

Semester-IV

Service course

- Every college/ Dept. can develop their own service course this is only for example

Life Skill Education

Credits-4 (60 Hours)
Contact Hour per week-5
Examination Duration: 3 Hours

Maximum Marks -100
Theory marks-80
Internals-20

Objectives

To enable the students to:-

1. Know about life skills & its importance in today's age.
2. Develop and maintain Interpersonal relationship.
3. Manage emotions & stress.
4. Take decisions effectively.
5. Manage individual Health management.

Part – II Internal Assessment -20 Marks

1. Project= 10 Marks.
2. Assignment =10 Marks.

Unit – I Meaning, Nature and Importance of Life Skills

- a) Meaning & Nature of Life skills
- b) 10 Life skills According to WHO
- c) Importance of Life skills

Unit –II Interpersonal Relationships & Decision Making

- a) Relationship with family, Peers, Teachers
- b) Resolving conflicts
- c) Decision making – factors affected on decision

Unit –III Management of emotions & stress

- a) Managing emotions and stress
- b) Use of yogic practices For controlling emotions and stress
- c) Types and Advantages of Pranayama

Unit – IV Health Management

- a) Health –Good & Bad Habits
- b) Types of PraKrut
- c) Ahara (Food yoga)
- d) Practices & importance of Asanas

Practical Work: - any one of the following

1. Make Balance Ahara chart with scientific base according to Health management and compare with your own food and habits.
2. Write a short project report on one successful personality about developing Healthy Relationship.
3. Make a list of things in your own life which are creating stress & get feedback from others how to solve these problems.

REFERENCES:

1. Life skill Education & CCE Central Board of Secondary Education preet vihar, New Delhi.
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३. आंबेकर, अ. (२०१४), जीवनमूल्याधिष्ठित व्यक्तीमत्व-काळाची गरज, नागपूर: श्री रेणूका प्रकाशन.
४. जाधव, र. आणि गायकवाड, गौ. (२०१५), शिक्षणातील आधुनिक विचारप्रवाह, औरंगाबाद : कैलास प्रकाशन..