

Course-Code EDFC – 143
SEMESTER- I
Life Skills

Objectives:

1. understand life skills and its types
2. understand the importance of life skills and quality life
3. develop life skills
4. prepare tasks to teach life skills

Unit -I Introduction to Life Skills

- Life Skills : Concept and Need
- Indian view of life skills

Unit-II Types of life Skills

- Types of life Skills and its importance: Overview of Soft skills for quality life
- Life skills as proposed and defined by WHO (1990)
- Human values and life skills

Unit -III Core Life Skills

- Communication Skills and empathy
- Decision making Skills
- Problem Solving Skills and Thinking skills

Unit-IV Practicum

- Preparing classroom tasks for teaching life skills: 10 tasks
- Presentation of tasks
- Identifying and Analyzing core life skills from textbooks of Std. VI to XII.