



Shri Sangameshwar Education Society's
Sangameshwar College, Solapur [Autonomous]
(Affiliated to Punyashlok Ahilyadevi Holkar Solapur University, Solapur)
Kannada Linguistic Minority Institute
NAAC Accredited with 'A' Grade (III Cycle CGPA 3.39)

CERTIFICATE COURSE IN LIFE SKILL DEVELOPMENT

PREAMBLE

Today competitive world any subject knowledge enrichment has given high priority than life skills. Life skills are our abilities for adaptive and positive behavior which enable everybody with demand challenges of everyday life. It play important role children and Participant promote physical mental and social health. There for it is an ability to develop specific strategies with stressor pressure of life

OBJECTIVES

1. To inform Participant various basic life skills in everyday life.
2. To learn and enhance component of life skills related Daily life activities.
3. To trend the Participant build new network strategies enhancing life skills.

COURSE OUTCOME:

1. Learn to the basic life skills everyday life.
2. Able to enhance component of life skills related Daily life activities.
3. Participant Utilize to new network strategies enhancing life skills,
4. Utilize Participant their potential to the fullest expectation

ELIGIBILITY:

XII passed any stream.

COURSE CONTENTS:

Module 1: Self Understanding Skills

- A) Self-Esteem: Understanding Self, Concept of Self, Negative or Positive Self esteem
Developing Positive self esteem.
- B) Motivation- Nature, Type, Factors Affecting on motivation Enhancing Intrinsic
Motivation.
- C) Self-Management Skills, Social Competency.
- D) Values & Ethics: Values, Ethics, Work Ethics, Character building, Sexual harassment
Developing Good Manners & Etiquettes.

Module 2: Cognitive Skills

- A) Communication: Nature, Importance, Definition, Models, Determinants. Types, Styles.
- B) Thinking: Proactive Thinking-Being Proactive, Effecting Thought Pattern. Put First Think
First, Think Win/Win. Positive Thinking: Nature & Significance Correlates of Positive
Thinking, Effects of Positive Thinking Enhancing the power of Positive Thoughts

C) Assertiveness: Types of Behavior, Nature of assertiveness, types of assertiveness, assumptions & Rights, Interpersonal communication, skill in assertiveness, Characteristics in assertiveness Strategies to become assertive.

Module3: Coping Skills

A) Emotion: Nature of Emotions, Biology & Emotions, Functions of Emotional Expression, Gender & Emotion, Emotional abuse, Strategies to Control Emotions. Emotional competence.Strategies to Enhance Control Emotional Intelligence.

B) Love, Happiness, Fear & Anger: Nature & Type of attachment, Nature, Types & Models of Love. Nature, Correlates, consequences of Happiness. Nature, causes Types, consequence of Anger, Expression of Anger. Nature, causes & consequences of Fear Anger Management.

C) Stress: Nature, GAS .Types& causes of Stressor, Effects & Indicator, Correlates of Stress Management of Stress.

Module 4: Social (Relational) Skills

A) Empathy: Nature, Types of Empathy, correlates & other relevant concepts of empathy Enhancing Empathy.

B) Friendship: Nature, Developments, Types, Correlates & Benefits of Friendship.

C) Interpersonal Relationship: Transactional Analysis, Basic Concept, Types, Related Issues, Scripts, Stroke & Injections, Games. Nature, Types (Formal & Informal) Factors Affecting, Barriers, Conflict Management of Interpersonal Relationship. Strategies for maintaining good Interpersonal Relations.

REFERENCE BOOKS:

- Debra McGregor, (2007) Developing Thinking: Developing Learning - A guide to thinking skills in education, Open University Press, New York, USA
- Nair V. Rajasenan, (2010). Life Skills, Personality and Leadership, Rajiv Gandhi National Institute of Youth Development, Tamil Nadu.
- Nair. A. Radhakrishnan et al. (2010). Life Skills Assessment Scale, Rajiv Gandhi National Institute of Youth Development, Tamil Nadu.
- Prakash B. (Ed). (2003). Adolescence and life skills Common Wealth Youth Program, Asian Center, Common wealth Secretariat. New Delhi: Tata McGraw Hill.
- Nair. A. Radhakrishnan, (2010). Life Skills Training for Positive Behaviour, Rajiv Gandhi National Institute of Youth Development, Tamil Nadu. RGNIYD. (2008). Facilitators Manual on Enhancing Life Skills. Tamil Nadu.
- Shekharan Psycho Social perspective of Life Skills
- National Psychological Corporation 2019-2020. Catalogue,UG-1 NirmallHeights, Agra.
- APRC 2019-2020, Catalouge, Tiwarikothi, Belanganj, Agru.