

**Course-Code EDFC – 243**  
**SEMESTER- II**  
**Life Skills**

**Unit-I Understanding life Skills for adolescent students**

- Life Skills for adolescent students : Concept , need and importance
- Teaching life skills to adolescent students: techniques and activities
- Planning activities to teach life skills: Practical work

**Unit-II Life skills related to Various Subjects**

\* Languages \* Mathematics \* Social Sciences \*Co-relation between health education & life skills

**Unit-III Practices for developing life-skills**

- Formal and informal methods to develop life skills.
- Curriculum planning & designing syllabus for life skills.
- Integrating Philo-socio-psycho-eco and health development practices
- Research in Life skill development

**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.

**References:**

1. +वनकौशल (शिक्षक मार्गदर्शिका) (२००६) गांधीनगर, +सीईआरटी प्रकाशन.
2. Nussbaum, Martha & Sen, Amartya, (1996). The Quality of life Oxford, Clarendon Press.
3. Frankl, Viktor (1959), Mans's search for Meaning. London Random House.
4. [www.unicef.org/life-skills](http://www.unicef.org/life-skills)
5. [www.smilefoundationindia.org](http://www.smilefoundationindia.org)
6. रावव सी.वी.(२००१). पारिभाषिक क्लेश-त वज्ञान. अमदावाद युनिवर्सिटी ग्रंथ निर्माणा भोर्ड.