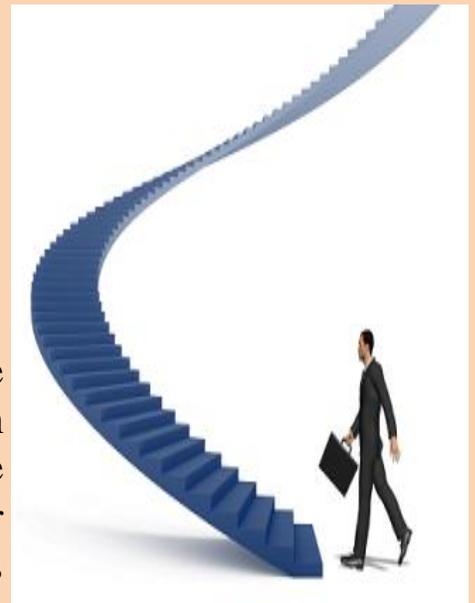
**Completion of the course will be with the Valedictory program on Thursday 14<sup>th</sup> May, 2020**

Students will be given opportunity to attend free lectures periodically covering additional topics of human-interest as and when they held. You will also be informed about other related workshops being conducted by Banjara Academy and other reputed institutions, if you wish to enhance your learning.

## **Commitment from students:**

This course is meant for mature individuals who have had sufficient experience of life and who can think calmly, understand the aspirations of the youth, and balance the needs of parents and children.

Hence you are expected to put in reasonably consistent attendance, and complete the requisite hours of practical work. Evaluation is a continuous process, based on attendance and presentations that you make, and your performance evaluated by your own peers as well as by experts.



Core faculty spends time with individual students more for their improvement than for their assessment.

**There are no theory exams** and students are evaluated continuously for their ability to genuinely develop their own techniques, games, exercises and effective training methods.

An experiential student-centric approach is adopted throughout the course. Students are expected to participate actively, be responsible for their own learning, and commit themselves to the effort required to complete the course. **Complete confidentiality is to be maintained by every student throughout.** You will also need to continue your learning and updating on a regular basis after the course has ended. We will guide you with the methodology but the initiative and motivation should be deep within you.

**Note:** We will be helping, guiding and teaching you how to develop your own methodology to impart life skills holistically, taking into account every aspect of the target group you would be working with, with primary focus on children and youth. Depending on your extent of interest and involvement you can get the maximum benefit from this course.

## **About the Academy:**

Banjara Academy has been conducting counselling, child development and various other training programs for more than thirty years, both for general participants as well as for specialized groups such as doctors, teachers, social workers, defence personnel, executives, etc. The workshops have been well received and acknowledged by professionals and lay people alike. Appreciation has been received from government and non-government organizations, psychiatrists, psychologists, educators, medical professionals, etc.

Short-term workshops are conducted periodically on parenting, child development, team building, disability and rehabilitation, old age, communication, handling emotions, adolescent issues, etc. Free lectures on the third Thursday of every month.

Banjara also networks with various government and non-government agencies working in similar and complementary fields, and plays host to networking and group activities.

The Academy maintains an exhaustive library of books on all aspects of human behaviour, notes and literature for perusal by students, and also holds free lectures by eminent persons in the field. Books can be borrowed free of cost against a nominal annual fee. Many books on children, adults, relationships and human behaviour published by the Academy are available at economical price.

Since the past three decades the Academy has been actively and exhaustively conducting Life Skills workshops in innumerable cities all over the country. Aptitude Testing and Career Guidance is done on individual basis in a very holistic manner. Thousands of young people have reported very positive outcomes through the guidance.



Dr. Ali Khwaja B.Tech (IIT), MIE, MIIM, Ph.D. writes regular articles and columns in Deccan Herald and other reputed publications, Mrs. Purnima Ganesh (Director Programs) has conducted innumerable Life skills workshop for various age groups across schools, colleges, armed forces. She has been invited for television talks on understanding children and teenagers. Our various team members have been invited to and worked in dozens of schools and colleges guiding students, and have been providing Career and Guidance counseling.

## **Course Content:**

Every class will focus on presentation skills based on the **10 essential Life Skills propounded by World Health Organization (WHO)**, which are:

1. Problem Solving
2. Decision Making

3. Creative Thinking
4. Critical Thinking
5. Communication Skills
6. Interpersonal Relations
7. Empathy
8. Self awareness
9. Managing emotions
10. Management of stress



We have added more topics to make the curriculum wider, particularly in context of the needs of the younger generation of our country.

***It will be your prime responsibility to come prepared with presentations on topics which will be intimated to you in advance. The assessor will give you feedback and accordingly you can fine tune your presentations for the other topics.***

### **Our Team at Banjara with whom you would be interacting:**

*Administrative Director: Ms. Indra Kamal*

*Director (Programs): Ms. Purnima G.*

*Office Management: Mr. Venugopal*

*Human Relations Manager: Ms. Anees Fathima*

*Chief Mentor: Dr. Ali Khwaja* B.Tech (IIT), MIE, MIIM, Ph.D.

**Mentoring:** The Team will be provided with a Mentor who will be a friend, philosopher and guide to help students clear their doubts, discuss personal issues, overcome hurdles and ensure smooth progress. Other Faculty members will also be available for guidance.

### **Course Expenses:**

**Total cost of the course will be Rs. 9,600/- .**

+ GST (current rate is 18%)

**Early Bird offer (before 14<sup>th</sup> March ) Rs. 8,300/- + GST**

## **Placement:**

While we do not give any guarantee of jobs, the academy will guide and support you in your future endeavours. So far the Academy has been successful in providing placement to those of our students who were interested in regular jobs. Our students are working in reputed NGOs, educational institutions, hospitals, corporate houses and specialized counselling centres. Also, many have been provided with opportunities to do counselling part time or on honorary basis for experience.

Students who have completed Counselling and Life Skills courses are working in Air Force Command Hospital, Philips Innovation Center, Spastic Society of Karnataka, Manipal Hospital, CADABAMS, ASHA Foundation, Army School, APSA, Christ University, Jyoti Nivas and Mount Carmel College, various Kendriya Vidyalayas, Eurokids, Samudra Foundation, Sindhi, Samadhan, Association of People with Disability (APD), FORTE, and various other NGOs, schools, colleges and hospitals.

Our old students are also actively involved in continuous training and workshops for Baldwins, Kumarans, Sophia's, and St. Joseph's, Modern Public, Carmel Little Angels, Gulabi and various other institutions.

Many of our students have established and are successfully running their own counselling centres, or are attached to prestigious institutions. Similarly, they have enhanced their guidance skills and are more effective in their work after Banjara's courses.

## **Recognition:**

Due to its practical emphasis, the course has been designed for creating effective Life Skills Trainers rather than merely imparting theoretical knowledge. Hence the course is not affiliated to any university, and no government recognition has been sought.

**We are full voting members of World Federation of  
Mental Health, USA**

The various courses run by the Academy are well received by innumerable government and private organizations, including reputed

NGOs, educational institutions, eminent professionals and commercial establishments, for whom the Academy has been conducting lectures, training and workshops.

We are also an Accredited Vocational Institute of National Institute of Open Schooling (NIOS) for Early Childhood Care and Education. UNO has also sponsored students from different countries to Banjara courses.

### **Some Feedback on Banjara Academy's Accomplishments and Contribution:**

I would be delighted to assist your efforts in my personal capacity as well as in my capacity as Chairman of the Dept. of Psychiatry at NIMHANS.

**Dr. Mohan Isaac, Professor & HOD.**

I was so impressed when I visited your place and learned about your work that I often quote your example to show what “one man of good will” can do. Also to show how when one man takes the “risk” of breaking out of the crowd and reaches out to help people in need, many others rally round. Many “good people” seem to be waiting for “catalytic agents” like you to activate them.

**Fr. Felix Koikara, SDB, Director, Don Bosco YuvaPrachodini.**

We are giving the MENTOR OF THE YEAR 1999 award to a person who has contributed to the development of women. This year, we would like the honour of giving you this award for the tremendous initiative you have shown in mobilizing and motivating women to serve society as volunteers.

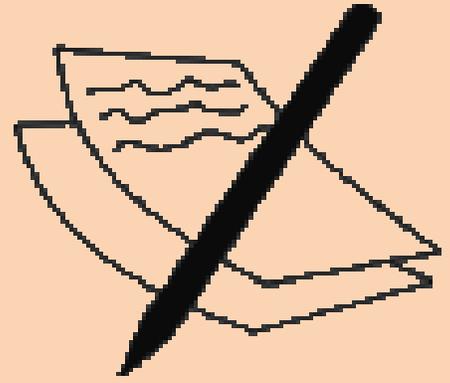
**Ms. Chaya Srivatsa, Trustee, Guild of Women Achievers.**

With regard to your one year Diploma course in counselling. I am happy that you have taken this bold step. I assure you that PCC will be with you in all your programmes. The topics are well prepared. Any help from my side is always there.

**Ms. M.C. Pankaja, Coordinator, Prasanna Counselling Centre.**



**A Partial List of Organizations for whom lectures/workshops/ training programs have been conducted by Banjara Academy & its Faculty:**



Bharat Heavy Electricals Limited (BHEL)	Developmental Centre for
Bharat Electronics Ltd (BEL)	Exceptional Children (DEC)
Hindustan Aeronautic (HAL)	St. Joseph's Colleges & School
Escorts Mahle Ltd.	Various Kendriya Vidyalayas (KV's)
ITI Limited	Jain Schools & Jain College
Kirloskar Electric Company	MES College
John Fowler Limited	Presidency College
Robert Bosch India Limited	Jyothi Nivas College
Iflex Solutions Limited	First Computers
Price Waterhouse Cooper	AV Education Society
Hotel West End	BNM School, Banashankari
Defence Institute of Quality Assurance (DIQA)	Sri Kumarans School
Madras Engineering Group (MEG)	BMS Colleges
Infosys (Pune)	Sri Sri Ravi Shankar - Vidya Mandir
Honeywell	St. Claret's College
Income Tax College (DTRTI)	Indian Academy
Small Industries Dev Bank of India (SIDBI)	Christi Jyothi College
Punjab National Bank	Don Bosco Yuva Prachodini & Don Bosco, Pune
Vijaya Bank	
South Indian Banks Staff College	St. Ann's Provincialiate
Indian Institute of Science	Institute of Spirituality
National Institute of Child Development (NIPCCD)	Montfort College
Christ University & College	Inter Religious Harmony Movement
St. Ann's College	St. John's Hospital
Mount Carmel College	Mahavir Jain Hospital Heart Centre
Bishop Cotton Women's College & Girls School	NIMHANS
Bala Vidya Mandir, Chennai	M S Ramiah Hospital
AMS Homeopathic Medical College	MYRADA, Gokak
Spastic Society of Karnataka	Janodaya

Bangalore Cares	Nightingales Elders Group
Many Rotary Clubs	Respect for Life India
Karnataka State Council for Child Welfare (KSCCW)	Spastic Society of Kar (SSK)
CBR Network	Karnataka Parents Assn. for M R Citizens (KPAMRC)
Child Study Association CSA	Mitra Jyothi
Rehabilitation Council of India (RCI)	India Autism Forum
Women's Empowerment Grp	MES Indian School, Doha

## **The Future:**

This course is meant to lay the foundation for an ongoing relationship between you and the Academy. Various facilities of the Academy will be made available to every successful student after completion of the course.

The Academy also runs a year-long part time Diploma in Counselling Skills (DCS); and various other courses for those who wish to learn further, and Self growth workshops are also conducted.

## **Instructions to Candidates**

Please fill up completely the application form.

Incomplete forms may not be accepted.

Admission is confirmed only when registration is accepted and a roll number is allotted to you.

Contact office to complete the following formalities:

1. Interaction with Directors
2. PI tests to assess psycho-social traits
3. Students Manual explanation/discussion and undertaking letter to be signed
4. Fee structure finalized & cheques deposited

## **Think, feel and experience:**

*While this program does not have a syllabus, text books, theory exams etc., it is a serious course where you are made to introspect how you can improve your skills to enrich your quality of living and guide others. We expect you to take deep interest in human behaviour, understand interpersonal dynamics in all areas you interact, and make sincere attempts to bring about transformation in your own self.*

## Free Counselling

Banjara Academy offers free counselling through its service wing 'Helping Hand' for child, adolescent, family and inter-personal emotional problems. Trained lay counsellors as well as specialists such as psychologists, special educator, etc. are available at RT Nagar and Basavanagudi centres. Over three hundred other volunteers work in rotation in major hospitals of the city providing support to patients and their attendants.

Ask for our list of very practical, highly readable books on all aspects of human behaviour, ranging from Rs. 20/- to Rs. 120/-

**Free lectures** every month on topics of human interest:

**Third Thursday of every month 10:00-11:00 am at RT Nagar**

## CHILD and CAREER GUIDANCE

Aptitude Testing and Career Guidance is offered for students and others for a nominal fee, throughout the year, giving a detailed report on potential, capabilities, career options and reputed institutions. Psycho-social Assessment for younger children of all ages is also carried out by our professionals. A unique **Gurukul** for children who do not or cannot go to mainstream schools, and who need personal care or guidance for short or long term.

**As a CLST student**, you become part of an ever-growing family of very genuine, caring and interesting people of all ages and background. Check out our website [www.banjaraacademy.org](http://www.banjaraacademy.org) and join us on Facebook.

Let's march on to a better quality of life, enriching others emotionally and in finding the right path of life. We take each day as it comes, with warmth and love.



# Team Banjara

***Never stop learning as life never stops teaching...***