

Department of Human Development

SNDT Women's University

Value-added Course (Certificate)

on

Life Skills Education

To be implemented from 2021-22

Sr. No.		
1.	Title of value-added course	Life Skills Education
2.	Eligibility for admission	Any Graduate
	Duration	10 Weeks
3.	Number of hours	30
4.	Credits	2 credits
5	Marks	100
	Total Strength	25
6.	Passing marks	50% (50 Marks)
	Total Fees	3000
8.	To be implemented from	Year 2021-22

Course Code NA	Course Title Life Skills Education				Credits 2
Teaching Scheme				Evaluation Scheme(Theory)	
TOTAL Lectures	Theory	Practical		Continuous internal Assessment	Examination (Marks: 100)
30	20	10		1.Presentation in class 2.Written assignments 3. Life skills activities/exercises for self 4.Life skill development flier; review of life skills videos 5.Planning, designing & implementing a life skills programme	10 10 20 10 50
Learning Objectives	1. To facilitate the students’ construction of knowledge about concept and relevance of life skills 2. To make students aware of the classification of life skills. 3. To get learners acquainted to strategies of life skills management 4. To help learners build skills in promoting their own and others’ life skill development .				

Course outcomes	After the successful completion of the value-added course, the learner should be able to: 1.State the importance of life skills and identify methodologies for the development of life skills. 2.Integrate knowledge relating to the full range of life skills. 3. Develop exercises to promote life skills among self and specific groups of beneficiaries.	
	TOPICS	30 lectures
1	Concept, relevance and principles of life skills and development; knowledge, skills and attitudes Life skills and psychological wellbeing	3
2	Methodologies for Life Skills Development UN perspective Indian initiatives	3
3	Socioemotional skills: Self-awareness and empathy; intrapersonal and interpersonal skills	3
4	Communication and collaboration skills	3
5	Cognitive skills, problem-solving, coping with stress, resilience and negotiation skills	4
6	Critical and creative thinking, decision-making	3
7	Planning, designing and implementing a life skills programme (Pr.)	10
8	Summary and closing.	1

Note:

1. Three classes will be conducted per week.
2. Coursework including teaching and assessment will be completed in 10 weeks from the date of commencement of course.
3. Certificate will be issued by the Department of Human Development.
4. Course fees will be paid in the Canara bank account of the Department of Human Development.

Reference

1. Usha Rao. (2008). Life skills, Vol. (1), Himalaya Publishing House.