

PROGRAMME NAME: BAP/ BCP Sem IV

COURSE NAME: SEC - Life Skills In Education

SEMESTER DURATION: January - May 2024

Week	Topic(s)
I - III	<p>UNIT 1: Life Skills Introduction To introduce students to the basic concepts of life skills management</p> <p>SUBTOPICS: Basic Life Skills: Concepts, Components & Significance *Universal Human Values: Love, Compassion, Truth, Non-violence, Gratitude and Tolerance</p>
IV - VII	<p>UNIT 2: Basic Life Skills To learn the set of essential life skills that can make students market-place ready and provide good work culture</p> <p>SUBTOPICS: Team Work Skills: Social, Etiquettes, Democratic Decision Making and Collaboration *Leadership Skills *Exploring Career Opportunities, Mentoring, Resume Preparation, Facing Interviews and GD, Presentation Skills, Creating Social Media Profile</p>
VIII - XI	<p>UNIT 3: Significant Life Skills and Techniques *To understand potential changes that can be brought about by employing essential life skills, critical thinking, knowledge construction, evaluating reasoning & problem solving *Life Skills (Behavioral Based): Ethics, Integrity, Decision Making</p>
XII - XV	<p>UNIT 4: Application of Life Skills in Field Work</p> <p>SUBTOPICS *Stress Management & Coping Strategies *Simulation Exercises: Brainstorming, Role Plays, Team Building *Case Management *Solving of University Question Papers</p>

Teaching Methodology Adopted/ Continuous Comprehensive Assessment

Lecture cum interactive method
Revisiting and retelling of ancient tales of love, gratitude etc.
Sharing of some tales from the Ramayana
Revisiting of Gandhian philosophy

Interactive Sessions.
Project work for developing Team Work Skills
Writing Practice
Conduct of Interviews by students

Case Studies
Classroom Discussions, Narratives about Ethics & Integrity, Class
Test and PPTs by Students

Interactive Sessions
Group Discussions
Role Plays
Sharing of Life Experiences by students