



Dr. Babasaheb Ambedkar Marathwada University,
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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

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



Personal Grooming



Group Activities



Reasoning & Analytical tasks



Corporate Level Trainers