

**Syllabus and Scheme for MruduKousalya at UG level**

**IV Semester B.A, B.Ss, B.C.A,B.Com, BBM or BHM**

**No. of Credits: 2**

**Max Marks: 70**

**No. of Hours:42**

**Internal Assessment: 30**

**LIFE SKILLS**

**Introduction:**

Life skills represent applications of Knowledge, values, attitudes and skills which are important in the process individual development and in life-long learning. The World Health Organization has defined life skills as, "Abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life". They are a group of cognitive, personal and interpersonal abilities that help people make informed decisions solve problems think critically and creatively communicate effectively, build healthy relationships, empathize with others and cope with and manage their lives in a healthy and productive manner. They are distinctly different from physical or perceptual motor skills, such as practical or health skills, as well as from livelihood skills such as crafts, money management and Entrepreneur skills

UNESCO has suggested a frame work for this purpose.It aims at developing competences in areas like Knowledge and critical thinking skills (Learning to know), Practical skills (Learning to do), Personal skills (Learning to be) and Social skills (Learning to live together).

The course on life skills desires to achieve the following objectives: -

1. To make the students to understand the larger issues of life and living
2. To introduce various skills needed for leading a life to the students

**Unit 1:Learning to know12 HRS**

*Problem solving skills:*Meaning of Problem and Problem solving-Causes and consequences, steps in problem solving-Five W's (5 Why) and 1H (How) framework.

*Critical thinking skills:* Concept of Critical thinking-Characteristics and steps involved in critical thinking -Strategies required for critical thinking-Models of critical thinking.

## **Unit2: Learning to Be 18 HRS**

*Goal setting:* Meaning of goal and goal setting –Short, medium and long term goals  
Importance of goal setting-Choices/selection of setting goals- Steps for goal setting –SMART goals .

*Interpersonal Skills*–Meaning of Interpersonal skills- Need to develop Interpersonal skills  
Components of Interpersonal skills- Techniques required to improve skills- Benefits of effective interpersonal skills

*Stress Management:*Meaning of stress- Factors causing stress- Positive and negative types of stress- Effects of stress on body and mind-Stress removal techniques.

## **Unit: 3 Learning to Live Together 12 HRS**

*Assertive Communication:* Meaning of Communication and assertive communication -Five W's (Who,Whom,What,When and Why) and 1 H (How) framework-Different communication styles- Strategies of assertive communication- Techniques of assertive communication

*Team Building:* Meaning of team –Difference with group –Qualities of a team- Stages of team development- Effective team building.

### **Pedagogy:**

1. Activities exercises and assignments have to be given not less than 40% weightage
2. Appropriate Case studies could be used
3. You tube videos to be used effectively

### **References:**

1. Vikas (Life skills Manual) : Published by:Member Secretary & Executive Director,Karnataka JnanaAayoga (Karnataka Knowledge Commission) Govt. of Karnataka ,Copy Right:2010 Karnataka JnanaAayoga
2. ManikaGhosh,“Positivity -A way of Life”, Published by Orient Blackswan Pvt Ltd

### **Eligibility for teaching:**

This subject could be taught by all teachers who have undergone some training or other the given topics Regular trainers could also be explored