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LIFE SKILLS IN CLASSICAL TAMIL LITERATURE, THIRUKURAL

MADHUSUDANAN.S¹ & DR. R. NALINI²

¹PH.D. RESEARCH SCHOLAR, DEPARTMENT OF SOCIAL WORK,
PONDICHERRY CENTRAL UNIVERSITY, R.V NAGAR, KALAPET, PUDUCHERRY.

²ASSOCIATE PROFESSOR,
DEPARTMENT OF SOCIAL WORK, PONDICHERRY CENTRAL UNIVERSITY, R.V NAGAR, KALAPET,
PUDUCHERRY.

ABSTRACT

Life skills refers to a large group of psycho-social and interpersonal skills which can help people make informed decisions, communicate effectively, and develop coping and self-management skills. Social work methods, tools and techniques have been extensively practiced in different fields and social work professionals invariably use these life skills in their day-to-day practices. Thirukural is a beacon and a guide to life. Though written millenniums ago its principles are still relevant in present day contexts and stand as an embodiment of human life. This paper superimposes and connotes the concepts of Thirukural on ten core life skills listed by World Health Organization and attempts to understand the life skills concepts in Indian contexts.

KEY WORDS: empathy, indianisation, communication, critical thinking, problem solving, stress, thirukural.

Introduction

Life skills refers to a large group of psycho-social and interpersonal skills which can help people make informed decisions, communicate effectively, and develop coping and self-management skills that may help them lead a healthy and productive life. Life skills may be directed toward personal actions and actions toward others, as well as actions to change the surrounding environment to make it conducive to health (World Health Organization, 1993, 1997). It is evident that life skills are indispensable and inevitable for mankind.

The Global definition of social work (approved by the IFSW General Meeting and the IASSW General Assembly in July 2014) states 'Social work is a practice-based profession and an academic discipline that promotes social change and development, social cohesion, and the empowerment and liberation of people. Principles of social justice, human rights, collective responsibility and respect for diversities are central to social work. Underpinned by theories of social work, social sciences, humanities and *indigenous knowledge*, social work engages people and structures to address life challenges and enhance wellbeing [my italics]' (<http://ifsw.org/get-involved/global-definition-of-social-work/> last accessed on March 12, 2015).

Social work professionals invariably use life skills in their day-to-day practices. Indianisation was the term generally used for Indian cultural influence upon Southeast Asia (Mishra, 2001). Indianisation in Indian context during National movement (1870-1947) was referred to the appointment of Indians in higher administrative positions in British Raj. This

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