

## **Course Title: Life Skills**

**Duration:** 16 hours

**Level:** Third Year

**Delivery Mode:** Interactive lectures, group discussion, reflection-based activities, and film-based learning.

## **Course Objectives:**

- Comprehend the principles of enduring relationships.
- Recognize the significance of compatibility, fidelity, mutual connection, adjustment, work-life balance, and family planning within marriage.
- Acquire appropriate parenting techniques.
- Cultivate essential attitudes, mindset, professional ethics, commitment, perseverance, and a drive for growth in the professional environment.
- Gain necessary skills for effective disaster management.
- Understand the process of healing from pain, hurt and trauma.

## **Syllabus Outline (16 hrs)**

### **Module 1: Sustaining Relationships (4 hours)**

- What are the fundamental principles for a lasting relationship?
- How can relationships be sustained over time?
- What role does fidelity play in maintaining marital bonds
- What is compatibility and how does it influence a relationship?
- How significant is a mutual connection in marriage?
- How does one adapt within a marriage, and is such adjustment essential?
- What strategies can be employed to balance family life and work?
- Discuss family planning and its importance in the context of marriage.
- Activity: Short film on successful married life.

### **Module 2: Effective Parenting (3 hours)**

- What is effective parenting?
- What are the do's and don'ts in effective parenting?
- What are the advantages of effective parenting?
- How does parenting shape a child's entire life?
- Activity: Group discussion on parent- child relationship.

## **Module 3: Professional Development ( 3 hours)**

- What is the right attitude in the workplace?
- What is the correct mindset for a career?
- What are professional ethics? How do professional ethics affect professional growth?
- What is perseverance? Why is it important in your profession?
- What drives growth and success in a career?
- Activity: Ted Talk on Professional growth and success.

## **Module 4: Disaster Management ( 3 hours )**

- What is a disaster? Why do you need to be prepared for a disaster?
- What is disaster management?
- What are the 4 types of disaster management?
- Activity: Create a disaster management kit.

## **Module 5: Healing (3 hours )**

- Define Healing: What is its fundamental meaning?
- How do experiences of pain, hurt, and trauma manifest in our physical and mental well-being?
- What are the pathways and practices for self-healing?
- In what ways does the process of healing contribute to personal growth?
- Activity: Engage in a relaxation exercise.