

Notice for the PhD Viva Voce Examination

Ms Jishamol Thomas, Registration Number: 2090168, PhD Scholar at the Department of Social Work, School of Psychological Sciences, Education and Social Work, CHRIST (Deemed to be University) will defend her PhD thesis at the public viva-voce examination on Tuesday, 24 June 2025 at 11.00 am in Room No. 628, 6th Floor, R & D Block, CHRIST (Deemed to be University), Bengaluru - 560029, Karnataka, India.

- Title of the Thesis** : **Efficacy of Life Skill Training among Paniya Tribal Adolescent Girls in Wayanad District, Kerala: An Intervention Study**
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The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva – voce examination.

Place: Bengaluru
Date: 19 June 2025



Registrar (Academics)

ABSTRACT

Tribal adolescent girls in India encounter multifaceted challenges concerning their psychosocial well-being, economic and educational constraints, and broader societal marginalization. Life skills training serves as a crucial intervention to address these challenges and facilitate their holistic development. This study examined the effectiveness of a systematically designed life skills training program tailored for tribal adolescent girls. Employing a single-group pre-test and post-test research design, the study assessed the efficacy of the intervention over six months, with a second post assessment conducted three months after training. The standardized Life Skills Assessment Scale, developed by the Rajiv Gandhi National Institute of Youth Development, was administered before and after the intervention.

The pilot study assessed the preliminary needs of tribal adolescent girls and identified deficiencies in six key life skill domains. The training focused on self-awareness, communication, emotional management, decision-making, problem-solving, and interpersonal relationships, encompassing social, emotional, and cognitive skills. Statistical analyses, including repeated measures ANOVA and Friedman tests, revealed a statistically significant improvement in these life skills following the intervention. The findings underscore the positive impact of structured life skills training in fostering personal and social development among tribal adolescent girls. The results highlight the necessity of such programs in empowering marginalized adolescents to overcome daily challenges such as low self-confidence, fear, anxiety, social withdrawal, ineffective communication, and limited decision-making and problem-solving abilities. These findings hold substantial implications for policymakers, educators, social workers, and community leaders advocating for curriculum reforms that effectively address the developmental needs of marginalized communities.

Keywords: *Social skills, Emotional skills, Cognitive skills, Paniya tribal adolescent girls, Vulnerability, Women empowerment*

Publication:

1. Thomas, J., & Karalam, S. R. (2024). Managing Stress, Traumatic Experiences, Life Skill Training, and Leading with a Purpose. In *Minority Women in K-12 Education Leadership: Challenges, Resilience, and Support* (pp. 39-53). IGI Global. <https://doi.org/10.4018/979-8-3693-1773-0.ch003>

Patent:

1. Thomas, J., Karalam, S. R. B., & George, J. (2024). *Empowerment based life skill intervention for vulnerable tribal adolescents (ELSI-VTA)* (Patent No. 202441070535). Government of India: Department of Industrial Policy and Promotion, Ministry of Commerce and Industry. <https://iprsearch.ipindia.gov.in/PatentSearch/PatentSearch/ViewApplicationStatus>