



KRISTU JAYANTI (DEEMED TO BE UNIVERSITY)

Under Section 3 of UGC Act 1956

A CMI INSTITUTION | BENGALURU | INDIA

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International conference on life skills education at Kristu Jayanti varsity

BENGALURU, DHNS: “Strengthening human values and life skills is essential in the age of Artificial Intelligence to ensure technology does not replace human thinking,” said Dr A Radhakrishnan Nair, founder-president of the Indian Association of Life Skills Education.

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

Speaking on the theme “The Human Touch in the Age of AI: Cultivating Essential Life Skills”, he emphasised that life skills help

individuals understand themselves, recognise their strengths and weaknesses, and navigate challenges in life.

He described life skills as essential psychosocial abilities that enable individuals to effectively adapt to changing social conditions while maintaining emotional balance, sound judgment, and strong ethical values.

Dignitaries present

Among those present were the university’s Chief Finance Officer Fr Dr Jais V Thomas; Dr Jonas Richard, Professor and Head of the Department of Social Work; Conference Convenor Dr Prathap G, and Co-convenor Dhanapal.