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To grow into well-functioning adults, it is critical that youth learn key life skills. Life skills include critical and creative thinking, decision-making, effective communication, as well as skills for developing healthy relationships and a positive self-concepts. Life skills help people make responsible and informed choices and can promote healthy lifestyles as well as career skills. According to WHO, life skills may be defined as "abilities for adaptive and positive behavior, that enable individuals to deal effectively with the demands and challenges of everyday life... Every institute should enable students and other stakeholders at all levels to learn critical health and life skills.

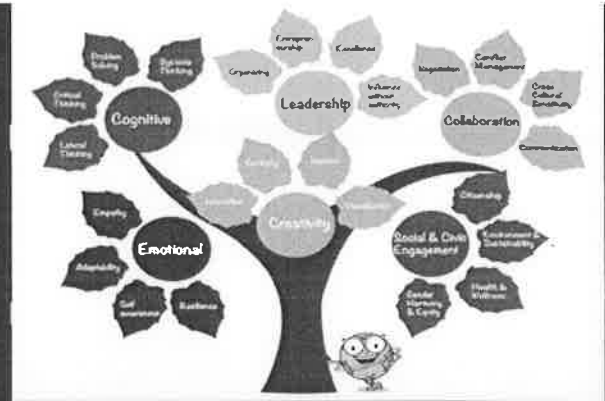


**Contact Us**

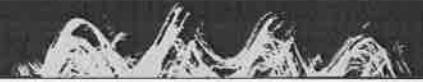
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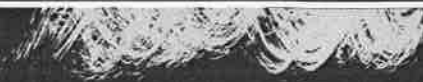
**Life Skills and Behavioral Skills  
(Value Added course)**



**Internal Quality Assurance Cell  
Initiative**

(Course designed for Bachelor of Vocation program)

**Deen Dayal Upadhyay KAUSHAL Kendra**



**January 17-20, 2018**

## Course Contents

<b>Cognitive Competencies:</b> <ul style="list-style-type: none"> <li>Cognitive Processes</li> <li>Knowledge</li> <li>Creativity and Innovation</li> </ul>	<b>Decision-making</b> <ul style="list-style-type: none"> <li>Problem-solving</li> <li>Creative thinking</li> <li>Critical thinking</li> <li>Communication</li> </ul>	<b>Self-awareness:</b> <ul style="list-style-type: none"> <li>accurately assessing one's feelings, interests, values and strengths</li> <li>Self-management: regulating one's emotions to handle stress, and controlling impulses</li> <li>Social awareness: being able to take the perspective of and empathize with others</li> <li>Relationship skills: establishing and maintaining healthy and rewarding relationships, resisting inappropriate social pressure, resolving conflict</li> <li>Responsible decision-making: Making decisions, respect for others, applying decision-making skills to academic and social situations</li> </ul>	<b>Curiosity</b> <ul style="list-style-type: none"> <li>Gratitude</li> <li>Zest</li> <li>Optimism</li> <li>Social Intelligence</li> <li>Self-Control</li> <li>Grit</li> </ul>	<b>Learning Skills:</b> <ul style="list-style-type: none"> <li>Critical Thinking</li> <li>Creative Thinking</li> <li>Collaborating</li> <li>Communicating</li> </ul> <b>Literacy Skills:</b> <ul style="list-style-type: none"> <li>Information Literacy</li> <li>Media Literacy</li> <li>Technology Literacy</li> </ul> <b>Life Skills:</b> <ul style="list-style-type: none"> <li>Flexibility</li> <li>Initiative</li> <li>Social Skills</li> <li>Productivity</li> <li>Leadership</li> </ul>
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## Salient Features



Personal Grooming



Group Activities



Reasoning & Analytical tasks



Corporate Level Trainers

