

Life Skills Education: Enhancing Competencies for Adaptive Living

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Abstract:- The ability to successfully negotiate the demands and obstacles of daily life requires a variety of vital talents. These talents include both cognitive (thinking skills) and social (interpersonal skills), enabling people to make wise judgments, control their emotions, communicate clearly, develop wholesome relationships, and handle stress. This essay discusses the value of life skills for both individual growth and society's benefit. It talks about the importance of life skills in a society that is changing quickly and how to incorporate them into educational systems. The document also lists the difficulties young people experience in a variety of areas and groups life skills into those that promote self-awareness, interpersonal interactions, and sound decision-making. Additionally, it emphasizes the significance of life skills education and its application strategies based on well-established learning theories. By providing people with the tools, they need to succeed in a variety of contexts, society may promote mental health, teamwork, and adaptability.

Keywords:- Life Skills, Education, Enhancing, Competencies, Living, Adaptive.

I. INTRODUCTION

A person needs life skills to successfully traverse the intricacies of their environment. Life skills are described as learned talents that promote adaptive behavior. The World Health Organization (WHO) and UNICEF place a strong emphasis on the value of life skills in empowering people to successfully handle issues they face on a daily basis. This essay examines the importance of life skills, their different types, and how life skills education helps to develop well-rounded people who can make thoughtful decisions and substantive contributions to society. The goal of life skills education is to provide people the skills they need to successfully navigate the difficulties of modern life. It is a crucial part of holistic learning. The learning of life skills extends beyond standard academic knowledge in a constantly changing environment, enabling people to successfully manage problems, make informed decisions, and lead balanced, satisfying lives. This all-encompassing educational strategy takes into account not just cognitive growth but also the emotional, social, and pragmatic facets of daily life. The main goal of life skills education is to improve adaptive living abilities. The capacity to adapt is crucial in a world

where change is continual. Effective communication, problem-solving, decision-making, critical thinking, and emotional intelligence are just a few of the many skills that make up life skills. These skills assist people to deal with a wide range of situations, from navigating interpersonal relationships and job decisions to taking care of their health and managing their finances. The development of effective communication is one of the key tenets of life skills education. In today's interconnected world, the capacity to effectively communicate thoughts, ideas, and emotions crosses boundaries and forges deep connections. Additionally, life skills education emphasizes the value of cooperation and teamwork, developing the capacity to get along with people, value other viewpoints, and enhance group dynamics. Another tenet of life skills education is emotional intelligence, which gives people the skills to comprehend, control, and relate to their own emotions and those of others. This skill not only improves one's own well-being but also serves as a building block for healthy relationships and effective dispute resolution. Furthermore, problem-solving and creative thinking are heavily emphasized in life skills education. People who possess these abilities can analyze events, weigh their options, and make wise judgments in a world that is changing quickly. This fosters a sense of independence and self-reliance, empowering people to overcome obstacles with resiliency and assurance. The study of life skills also includes the acquisition of useful life skills, such as time management, stress management, and financial literacy. Giving people these abilities enable them to live structured, balanced lives and make wise decisions that affect their general well-being. Communities and educational institutions both have a crucial role to play in teaching life skills. Students receive a holistic education that equips them for both academic success and a successful, satisfying life outside of the classroom when life skills are included in the curriculum. Parents, guardians, and mentors also make a substantial contribution by demonstrating these skills and fostering situations that support their growth. In conclusion, life skills education is a crucial investment in the growth of people who can thrive in a world that is constantly changing. This educational strategy gives people the skills they need to communicate clearly, handle obstacles, control their emotions, and make wise decisions through increasing competencies for adaptive living. The importance of life skills education is unquestionable as societies develop because it produces well-

rounded people ready to live meaningful lives and make constructive contributions to their communities.

II. NEED FOR LIFE SKILLS

Life skills are necessary because they enable people to translate their knowledge, attitudes, and values into useful abilities in a stressful and challenging world. For both personal and professional success, it is essential to be able to act properly, manage your emotions, and deal with stress. Life skills lay the groundwork for people to respond constructively to life's demands, fostering mental wellbeing and fostering a sense of community. A collection of fundamental talents known as "life skills" enables people to successfully manage the challenges of daily living and lead satisfying lives. The need for life skills has increased more than ever in today's dynamic and linked society. These abilities go beyond what is often taught in the classroom and cover a wide variety of social, emotional, and practical competencies that are essential for both personal growth and success. The desire to provide people with the tools to overcome obstacles in their personal and professional lives is at the heart of the demand for life skills. The necessity of adaptability and critical thinking has increased due to the quick development of technology and the dynamic nature of the labor market. People with strong problem-solving, decision-making, and creativity abilities may confidently face new challenges and come up with creative solutions. These abilities are useful for handling the intricacies of relationships, finances, and health as well as in the workplace. Additionally, the growth of emotional intelligence is intimately related to the requirement for life skills. Emotional resiliency and self-awareness are essential strategies for preserving mental health in a time of pressures and uncertainty. Building healthy relationships and resolving problems successfully depends on life skills including stress management, empathy, and effective communication. They encourage empathy, allowing people to comprehend and appreciate different points of view and fostering societal harmony. In the context of schooling, the requirement for life skills is particularly striking. While academic knowledge is unquestionably crucial, it is lacking in real-world application without life skills. Students are given competencies that go beyond textbook knowledge when life skills education is incorporated into the curriculum, preparing them for difficulties in the real world. These competencies enable students to succeed not only academically but also in a variety of other sectors of life, from fundamental ones like time management and organization to more complex ones like negotiating and networking. Life skills are crucial for both personal development and fulfillment. Achieving one's goals requires strong goal-setting, self-motivation, and resilience. People that have these abilities are more able to bounce back from failure and keep going in the face of challenges. As a result, self-confidence and a sense of success are fostered. Thus, the quest for happiness and self-fulfillment is entwined with the requirement for life skills. Cultural sensitivity and adaptation are crucial in today's worldwide society. Life skills enable people to flourish in multicultural situations and work across borders, which helps people build a global perspective. In an interconnected

society, successful communication and cooperation are made possible by open-mindedness and cultural awareness. The numerous difficulties of modern life make the requirement for life skills essential. These skills enable people to handle complexity with assurance, make wise choices, and retain their well-being in the face of difficulty. By encouraging empathy, effective communication, and cultural understanding, life skills education not only advances individual development but also advances society. Recognizing and prioritizing life skill development is a crucial first step to holistic development and success in contemporary society.

III. CHALLENGES FACED BY YOUTH

Youth face a wide range of complicated difficulties in today's environment that is changing quickly, necessitating the development of a broad and flexible set of life skills. Education in life skills is essential for giving young people the abilities they need for adaptive living. When young people enter adulthood, they find themselves in a world that is marked by economic ups and downs, technological breakthroughs, and shifting social standards. One of the main obstacles is employability because employers look for candidates who not only possess academic greatness but also practical abilities like cooperation, communication, and problem-solving. Youth can traverse dynamic workplaces with these abilities, where the capacity to swiftly pick up and use new information is essential. Youth must learn a wide range of flexible life skills since they encounter a variety of complex challenges in today's environment, which is changing quickly. Giving young people the skills, they need for adaptive living requires an education in life skills. When young people reach adulthood, they are thrust into a world of altering social norms, economic ups and downs, and technological advancements. Employers need people who not only have academic excellence but also practical skills like teamwork, communication, and problem-solving. This makes employability one of the key barriers. With these skills, young people can navigate fast-paced workplaces where the ability to quickly absorb and apply new information is crucial. An additional urgent issue facing today's youngsters is sustainable development. Critical challenges including climate change, resource depletion, and environmental deterioration necessitate responsible action. The growth of environmental consciousness, ethical consumption, and the creation of novel solutions for a sustainable future can all be greatly aided by life skills education. To solve the complicated problems our planet faces, we must empower young people to become socially and environmentally responsible citizens. Youth also face difficulties when participating in social and civic life. It is crucial for young people to comprehend their role in forming democratic societies in a time of political divisiveness and societal discontent. Critical media literacy, effective communication, and civic engagement should be the main topics covered in life skills education to help young people participate effectively in public debate, fight for their rights, and promote positive social change. Youth nowadays face complex and difficult issues, which call for a solid foundation in life skills education. Giving young people the

skills necessary for adaptive living gives them the ability to successfully traverse the complexity of the modern world. Youth may overcome challenges and embrace opportunities by developing abilities including critical thinking, emotional intelligence, intercultural communication, environmental responsibility, and civic involvement. To ensure that young people are well-prepared to flourish, contribute meaningfully to society, and become effective agents of good change, educational institutions, policymakers, and communities must work together to integrate comprehensive life skills education into curricula and initiatives. In conclusion, teenagers nowadays face a variety of difficulties in the areas of psychology, society, the economy, emotions, and religion. Strong life skills are essential for navigating peer pressure, test stress, financial limits, emotional regulation, and exposure to competing beliefs.

IV. CATEGORIES OF LIFE SKILLS

Education in life skills is essential for giving people the abilities they need to deal with the complexity of modern existence. These fundamental abilities can be generally divided into a number of important categories, laying the groundwork for what are known as "Categories of Life Skills." By helping people acquire skills in the cognitive, social, emotional, and practical domains, life skills education aims to enable people to lead successful, adaptive lives.

A. Cognitive Skills:

This group includes abilities to think critically, solve problems, make decisions, and be creative. These abilities help people examine events, weigh their options, and come to wise decisions. By encouraging the capacity to separate unreliable information from accurate information, critical thinking fosters a sense of intellectual autonomy. While decision-making skills give people the assurance to make decisions that are in line with their personal aims and beliefs, problem-solving skills allow the investigation of novel options. On the other side, creative thinking cultivates the ability to foresee novel options and tackle problems from novel angles.

B. Social Skills:

Social skills are essential to fostering healthy relationships because interpersonal interactions are a cornerstone of contemporary culture. This group includes effective communication, active listening, empathy, and conflict resolution. People with good communication skills can communicate themselves effectively, which promotes understanding and prevents misunderstandings. By cultivating understanding of other people's viewpoints, active listening fosters cooperation and respect between people. Empathy fosters the ability to comprehend and share the sentiments of others, encouraging kind relationships. With the right tools, people may resolve conflicts in ways that benefit all parties involved and deepen interpersonal bonds.

C. Emotional Skills

It is becoming increasingly clear that emotional intelligence is essential for both personal success and well-being. Self-awareness, self-regulation, empathy, and stress

management are all included in this category. Self-awareness entails being able to identify and comprehend one's own feelings, which promotes emotional openness. Self-regulation enables people to control their emotions in a variety of circumstances, fostering emotional stability. Beyond social interactions, emotional abilities encompass recognizing and controlling one's own and other people's emotions. The ability to regulate stress gives people coping mechanisms for demands and obstacles, which increases resilience in the face of difficulty.

D. Practical Skills:

To manage a variety of activities and responsibilities, people need a range of practical talents. This category includes skills like problem-solving, time management, organization, and financial literacy. The ability to make informed decisions about money, investments, and financial planning is ensured by financial literacy. Optimizing productivity and juggling several responsibilities are made easier with time management and organizing abilities. Practical problem-solving abilities enable people to overcome obstacles with efficiency, facilitating effective functioning in both the personal and professional realms.

E. Personal Skills

Personal skills are related to a person's identity and personal growth. Goal-setting, self-motivation, flexibility, and resilience are a few of them. Setting goals helps people create and pursue worthwhile aims by giving them direction and a sense of purpose. Self-motivation enables people to maintain their motivation and focus on their goals. Individuals with adaptability and resilience abilities are better able to deal with change and recover from setbacks, which promotes a sense of empowerment and agency.

In conclusion, life skills can be divided into those that relate to self-awareness, coexisting with others, and making wise decisions. Self-esteem, empathy, the capacity to resolve conflicts, critical and creative thought, and problem-solving are just a few of these skills. A foundation for assertive behavior, successful communication, and successful negotiation is created by the synthesis of these abilities. In addition to preparing people for personal success, life skills education helps build resilient communities and a forward-thinking culture that values holistic development and well-rounded people.

V. LIFE SKILL EDUCATION:

The goal of holistic development is based on life skills education, which provides people with the fundamental skills and knowledge needed for adaptable living in a world that is always changing. This all-encompassing educational strategy goes beyond traditional academic knowledge, enabling people to overcome obstacles, make wise choices, and develop deep connections. Life skills education creates a profound understanding of oneself and the dynamic interactions with the environment through teaching a range of skills including communication, critical thinking, emotional intelligence, problem-solving, and decision-making. Fundamentally, life skills education aims to close

the knowledge gap between theory and application. It emphasizes that while mastery of traditional disciplines is important, it must be accompanied with the capacity to analyze data, judge circumstances, and come up with workable answers. Consider the ability of critical thinking, which promotes people to challenge presumptions, consider other viewpoints, and draw well-supported conclusions. In a time when there is an abundance of information, this ability is essential for sorting through the information, separating fact from fiction, and approaching complex topics with clarity and judgment. Additionally, life skills education focuses a strong emphasis on developing emotional intelligence because it is known that one's capacity for understanding and controlling their emotions has a substantial impact on both one's own well-being and interpersonal relationships. Individuals learn to manage pressures, communicate effectively, and create connections based on mutual understanding by growing emotional awareness, empathy, and resilience. These abilities not only support mental health but also promote peaceful relationships in a variety of social settings, helping to create a society that is more compassionate and inclusive. When considering how quickly occupations and lifestyles are changing, the fundamental importance of life skills education becomes even more clear. Adaptability is a crucial success factor as technological improvements transform companies and global concerns necessitate creative solutions. People who receive life skills training are more adaptable and creative, enabling them to seize new possibilities, deal with uncertainty, and adjust plans as needed. This adaptability, in turn, fosters personal development and equips people to be relevant and competitive in a labor market that is constantly changing. Additionally, life skills education acknowledges the inherent connection between individual growth and society advancement. It promotes people to become active members of their communities by encouraging ethical decision-making and responsible citizenship. Individuals can participate constructively in democratic processes, solve societal concerns, and bring about positive change when they have skills like effective communication and collaboration. This interaction between personal growth and group progress highlights the transformative potential of life skills education as a driver of social cohesion and sustainable development. In conclusion, life skills instruction serves as a lighthouse illuminating the road to adaptable living in a world that is becoming more and more complex. This strategy empowers people with the ability to overcome obstacles, interpret emotions, communicate effectively, and make wise decisions by imparting talents that go beyond conventional academic limitations. It lays the way for a future in which social well-being and personal fulfillment are mutually reinforcing, nurturing a generation of agile, empathic, and empowered people ready to influence a more resilient and inclusive society. The emphasis on knowledge acquisition rather than skill development is common in the traditional educational system. The ability to put knowledge into practice and lead healthy, fulfilling lives, however, depends on life skills education. Through cooperative learning, role-playing, and practical application, it involves a dynamic teaching and learning process that actively engages students.

VI. IMPLEMENTATION AND IMPACT

Modern educational frameworks now include life skills education as a key component since it helps people develop the fundamental knowledge, abilities, and skills needed to adapt to changing circumstances. Due to its potential to enable people to successfully traverse personal, social, and professional problems, the implementation and effects of life skills education have attracted considerable attention. This all-encompassing approach to education goes beyond conventional academic disciplines by concentrating on the entire development of people, creating resilience and encouraging lifelong learning in the process. In order to reach people of all ages, life skills education is implemented in a variety of contexts, including schools, community centers, and online platforms. Educational institutions understand the value of including life skills in their curricula because they understand that success in the complex modern world requires more than academic excellence. A wide range of abilities are covered in the curriculum, which is divided into personal, interpersonal, cognitive, and emotional domains. Self-awareness and self-esteem are examples of personal qualities that provide a strong feeling of identity and purpose. Healthy relationships and societal integration are built on the foundation of interpersonal skills, which foster effective communication, empathy, and conflict resolution. Critical thinking and problem-solving abilities enable people to assess events logically and arrive at wise judgments. Individuals are able to deal with the challenges of modern life because to their emotional intelligence, which includes stress management and emotional control. Life skills education has a wide-ranging and significant impact on people's lives in many different ways. It improves people's self-efficacy in the first place, helping them to establish and meet realistic goals while having faith in their ability to do so. This increased self-assurance supports academic achievement as well as future employment opportunities and personal fulfillment. Additionally, life skills instruction promotes emotional intelligence by giving people the abilities to recognize and control their emotions, which enhances mental health. This emotional competency has a cascading impact that improves communication, lessens conflict, and fosters empathy. Education in life skills has a favorable impact on society wellbeing in addition to personal growth. Communities improve in harmony and cohesion when more people adopt ideals like tolerance, respect, and inclusivity. The development of conflict resolution techniques in life skills education courses helps to reduce societal tensions and advance social harmony. Additionally, emphasizing critical thinking and problem-solving develops citizens capable of delving into difficult subjects, coming to educated conclusions, and actively participating in public dialogue. The benefits of life skills training extend into the workplace as well. The focus on communication, teamwork, and adaptability gives people the skills they need to succeed in a variety of job settings. Employers place a high emphasis on individuals who not only have the necessary technical abilities but also have a great work ethic and high levels of productivity. Additionally, life skills instruction fosters a growth mentality by enticing students to seize opportunities, persevere through failures, and keep learning new skills to be

relevant in the ever-evolving job market. Life skills education has a transformative implementation and influence, making it a pillar of contemporary education. This all-encompassing approach equips people with the adaptive living skills they need to successfully traverse their personal, academic, and professional obstacles. The inclusion of life skills in the curriculum demonstrates how dedicated educational institutions are to developing well-rounded individuals who can make a positive contribution to society. The need for life skills education to develop people into capable, compassionate, and empowered global citizens will never change as the world changes. The importance of life skills education has increased across the globe, with projects ranging in scope and methods. These programs are made to cater to a range of age groups and use learning theories like the Social Learning Theory, which emphasizes skill practice and active acquisition. The integration of life skills education with health information and group problem-solving techniques significantly strengthens its effects.

VII. CONCLUSION

The crucial role that life skills education plays in giving people the necessary tools to successfully traverse the complexities of modern living. When life skills education is included into curricula and programs, people gain cognitive, social, emotional, and practical abilities that go beyond what is traditionally taught in the classroom. Because of how quickly the world is changing and how important flexibility, critical thinking, and emotional intelligence are for success, there is a pressing need for life skills education. The research examines the many facets of life skills, classifying them into domains related to cognition, social interaction, emotion, practicality, and individuality. Each area supports the entire development of a person by encouraging self-awareness, effective communication, problem-solving skills, emotional resilience, and civic responsibility. These abilities help people succeed not only in their personal lives but also as active members of their communities and the larger society. The difficulties that today's youngsters must overcome highlight how crucial it is to impart life skills education. The essay skillfully explains the critical role that life skills play in assisting young people in navigating the difficulties of employability, mental health, cross-cultural interactions, sustainable development, and civic involvement. The study emphasizes the possibility for developing well-rounded, flexible, and socially conscious young people who are ready to bring about good change by tackling these difficulties through life skills education. It is suggested that life skills education has a transforming effect. Empathy is encouraged, effective communication is facilitated, and personal growth is enhanced when life skills are incorporated into educational curricula. It is clear that life skills education has a significant impact on one's mental health, interpersonal connections, and career success. The study underlines how life skills education has an impact on communities and societies as a whole, promoting harmony, inclusivity, and productive engagement. Life skills education is not only advantageous but also necessary in a society marked by rapid change, uncertainty, and interconnection. It equips people with the skills they need to overcome obstacles, make wise decisions, cultivate

wholesome relationships, and make significant contributions to society. Educators, policymakers, and communities can all work together to create a more resilient, adaptable, and peaceful future by embracing and promoting life skills education.

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