



# KRISTU JAYANTI (DEEMED TO BE UNIVERSITY)

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## City Highlights — 13 March 2026.

### AI AGE REQUIRES STRONG HUMAN SKILLS: VDR RADHAKRISHNAN NAIR

**BENGALURU**

Strengthening human values and life skills is essential in the age of artificial intelligence to ensure that technology does not replace human thinking, said A. Radhakrishnan Nair, founder and president of the Indian Association of Life Skills Education (IALSE), New Delhi.

He was speaking at the International Conference on Life Skills Education organised by the Centre for Life Skills Education at Kristu Jayanti College (Deemed to be University) on Thursday.

Delivering a talk on the theme "The Human Touch in the Age of AI: Cultivating Essential Life Skills," Nair emphasised that life skills help individuals understand themselves, recognise their strengths and weaknesses, and overcome challenges in life. He described life skills as psychosocial abilities that



enable people to adapt to changing social conditions while maintaining emotional balance and ethical values.

Tracing the origins of life skills education, Nair noted that the concept emerged in the United States in 1965 as a response to rising concerns such as adolescent violence, suicide and drug addiction. Over time, international organisations developed frameworks to promote life skills education, recognising its importance in building resilient individuals capable

of navigating complex social and technological environments. Nair also highlighted the broader purpose of education, stressing the need to cultivate cultural competence among students in an increasingly globalised world.

Earlier, Jais V. Thomas, Chief Finance Officer of Kristu Jayanti (Deemed to be University), delivered the presidential address and spoke about the growing influence of digital technology on human interaction. He

pointed to the problem of excessive screen time, noting that spending several hours a day on mobile devices over a lifetime could amount to years spent in front of screens, limiting opportunities for meaningful personal engagement.

Conference convenor G. Prathap briefed participants about the event schedule and described life skills as essential for unlocking India's potential. He said more than 30 research manuscripts on topics such as emotional intelligence and problem-solving had been submitted for consideration in a Scopus-indexed Springer Nature journal.

The conference concluded with the message that life skills act as a form of "social immunisation," helping individuals develop resilience, self-awareness and critical thinking needed in an AI-driven world.