Course Title: Enabling Growth

Duration: 16 hours
Level: Second year
Delivery Mode: Interactive lectures, group discussion, reflection-based activities, and film-based learning.

Course Objectives:

- Master the skill of giving and receiving compliments gracefully.
- Cultivate effective communication techniques for strong relationships.
- Acquire strategies for managing stress, anger, and frustration constructively.
- Enhance collaboration abilities through team-building exercises.
- Reflect on and learn from past errors to foster growth.

Syllabus Outline (16 hrs)
Module 1: The Art of giving and receiving compliments (3 hours)

- What do you understand by compliments?
- How does one give and receive compliments gracefully?
- Group discussion: Practice the art of giving and receiving compliments.

Module 2: Cultivating Effective Communication Techniques for Strong Relationships (3 hours)

- What constitutes effective communication skills?
- Do's and Don'ts of effective communication?
- How does effective communication help building stronger relationships?
- Activity: Role play on Communication techniques.

Module 3: Acquiring strategies to manage stress, frustration and anger (4 hours)

- What is stress? What are the types of stressor? How does stress affect the body and mind? How does one cope with stress?
- What is frustration? What are the reasons for frustration? How does one manage frustration?

- What is anger? What causes anger? How does one calm down during anger?
- Activity: Creating calm and peaceful mind.

Module 4: Enhance collaboration abilities through team-building exercises (3 hours)

- What is a team?
- How does one collaborate in a team?
- The 7 C's of team building.
- Activity: Team building exercises.

Module 5: Learning From Mistakes (3 hours)

- What constitutes learning from mistakes?
- Why is learning from mistakes of significant importance?
- In what ways do mistakes facilitate personal transformation?
- Activity: Group discussion on reflective learning and its role in growth.