

Dr. KUILJEIT UPPAAL
National President,
Life Skills Council

13 January, 2021

Smt. Nirmala Sitharaman
Honourable Finance Minister
Ministry of Finance, Government of India

Subject: Seeking for Life Skills sector-specific financial concessions, incentives and policies

Respected Madam,

I am honoured to introduce myself as the National President for Life Skills Council. The Life Skills Council is a national platform that works towards creating a powerful and enriching eco-system of life skills for the women of India, that builds the psychosocial, interpersonal and affective capacity of an individual in multiple areas to develop coping mechanisms and self-management skills that can effectively combat challenges, and help them evolve towards self-empowerment and success as professionals in business, industry and commerce across all sectors and fields.

Our 8-point Mission includes:

1. Creating the awareness and relevance of the concept of Life Skills as listed by WHO, UNESCO and UNICEF among professionals and aspiring women professionals across sectors.
2. Research and create iterative models and systems for implementation of knowledge dissemination to the target group, as well as for policy creation.
3. Skill interventions and knowledge dissemination through specially devised Life Skill Centres and Circles of Excellence in order to work toward balancing knowledge, skills and attitude amongst working women.
4. Explore opportunities to engage with groups and organisations that need assistance for knowledge sharing of Life Skills.
5. Creation of a Life Skills Community Network of experts and practitioners in the area.
6. Community Engagement with the population as 'Friends of Hope and Resolve' (FOHAR).
7. Life Skills Exchange Programs at state, national and global levels to equip the knowledge base for a better prepared global society.
8. Policy creation relevant to Life Skills for woman empowerment and a better conditioned society, that can be proposed to the Government of India.

We have a robust National Council that represents women professionals from the Life Skills segment, industry and related domains. I am privileged to introduce the Life Skills Council members:

1. Sivambiga Athianna, Vice President, Director - A & P Human Capital Solutions Pvt. Ltd
2. Dr. Shubhalaxmi Acharya, Council Member - Behavioural Scientist & Founder – Mind Elements
3. Dr. Savita Date, Council Member - Clinical Psychologist & Wellness Specialist
4. Dr. Sweta Mohapatra, Council Member - HR Practitioner & ICF Coach
5. Anu Wakhlu, Council Member - Chairperson – Pragati Leadership
6. Dr. Aastha Sachdeva, Council Member - Founder – Counsoul & Counselling Psychologist
7. Tanvi Kaur, Council Member - Clinical Psychologist & Creative Expressive Arts Therapist
8. Dr. Yogita Narang, Council Member – Social Scientist & Professor

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9. Dr.Sandhya R Anvekar, Council Member - Prof & Chairperson, Dept. of Studies in Business Management, Bengaluru Region, VTU
10. Baldeep Kaur, Council Member – Psychologist, Founder & CEO – Inspiring Evolution
11. Dr.Veena Priyadarshini, Council Member - Director – Commercial Marketing , Merck Lifescience
12. Sukanya Patwardhan, Council Member - Vice President - Learning and Organizational Development at Jade Global Software Ltd.
13. Purva Chadha, Council Member - Senior Vice President – Primus Partners
14. Kamna Chibber, Council Member - Head – Mental Health & Behavioural Sciences, Fortis Healthcare
15. Purnima Kamble, Council Member - Senior Lawyer & Partner – Fox Mandal & Associates
16. Prianca Ravichander, Council Member - GM – Ace Urban Group
17. Kulpreet Freddy Vesuna, Council Member - Founder & MD - Impact Public Relations Pvt. Ltd, Founder – LiveRich
18. Aruna Singh, Council Member - Founder & Chairperson – Wings For My Dreams
19. Dr. Channamma Kambara, Council Member - Asst Prof – Centre for Research in Urban Affairs, Institute for Social and Economic Change (ISEC)
20. Deepali Narula, Council Member – Life Coach
21. Nivedita Tiwari, Council Member - HR Business Partner- GUS Global Services
22. Rajshri Jain, Council Member - President – Brij Bhoomi Foundation [Nari Shakti Ko Pranam]
23. Rosalin Mohanty, Council Member - Co Founder & Vice President – Cozentus

The National Council – Life Skills would like to propose the following recommendations / policy interventions in the area of Life Skills for women, with respect to the upcoming budget:

- 1. Creation and management of dedicated Life Skills Centres within every district of the States and Union Territories, which may be funded and supported by the Central/State governments.**
- 2. A specific percentage of CSR spends of every organisation may be allocated to the training of the 10 Life Skills (as listed by WHO, UNESCO and UNICEF) for its women employees in every large, medium and small-scale organisation.**
- 3. A provision for research fund allocation for the 10 Life Skills (as listed by WHO, UNESCO and UNICEF) for relevant women organisations who choose to conduct research and development in this area, pertaining to working women in large, medium and small-scale organisations.**
- 4. Provision of mandatory training for women in the 10 Life Skills (as listed by WHO, UNESCO and UNICEF) in large, medium and small-scale organisations and primary, secondary and tertiary sectors.**
- 5. Life Skills training and counselling cost by individuals may be made income tax free. GST relief may be sanctioned on the cost of such training.**

We look forward to your kind attention and support on the requests that have been proposed.

Thanking you.

Yours sincerely,
Dr. Kuiljeit Uppaal
National President, Life Skills Council
Image Scientist & Impact Strategist
Founder & CEO – Krea