



Indian Institute of Technology Madras
Office of Alumni and Corporate Relations

Life Skill Courses

Students graduate from college with a wealth of academic knowledge, yet most struggle to transition into corporate life and navigate their post-school reality.

Alumni of IIT Madras, years after their graduation reflected that had they learnt key life skills during their time in school, they would have been much better equipped to step confidently into their careers and successfully lead their lives.

This realization inspired a new undergraduate course at the Indian Institute of Technology Madras (IITM) in 2013 called Life Skills. Today, this course is offered to roughly 1,200 first-year students annually, both in person and online. These students learn essential life skills, such as active listening and effective communication, as well as how to build healthy relationships, express oneself freely, manage time, navigate conflict, and more.

Over the last 5 years, there has been a need for additional curricular courses along social emotional wellbeing themes and this has led to a series of other GN courses such as Personal and Professional Growth, Nurturing Women's Leadership Potential, etc.

Some of the topics covered under the life skills GN1101 are 'Express yourself Freely', 'Create your Vision Board', 'Lead yourself from Within', 'Partner with Time', etc. Additionally other GN courses also have detailed curriculum that are tuned to the needs of the senior students.

The Life Skills GN1101 course is a 6 credit course and typically around 8 classes are covered in the semester. The Life Skills GN1102 course is a 3 credit course and typically around 6 classes are covered in the semester.

We have been experimenting with a mixture of theory, reflection, activity based and flipped classroom methodologies. To make it light and engaging, we also have tried showcasing movies from which students are able to learn and reflect life skill themes

Testimonials from a Few Students



Name: Anant Shinde
Roll No: AE20B010
Dept: Aerospace Engineering

This course had a profound impact on my personal life. The knowledge that i gained here will be helpful to me for all my life. The course was very practical and insightful. The best thing i learned from this course is gratitude exercise. Overall, this course has left a lasting impact on me.



Name: Shreya Gupta
 Roll No: NA21B069
 Dept: Naval Architecture

I want to express my gratitude for the Happiness Habit and Success course. It has truly benefited me a lot. Even though I had been meditating before taking this course, it helped me explore it more deeply. I think every student should consider taking this course because it greatly contributes to our personal growth. Additionally, the professor and TAs were incredibly helpful. I received valuable advice from one of the TAs, who is also my senior, about how to advance my research interests. I'm sincerely thankful to them.

The Tables below indicate the number of students benefited from Life Skills Course.

Approximate Number of Students Benefited Till date		Approximate Number of Students Benefited in 2023		
Last 5 Years (Life Skills)	Overall Beneficiaries including life skills and other GN Courses till date	August – November (Life Skills)	January – April (Life Skills)	Overall Beneficiaries of Life Skills and other GN courses
10000+	18000+	1200 (GN1101) & (GN1102)	1200 (GN1101) & (GN1102)	3500

Thank you for your generous contribution which has created a huge impact in the lives of many students who have enrolled in the Life Skills Course.

THANK YOU



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