



## INDIAN ASSOCIATION OF EDUCATIONAL THERAPISTS

Registered Organization as per the Rights of Persons with Disabilities Act, 2016 (Act No.49 of 2016).  
REG. NO.182/2015, Registered Under the Tamil Nadu Societies Registration Act, 1975.  
(Tamil Nadu Act XXVII of 1975)

### THREE MONTH LIFE SKILLS EDUCATION COURSE

INDIAN ASSOCIATION OF EDUCATIONAL THERAPISTS (IAET) offers a three month Certificate Course on Life Skills Education.

**Course Date:** June 01<sup>st</sup> - August 31<sup>st</sup>, 2026. **Eligibility:** Any Degree.

**Regular Course Fee:** ₹ 30,000/- INR. **Certificate Fee:** ₹ 1,000/- (Optional for hard copy)

**Flexible Time Batch Fee:** ₹ 9,000/- INR. (Optional for flexible time. This is excluding course fee)

Fee for the participants from other than India including NRIs and OCIs: Course Fee: \$ 1,800 USD.

**Certificate Fee:** \$ 100 USD (Optional for hard copy)

**Flexible Time Batch Fee:** \$ 500/- USD. (Optional for flexible time. This is excluding course fee)

**Training Hours:** 90 hrs. (Online live classes: 45 hrs. and Offline at participants' place: 45 hrs.)

**Mode of Online:** ZOOM App and LMS (Learning Management System) through our website.

**Online Live Classes Time:** Weekday Batch: Tuesday and Thursday 2.30 p.m. to 4.30 p.m. IST.

Flexible Time Batch: Flexible 15 hours per month for three months.

#### **Instructor:**

**Dr.S.MANOCHARAN**, ET, M.Sc. Applied Psychology, PGDGC (Guidance & Counselling), MIAET, Psychologist, Special Educator (Intellectual Disability), Psychometrician, Emotional Intelligence Coach, President of IAET, Director IAET Educational Therapy Centre, Chennai, Certified Feuerstein Instrumental Enrichment (RCI Approved) Basic Trainer, Cert. No.51132, Second FIE (Basic) Trainer from India certified by the Feuerstein Institute, Israel, Graduate in FIE Basic Trainers-1 (Italy) and FIE Basic Trainers-2 (The Netherlands), Licensed Assessor of LPAD (Learning Propensity Assessment Device) Standard, Lic. No.37034, FIE Basic Mediator Level II and FIE Mediator Level III (The Feuerstein Institute, Israel), Educational Therapist, National Institute for Learning Development, USA ET Membership No.18486, Professional Life Member IAET, Member of Cognitive Science Society (CSS), USA, M.No.706813 and Registered Psychologist (NCAHP-ID No.99-8122-1785-2862) with National Commission for AHP. For more details: <https://www.linkedin.com/in/dr-manoharan-subburaj-42657a88/> and <https://iaet.org.in/dr-manoharan-subburaj/>

#### **Who can attend?**

Educational Therapists, Remedial Teachers, Remedial Tutors, Dyslexia Therapists, Psychologists, Psychiatrists, Special-Educators, Educators, Occupational Therapists, Speech-Language Pathologists, Post Graduate Students, Parents and other professionals working with children with special needs.

**General Instructions about registration:** Only Limited seats are available and Registration is on first come-first serve basis. The course will be conducted subject to minimum five participants and the date of the course is subject to change accordingly. Fee paid is nonrefundable and nontransferable and will not be adjusted towards any other purpose or training under any circumstances including for the reasons that change of date and or the participants unable to participate the program for any reason. Course Fee



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includes E-Certificate. Full participation is mandatory for certification. Participants will be awarded a certificate upon successful completion of the entire course requirements.

Submission of Application Form and Supporting Documents are mandatory to enrol in the course.

Supporting Documents to be sent: 1. Passport size photograph; 2. Course fee payment proof; 3. Scanned copy of original documents of Identity proof (Aadhaar Card/Passport/PAN Card), Address proof (Passport/Driving License/Voter ID), Educational Qualification proof (UG/PG Degree Certificate) and Previous training and Work experience certificates (Psychology/Special Education/Learning Disability, etc.). The supporting documents should be sent to [iaetprofessionaldevelopment@gmail.com](mailto:iaetprofessionaldevelopment@gmail.com). Please send good and clear scanned copy of supporting documents in jpg or pdf files scanned by scanner machine only. The passport size photo should be in jpg file only. The documents scanned or images taken by Mobile phones/Smart phones including the documents scanned through Cam Scanner or any other Mobile Apps will not be accepted.

Admission will be confirmed only on receipt of Application form, Course fee and the Supporting documents. There will not be any refund of course fee if the applicants fail or disagree to submit the application form and the supporting documents before the course starting date as mentioned above and the fee will not be adjusted towards any other purpose or training under any circumstances.

Payment will be accepted in Electronic Transfer only.

Payment Transfer Options: UPI Payments, Google Pay, PhonePe and Bank transfer (IMPS).

Bank Account details for IMPS (Immediate Payment Service) mode of transaction only:

Account Name: **Indian Association of Educational Therapists**

Account Number: **35101998129** Type of Account: **Current Account**

Bank Details: **State Bank of India, Anna Nagar West Extension Branch, Chennai.**

IFS Code: **SBIN0070530.**

**For UPI (Unified Payments Interface) Payments: Virtual Payment Addresses (VPA) of IAET**

**BHIM: iaet@upi**

**IOB: iaet@iob**

**SBI: iaetonline@sbi**

**PhonePe: iaet@ybl**

**PhonePe Mobile Phone Number: 9551676011**

**Google Pay Mobile Phone Number: 9551676011**

**PayPal payment link: <https://www.paypal.me/iaetonline> (for foreign transactions only)**

Course fee for the participants from other than India including NRIs and OCIs: \$ 1,800 USD.

**COURSE DESCRIPTION:** This course offers a comprehensive knowledge in Life Skills Education and practical training to enhance the life skills of any individuals including children with special needs through the changes in cognitive structure of them. The participants will be taught how to deal with the cognitive processes of children with special needs and others for life skills.

### **What is Life Skills Education?**

The Life Skills Education is a psychosocial methodology including cognitive-behavioral therapy activities. These skills can help children and others better understand themselves, get along with others, and gain tools to cope with life's inevitable difficulties. Life skills Education is a behaviour change or behaviour development approach designed to address a balance of four areas- knowledge, attitude, values and skills.

The World Health Organization has defined life skills as, "the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life".

UNICEF defines life skills as “a behaviour change or behaviour development approach designed to address a balance of three areas: knowledge, attitude and skills”.

Life skills are essentially those abilities that help promote mental well-being and competence to face the realities of life. Life skills empower people to take positive action to protect themselves and promote health and positive social relationships.

The World Health Organization (WHO) categorizes life skills into the following three components:

- a) Critical thinking skills/Decision-making skills: include decision making/problem solving skills and information gathering skills. The individual must also be skilled at evaluating the future consequences of their present actions and the actions of others. They need to be able to determine alternative solutions and to analyze the influence of their own values and the values of those around them.
- b) Interpersonal/Communication skills – include verbal and non-verbal communication, active listening, and the ability to express feelings and give feedback. Also in this category, are negotiation/refusal skills and assertiveness skills that directly affect ones’ ability to manage conflict. Empathy, which is the ability to listen and understand others’ needs, is also a key interpersonal skill. Teamwork and the ability to cooperate include expressing respect for those around us. Development of this skill set enables the adolescent to be accepted in society. These skills result in the acceptance of social norms that provide the foundation for adult social behaviour.
- c) Coping and self-management skills refers to skills to increase the internal locus of control, so that the individual believes that they can make a difference in the world and affect change. Self-esteem, self-awareness, self-evaluation skills and the ability to set goals are also part of the more general category of self-management skills. Anger, grief and anxiety must all be dealt with, and the individual learns to cope loss or trauma. Stress and time management are key, as are positive thinking and relaxation techniques.

What are the Core Life Skill Strategies and Techniques?

UNICEF, UNESCO and WHO list the ten core life skill strategies and techniques as: problem solving, decision-making, creative thinking, critical thinking, effective communication skills, interpersonal relationship skills, self-awareness building skills, empathy, and coping with stress and coping with emotions.

Benefits of Life Skills Education:

- a) It develops emotional intelligence which promotes resilience, positive development and effective ways of managing conflicts.
- b) It facilitates the mental health and wellbeing of adolescents;
- c) It helps adolescents to develop as critical and reflective problem solvers;

- d) It helps them to address their own personal, social and emotional issues objectively and take informed decisions;
- e) It helps in the development of empathy and an attitude of caring and sharing among adolescents;
- f) It increases their communication skills;
- g) It facilitates in development of their self-confidence;
- h) It facilitates adolescents to develop as emotionally balanced and socially responsive citizens who are aware of their rights and duties;
- i) It increases critical thinking abilities which impact the performance of students not only in academics but also in their future life and profession.

The aforementioned capabilities are not developed automatically but need to be learned through well planned skill development programmes. It is clear that Life skills can be developed through a constructive processing of information, interactions and experiences, both individual and social, which learners encounter in daily basis and is reflected in their behaviour and action. Life skills help children to develop into a healthier adult.

This includes in developing Self-awareness, Interpersonal Skills and Thinking Skills.

**Self-awareness:** knowing and living with oneself: This theme covers topics that foster the student's relationship and understanding of themselves including their thoughts, feelings and behaviors.

**Interpersonal Skills:** knowing and living with others: The lessons in this theme explore how to establish healthy, respectful relationships; lessons highlight the use of non-violent communication, assertiveness and dispute resolution.

**Thinking Skills:** making effective decisions: The skills taught in this theme include concrete ways of thinking and executing tasks so that youth will make effective decisions, set relevant goals, and be informed consumers of information.

**Expected outcome of Life Skills Education:** Through life skills education, young generations are equipped with foundational skills necessary for transitioning to productive adulthood; manage stress; learn to deal with difficult emotions; practice positivism; improve self-esteem; feel empathy; learn to listen to others carefully; learn to set personal boundary; handle dispute well; find balance between priorities and demands; communicate confidently; set goals; make decisions; solve problems; think critically and creatively; use executive functional skills; and learn to bounce back from adversity.

### **OBJECTIVES:**

1. Providing the knowledge about the basics of life skills education.
2. Understanding of the learning patterns and cognitive strengths and weakness of the children with special needs and others.
3. Comprehensive understanding of life skills education to improve the life skills.
4. Developing the understanding of how life skills can be used in life.

Upon successful completion of this course, the participants will be able to:

1. Demonstrate understanding of life skills education in teaching and training children and others.
2. Implement the comprehensive approach to develop thinking, social and emotional skills.
3. Design a life skills education plan according to the strength and weakness and implement effective cognitive intervention programs for developing life skills.

### **LIFE SKILLS EDUCATION COURSE CONTENT:**

1. Introduction to life skills education.
2. Basic concepts and objectives of life skills.
3. Classification of life skills.
4. Domains and components of life skills.
5. Creative, innovative and positive thinking.
6. Communication and interpersonal relationships.
7. Conflict management.
8. Approaches of life skills education.
9. Strategies for life skills education.
10. Basic concepts to develop thinking processes.
11. Problem-solving and decision making.
12. Creative and critical thinking.
13. Self-awareness building skills.
14. Emotions and empathy.
15. Coping with stress and emotions.
16. Development of life skills through activities.
17. Life skills education for children with special needs.
18. Mediated learning and cognitive modifiability in life skills education.
19. Activities for identifying emotions and empathetic actions.
20. Cognitive interventions for thinking, social and emotional skills.

### **REQUIREMENTS:**

#### **I. COURSE REQUIREMENTS:**

**A. Prerequisite:** Any Bachelor's degree, preferably in Psychology or Education or related field.

**B. Course Activities:** Full participation in all activities is expected;

1. Online Class participation.
2. Training Session.
3. Presentation.
4. Final Presentation.

Course participants are asked to submit the final paper reflecting their learning in cognitive education and training experience and present this paper during the last week of the course. Offline activities at participants' place will be self-reading and preparation for online activities mentioned above.

**C. Course Procedure:** The course will be conducted through Learning Management Systems (LMS) software application and Zoom video meetings application. Participants will be given individual login details of LMS and website link to access the course and the Zoom video meeting invitation and login details through e-mail or WhatsApp on the first day of the course. The participants can download course self learning and other reading materials and instructions through LMS. Some part of reading materials and instructions shall be sent through Email, WhatsApp and Zoom meeting. During the course period, the participants are advised to check their Emails and WhatsApp messages everyday. Participants can interact with instructor and other participants at their own convenient time through forum of LMS and in scheduled meetings through zoom. There will be online classes in Zoom video meetings. Participants should be in formal dress only while attending the video meetings.

**D. Course Time Required:** The time required to complete the course activities has been estimated as following: Total 90 hours for three months. 45 hours of online and 45 hours of offline. For Online class participation two hours per day for first three weeks of every month from 2.30 p.m. to 4.30 p.m. and one and half hours in the fourth week of every month from 2.30 p.m. to 4.00 p.m. Days of the online classes will be Tuesday and Thursday for weekday batch and flexible 15 hours per month for flexible time batch. The online classes will be conducted first four weeks only in every month during the course period. For offline course works and activities flexible 15 hours per month for three months. The course activities will begin from 2.30 p.m. on the first day and will end at 4.00 p.m. on the last day of the course.

The training session and presentation are to be done in the last week of every month in Zoom meetings during the online classes. Timing for the training session, presentation and final presentation will be decided by the course instructor as and when required based on the number of participants. No extension of time will be given to complete the course activities. The participants have to pass the every month activities within that month to continue in the next month activities that means the participants who pass the first month course activities only can continue in the second month of the course and the participants who pass the second month course activities only can continue in the third month of the course. The participants who pass all three months course activities and final presentation only can get the course completion certificate. All timings mentioned in the course details, course general instructions and for the activities are Indian Standard Time (IST) only.

**E. Course Evaluation:** There are four categories of evaluations that are online class participation, monthly training sessions, monthly presentation and final presentation. Total marks for the course will be 1,000. The minimum 40% of marks scoring in each category per month is mandatory for certification. The participants who are incomplete or failed in the course activities except online class participation can complete them with late fee/resubmission fee of ₹ 1,000/- for each activity per month within the first week of the next month. The category wise marks is as following:

1. Online Class participation (100 Marks per month): 300 Marks.
2. Training Sessions (100 Marks per month): 300 Marks.
3. Presentation (100 Marks per month): 300 Marks.
4. Final Presentation: 100 Marks.

**F. Certificate:** Certificates will be issued by Indian Association of Educational Therapists (Regd.) only to the participants who participate in all the course activities and fulfil the course requirements. No Statement of Marks will be issued. The E-certificate will be sent to their E-mail Id after one week of successful completion of the course. On demand of the participants the hard copy certificate will be sent



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to the communication address within India after two weeks of successful completion of the course on extra cost of ₹ 1,000/-.

**II. TECHNOLOGY REQUIREMENTS:** The participants are expected to have minimum knowledge in Computer application. Throughout the course, participants must have a personal computer desktop or laptop, an email account, active WhatsApp number, Zoom Cloud Meetings account, high-speed internet access, and a functioning web browser for online course works. The participants should make sure of their internet access and speed and availability of computer/laptop throughout the course period. On failure of any technical requirements including the internet access or for any other personal reasons no extension of time or change of time will be given to complete any of the course activities mentioned above. The course works and activities required cannot be done through mobile phones/smart phones. Video of the participants should be on throughout the video meetings and it should not be off. The participants should be in formal dress and the focus and frame of the video should be covering the participant in a formal way only.

**For Flexible Time Batch:** All the course requirements and technology requirements mentioned above are applicable and everything will be done within three months only.

For Online Registration: [www.iaet.org.in/lse-registration](http://www.iaet.org.in/lse-registration)

To submit the online application form please don't use Mobile Phone and use computer/laptop only.

The supporting documents should be sent to [iaetprofessionaldevelopment@gmail.com](mailto:iaetprofessionaldevelopment@gmail.com).

For Registration Contact:

**Ms.M.VISHNU PRIYA**, Educational Therapist, Professional Development Director, IAET.  
WhatsApp: **9884536011** & Mobile No.**9551076011**, E-mail: [iaetvishnupriya@gmail.com](mailto:iaetvishnupriya@gmail.com).

**Dr.S.MANOHARAN**, ET, Certified Feuerstein Instrumental Enrichment (FIE) Basic Trainer, IAET.  
WhatsApp: **9942576011** & Mobile No.**9551676011**, E-mail: [iaetmanoharansubburaj@gmail.com](mailto:iaetmanoharansubburaj@gmail.com).



## **ABOUT INDIAN ASSOCIATION OF EDUCATIONAL THERAPISTS - IAET:**

The Indian Association of Educational Therapists (IAET) is the first Professional Association established for Educational Therapists in India in 2014 in Chennai. It is a Non-profit organization registered with Government of India, registered organization as per the Rights of Persons with Disabilities Act, 2016 (Act No.49 of 2016) and registered under the Tamil Nadu Societies Registration Act, 1975 (Tamil Nadu Act XXVII of 1975). The main object of the association is to serve the Children with Special Needs through the Educational and Psychological interventions to facilitate the remediation of Learning Disabilities including Dyslexia, Specific Learning Disabilities (SLD), Autism, Attention Deficit Hyperactivity Disorder (ADHD), etc. and to enhance the professionalism among educational therapists and mental health professionals.

IAET offers the services of assessment and educational therapy for Children with Special needs, support services to the parents of those children and mental health services for all through IAET Educational Therapy Centre which include the following:

- Learning Disability Assessment and Educational Therapy for Children with Special needs.
- LPAD-Learning Propensity Assessment Device Assessments.
- FIE-Feuerstein Instrumental Enrichment Programs.
- Psychological Assessment, Counselling and Psychotherapies.
- Career Guidance and Counselling.

Professional Development Training programs on Educational Therapy, Thinkspire-Cognitive Skills Enhancement and Feuerstein Instrumental Enrichment Basic are undertaken for Professionals and Parents and Psychodiagnostics for mental health professionals. IAET is also involved in Online training programs on Educational Therapy, Cognitive Education, Specific Learning Disability, Emotional Intelligence Coaching, and Online workshops on various topics.

**TO VIEW TESTIMONIES ON OUR ONLINE COURSES:** <https://iaet.org.in/testimonies/>

**TO VIEW PREVIOUS IAET ONLINE COURSE CERTIFICATES:** <https://iaet.org.in/certificates/>

**ABOUT THE TRAINER:**

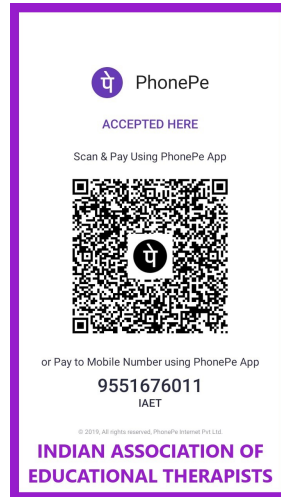
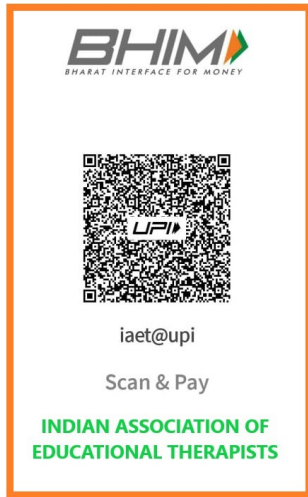
**Dr.S.MANOHARAN**, Psychologist and Educational Therapist, is the President of IAET, Certified Feuerstein Instrumental Enrichment Basic Trainer and the Director of IAET Educational Therapy Centre, Chennai, Tamil Nadu. He is a registered Psychologist (NCAHP-ID No.99-8122-1785-2862) with National Commission for Allied and Healthcare Professions. He is a Post Graduate in Applied Psychology and has Post Graduate Diploma in Guidance and Counselling. He has been working with children with special needs and having experience in psychological services and involved in educational therapy training for more than a decade and conducted various Thinkspire-Cognitive Skills Enhancement Programs for Psychologists, Teachers, Students and Parents. He has been training Post Graduate Students, Research Scholars in the field Psychology and Education. He conducts various online professional training programs and courses and has trained more than five hundred professionals. He also conducts Feuerstein Instrumental Enrichment Basic courses.

He is the Second Certified Feuerstein Instrumental Enrichment Basic Trainer from India certified by The Feuerstein Institute, Israel, and Certificate No.51132. He graduated in the Feuerstein Instrumental Enrichment Basic Trainers-2 at Shoresh 2018, the Feuerstein International Summer Workshop in Amsterdam, The Netherlands and earlier he had graduated in the FIE Basic Trainers-1 at Shoresh 2017 in Milan, Italy. He is a licensed LPAD (Learning Propensity Assessment Device) Assessor and certified practitioner of Feuerstein Instrumental Enrichment Programs of all levels of FIE-Basic and FIE-Standard. He has done Educational Therapy course of National Institute for Learning Development (NILD), Regent University, Virginia, USA and SEARCH and TEACH - an early identification and intervention program developed by NILD. Further he has done Tutor training on Remedial Teaching Methodologies for Specific Learning Difficulties including Strategic Instruction Model-the Learning Strategies Curriculum developed by Kansas University-Centre for Research on Learning, USA. He has undergone practical training on Psychodiagnostics, Behavioural Therapeutic Intervention and Counselling at Department of Psychiatry, Command Hospital Air Force, Bengaluru, India.

He is a Professional Life Member of Indian Association of Educational Therapists (IAET) and Eye Movement Desensitization Reprocessing (EMDR) Association, Life Member of Indian Academy of Applied Psychology (IAAP), Life Associate Member of Indian Association of Clinical Psychologists (IACP), Life Member of Air Force Association (AFA) and Member of Cognitive Science Society, USA.

For more details: <https://www.linkedin.com/in/dr-manoharan-subburaj-42657a88/> and  
<https://iaet.org.in/dr-manoharan-subburaj/>

MODE OF PAYMENTS TO INDIAN ASSOCIATION OF EDUCATIONAL THERAPISTS



<https://www.paypal.me/iaetonline>

**Please make IMPS mode of payment transfer only if you send through Bank Account transfer**

**For Bank Transfer Payments: IAET Bank Account Details:**

Account Name: **Indian Association of Educational Therapists**

Account Number: **35101998129**, Name of the Bank: **State Bank of India**, IFS Code: **SBIN0070530**

Name of Branch: **Anna Nagar West Extension, Chennai**. Type of Account: **Current Account**.

**For UPI (Unified Payments Interface) Payments: Virtual Payment Addresses (VPA) of IAET:**

**BHIM:** iaet@upi

**IOB:** iaet@iob

**SBI:** iaetonline@sbi

**PhonePe:** iaet@ybl

**Google Pay and PhonePe Mobile Phone Number: 9551676011**

**Note: Please send the screenshot or payment transfer reference details of payment done to WhatsApp 9942576011 and get confirmation.**