

Skill Enhancement Course (SEC 2-C & SEC 2-D)
(w. e. f. 2021- 2022)

Title of the Paper: Mastering Life Skills and Life Values

[Two credit Course (2X15= 30 Clock Hours)]

Objectives:

1. To equip the students with the social skills
2. To train the students interpersonal skills
3. To build self-confidence and communicate effectively
4. To Encourage the students to think critically
5. To learn stress management and positive thinking
6. To enhance leadership qualities
7. To aware the students about universal human values
8. To develop overall personality of the students

Suggestions to Teachers:

1. It is a learner-centric course.
2. The course aims at developing skills among the students.
3. Learning can be facilitated through interactive and informal guiding sessions.
4. Participation and up-gradation of the students' performance needs to be encouraged.
5. Practical, Exercises, Activity monitoring, Projects, Seminars, Presentations, Group Discussions are some of the activities that the teachers are expected to encourage.
6. Relevant and innovative ideas of both the students and the teachers are always appreciable for a successful completion of this course
7. The concerned faculty/teachers have to maintain the record of the students as credits to the students need to be given on the basis of preserved records.

SEMESTER-V (SEC 2-C)

Course Content:

Life Skills

1. Meaning and Nature of Life Skills
2. Importance of Life Skills.
3. Problem Solving and Decision-making skill
4. Critical and Creative Thinking Skill
5. Interpersonal skills: Understanding and Cooperating with Others
6. Management of Stress and Emotions

