

CERTIFICATE COURSE IN LIFE SKILLS EDUCATION

Duration	6 months
Course Description	This course is designed to cater to participants from multidisciplinary areas like education, health, counselling, corporate sector, heads of different institutes, women development organizations, social work activists, NGOs, parents, students of higher education and policy makers. The course covers various elements of Life Skills Education (LSE) process, including fundamentals of LSE, scope of LSE, theoretical foundations of LSE, different types of Life skills and its relation to media, health and education professionals, parents and other members of society in practicing skills for better living.
Eligibility: *Appendix-3	Bachelor's degree from any recognized Indian or Foreign University. OR Completed Degree in Teacher Education from any State. The course is open to all working /non-working participants.
Objective of the Program: *Appendix-1	<ol style="list-style-type: none"> 1. Develop understanding into the fundamentals of life skills. 2. Experience self-awareness and develops ways to face demands and challenges of life. 3. Examine the theoretical and application-based perspective of life skills education. 4. Develop competencies to classify different types of life skills. 5. Develop understanding into techniques of education of life skills. 6. Explore ways of practicing life skills education. 7. Examine the multidisciplinary impact of life skills education. 8. Develop competencies to understand and handle issues of adolescent and youth. 9. Gain skills to train people for crisis management, empowerment of women and corporate issues.
Program Outcome: *Appendix-2	The certificate course in Life Skills Education prepares the candidate for rendering services in educational organizations, NGOs. Training Departments of large organizations, Government and Corporate Sectors.
Course Structure	<p>THEORY: Course I: FUNDAMENTALS OF LIFE SKILLS EDUCATION Course II: CORE LIFE SKILLS AND LIFE SKILLS TRAINING</p> <p>PRACTICUM: Subject specific Work to be selflessly assessed by the concerned teacher: Extension / Field / Experimental work/ Open book tests / Written Assignments / Case study / Action Research Project / Posters / Class presentations etc. for which marks will be given by the concerned teacher.</p> <p>SCHEME OF EXAMINATION: Total Marks 100 Internal Assessment for each Course: 80 Marks (40 Marks per paper) External Assessment for each Course: 120 Marks (60 marks each paper)</p>
Seats Allotted:	30 students per batch

Medium of Instruction	Gujarati, Hindi & English			
Course Syllabus: *Appendix-4		Hour		
		Theory	Practical	Total
MODULE -1	INTRODUCTION TO LIFE SKILL EDUCATION Unit 1: Concept of Life Skills: a) Concept of Life Skills. b) Life Skills, Survival Skills and Livelihood Skills. c) Models of life Skills. (WHO Model, 4 H Targeting Life Skills Model) Unit 2: Conceptual Framework of Life Skills: a) UN Inter-Agency Meeting, Hamburg Declaration b) Quality Education and Life Skills: Dakar Framework c) Life Skills through the Capability Approach. Unit 3: Theoretical Foundations of Life Skills: a) Theories of Self (Looking Glass Self, Self Determination Theory) b) Theories of Emotions and coping (Psychological Stress-Lazarus, Broaden and build theory of emotions- Fredrickson) c) Theory of Risk and Resilience (Masten, Luther, Becker)	2	-	2
MODULE -2	DEVELOPMENT OF THE LIFE SKILLS EDUCATION Unit 4: Conceptual background of Life Skills Education: a) Pillars of Education -Learning to Know, Learning to Do. b) Pillars of Education -Learning to Live Together, Learning to Be. c) Concept of Life Skills Education, Intervention models for Life Skill Education. Unit 5: Application of Life Skills Education a) Life Skills Education for Well-being b) Life Skills Education for Peace and Civic Engagement. c) Life Skills Education for Disaster Management. Unit 6: Life Skills Education- Perspectives and Challenges a) Life Skills Education in contemporary India. b) Life Skills Education for Adolescents & Parenting. c) Opportunities and challenges in application of Life Skills Education.	2	-	2

MODULE-3	INTERNAL ASSESSMENT One Assignment (10 Marks) Fieldwork (20 Marks) Seminar (10 Marks)	-	2	2
MODULE-4	Core Life Skills Unit 1: Skills of Self-Management and Empathy a) Self Awareness (Self Concept, Self Esteem, Self-Image, Techniques for enhancing Self Awareness) and Empathy (Meaning and techniques to enhance empathy) b) Coping with emotions (Meaning of emotions, expressing emotions, coping with negative emotions, Cultivating positive emotions) c) Coping with stress (Types of stress, signs and symptoms, strategies to manage stress) Unit 2: Social skills a) Communication skills (Types of communication, Styles of Communication, Barriers in communication, strategies for effective communication) b) Interpersonal Skills (Stages of development, Determinants, Maintaining, sustaining and ending a relationship, conflict resolution). c) Negotiation and Refusal skills (Stages of negotiation, Enhancing negotiation skills, refusal skills) Unit 3: Thinking Skill a) Creative thinking (Process and Strategies for enhancing Creative thinking), Critical thinking (Process and Strategies for enhancing Critical thinking) b) Problem Solving (Stages of problem solving, Models of problem solving, enhancing problem solving skills) c) Decision making (Process, Barriers, Techniques, Decision making in a group)	2	-	2
MODULE-4	Life Skills Training Unit 4: Life Skills Training Program: Design and Execution a) Training Need Analysis b) Designing Life Skills Training Program c) Conducting Life Skills Training (Facilitation Skills- Building and Maintaining Rapport, Active Listening, Questioning Skills, Engaging Participants, Handling Challenges, Time Management) Unit 5: Methods of Life Skills Training and Evaluation a) Approaches of Life Skills Training (Preventive Approach, Competency Based Approach, Issue Based Approach) b) Methods for Life Skills Training (Group discussion, Debates, Role Play, Storytelling, Situation Analysis, Case Studies, Community Service c) Evaluation (Surveys, Questionnaires, Checklist and Focus group discussions) and Reporting (Writing a Report, Framework, Executive Summary) of Life Skills	2	-	2

	Training Unit 6: Life Skills Training in Contemporary times a) Media and Life Skills Development (Influence of Media in Life Skill Development, Use of social media for Life Skill Development) b) Life skills for Social Inclusion, Women Empowerment. c) Life Skills for Corporate Sector (Crisis Intervention, Team Building)			
MODULE-4	INTERNAL ASSESSMENT One Assignment (10 Marks) Fieldwork (20 Marks) Seminar (10 Marks)	-	2	2