

**SANT GADGE BABA AMRAVATI UNIVERSITY**

संत गाडगे बाबा अमरावती विद्यापीठ



**Syllabus**

**Of**

**Jeevan Koushalya Shikshan**

(Generic Open Elective Course)

**Department of Lifelong Learning & Extension**

(w.e.f. 2022-23)

Center for generic open elective

All Affiliated colleges under

**SANT GADGE BABA AMRAVATI UNIVERSITY**



**Generic Open Elective**  
**Jeevan Koushalya Shikshan**  
**Duration 6 Month (30 Hours)**

## **INTRODUCTION**

Due to the speed of science and technology and the process of globalization in the twenty-first century, there has been a great change in our lifestyle. Its effects are seen at individual family and societal levels. It is necessary to acquire some essential life skills to deal with these changes. Life useful skills are called life skills. Through them, the development of the best mental and intellectual qualities behind the individual means the overall development of the personality. In 1997, the World Health Organization gave ten basic skills for social development. Which can be useful for overall development.

Teaching life skills is the need of the hour to strengthen the mental health of the youth of the country. It is in accordance with this that the said course has been planned, many youths are qualified but fail to achieve their goals. How to cope with any situation and how to boost morale is not achieved through on-the-job training. Apart from book learning, thinking skills, ability to regulate emotions, working with a group, empathy towards others are essential. The prevalence of depression among young people is a matter of concern. The Constitution talks about tolerance. For this, if the other person does not agree with what he says, he gets respect. Mahatma Gandhi emphasized on skill education in Nayi Talim. To be successful in life you need not on....

The three major life skills are personal and social and professional skills in everyday life. Dealing with personal affairs in daily life requires skill. Family and household chores are essential skills for students. Personal and social skills help students navigate such relationships outside of college. Self-motivation, moral values, art of living are very helpful in inculcating life skills training in the students.

### **OBJECTIVE:**

1. To Orient student as an aware dutiful and responsible citizen.
2. To become co-ordinate in rendering family supportive services.
3. To inculcate social commitment, co-existence and moral values.
4. To inculcate values of social co-ordination and interpersonal relationship.
5. To make a ready man for the adjustment in ever-changing present day scenario.

## **COURSE CONTENTS**

### **Unit-1           A) Self Awareness**

- Self Awareness : Definition, perspective
- Factors affecting the self
- Necessary factors for the Development of Self
- Concepts and Esteem of self

#### **B) Empathy**

- Empathy: Definition and perspective
- Types of Empathy
- Difference between Empathy and Sympathy
- Empathy Facts and Views

### **Unit -2           A) Problem Solving**

- Problem: Definition and Nature
- Causes of Problem
- Gravity of Problem
- Problem solving Methods & skills

#### **B) Decision making ability**

- Decision making ability: Definition and perspective
- Components related to Decision & their impact
- Factors affecting Decision making ability
- Skills required to improve Decision making ability

### **Unit-3           A) Effective Communication**

- Communication: Definition & Nature
- Effective Communication Skill
- Body and Sign language
- Effective communication and personality impact

#### **B) Interpersonal Relationship**

- Interpersonal Relationship: Definition and perspective
- Interpersonal relations: Honor and honesty
- Impact of interpersonal relations on co-operation
- Significance of Interpersonal relationship in family and Society

#### **Unit-4          A) Creativity**

- Creativity: Definition and Nature
- Types of Creativity
- Creative ability in constructive work
- Importance of creativity in social development

#### **B) Critical Thinking**

- Concept of Critical thinking and its Nature
- Types of critical Thinking
- Importance of Critical Thinking
- Significance of Critical Thinking in Family & Socio-cultural setup

#### **Unit-5          A) Emotional Adjustment**

- Emotions: Definition and perspective
- Types of Emotions
- Management of Emotions
- Impact of Emotions on behavior

#### **B) Stress Management**

- Stress: Definition and Nature
- Types of Stress and Views
- Causes and Impact of stress
- Stress Management

### **ELIGIBILITY**

Admitted to any undergraduate programme in the college affiliated to Sant Gadge Baba Amravati University.

### **MEDIUM OF INSTRUCTIONS**

English, Marathi & Hindi

### **EXAMINATION PATTERN**

<b>A. Submission of Assignment</b>
<b>B. Seminar/Mini Project/Field Visit/ Field Work</b>
<b>C. Practical Exam</b>
<b>D. Grading System</b> (As per annexure A)

### **FEES STRUCTURE**

As per University Norms.

## TEACHING FACULTY

- Faculty of affiliated colleges of Sant Gadge Baba Amravati University having good communication and soft skills knowledge/ Qualified faculty certified by other soft skills or personality development training agencies
- The preference should be given to the faculty trained & certified under HRDC, Sant Gadge Baba Amravati University.

## COURSE OUTCOMES:

- 1) To cultivate and develop valuable life skills to deal effectively with life's problems.
- 2) Respecting the interconnectedness of human life with understanding.
- 3) To foster social and cultural values while fostering interpersonal relationships.

## SALIENT FEATURES:

- Development of mental and intellectual abilities.
- Development of basic skills for holistic development of personality.
- Development of thinking skills, ability to regulate emotions apart from book education.
- Strive to acquire various life skills for healthy morale.
- Strive to increase creativity, originality, logical thinking ability.
- Developing social, family and professional skills.

## COLLABORATIVE AGENCIES

1. Ayush Mantralaya
2. NGO working in the field of personality development
3. NSDC
4. Local management associations & Private Companies.

### Annexure A

Grade	Description	Range of Marks obtained out of 100 or equivalent fraction	Grade point
O	Outstanding	90-100	10
A+	Excellent	80-89	9
A	Very Good	70-79	8
B+	Good	60-69	7
B	Above average	55-59	6
C	Average	50-54	5
P	Pass	40-49	4
F	Fail	Below 40	0
Ab	Absent	Ab	0