**VAIKUNTA BALIGA COLLEGE OF LAW**

**(A UNIT OF Dr. T.M.A.PAI FOUNDATION, MANIPAL)**

**(PERMANENTLY AFFILIATED TO KARNATAKA STATE LAW UNIVERSITY, HUBBALLI)**

***Recognized by Bar Council of India, U.G.C.***

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**(Accredited by NAAC with ‘B+’ Grade)**

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**PROGRAM OUTCOME**

**ADD ON COURSE ON SOCIAL SKILL**

**ACADEMIC YEAR 2019-20**

Humans are social creatures and thrive on interaction with others. Without this, depression and isolation are inevitable, leading to further detrimental consequences on one’s mental health. Equipping people who otherwise have no [social skills](https://healthinfo.healthengine.com.au/medical-glossary/social-skills) or practice in social skills with the necessary tools is becoming a prominent technique in [psychotherapy](https://healthinfo.healthengine.com.au/medical-glossary/psychotherapy-2).

Social skills are the behaviours, verbal and non-verbal, that we use in order to communicate effectively with other people. Social skills are governed by culture, beliefs and attitudes. They continuously change and develop throughout our lives. Somebody that uses social skills to effectively interact with friends, family, workmates and strangers is said to have [social competence](https://healthinfo.healthengine.com.au/medical-glossary/social-competence).

This Course on Social Skills is a type of psychotherapy that works to help people improve their social skills, so they can become socially competent. Is is predominantly a [behavioural therapy](https://healthinfo.healthengine.com.au/medical-glossary/behaviour-therapy) but [cognitive therapy](https://healthinfo.healthengine.com.au/medical-glossary/cognitive-therapy) can also be used in some situations to maximize the success. This psychotherapy can be done one-on-one or in a group situation.