Course Module SYLLABI

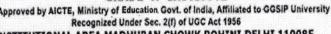
For

Value Added Course Certificate Course in Life Skills and Personality Development

Offered by Department of Journalism and Mass Communication







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Course Module Value Added Program Course Module Structure

S. No.	Contents Deliverance	Learning Outcomes
1	Introduction to Life Skills	Students will gain an
	(5hrs)	understanding of the
		fundamental life skills
		necessary for personal and
		professional success,
	Test.	including thinking, social,
	Alexander and the same of the	and emotional skills.
2	Self-Awareness and Personal Development	Students will develop a
	(5hrs)	deeper understanding of
9		themselves, enhance self-
	3	esteem, and learn technique
		for personal growth and go
		setting.
3	Communication Skills	Students will acquire
	(5hrs)	effective verbal and writter
		communication techniques
		to enhance interpersonal
	3.	interactions and profession
		presentations.
4	Interpersonal Skills	Students will develop the
	(5hrs)	ability to build positive
		relationships, collaborate
	*	effectively in teams, and
	S All	resolve conflicts
	i i	constructively.
5	Emotional Intelligence	Students will learn to
	(5hrs)	recognize and manage their
		emotions, develop empathy
	- A	and effectively handle
		interpersonal relationships.
6	Critical Thinking and Problem Solving	Students will enhance their
	(5hrs)	ability to analyze
	(Cinc)	information, think
	9.500	creatively, and apply
		effective problem-solving
		strategies in various
		contexts.

Evaluation Pattern: On the basis of Quiz test, Class Presentation followed by Viva Voce

Total Duration required: 30 Hours

References:

- World Health Organization (WHO). (1997). Life Skills Education in Schools. Available at: WHO Life Skills Document
- 2. Covey, S. R. (1989). The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change. Simon & Schuster.
- 3. Rogers, C. R. (1961). On Becoming a Person: A Therapist's View of Psychotherapy. Houghton Mifflin Harcourt.
- 4. Patterson, K., Grenny, J., McMillan, R., & Switzler, A. (2011). *Crucial Conversations: Tools for Talking When Stakes Are High*. McGraw-Hill Education.
- 5. Salovey, P., & Mayer, J. D. (1990). *Emotional Intelligence*. Imagination, Cognition and Personality, 9(3), 185-211.
- 6. Paul, R., & Elder, L. (2014). Critical Thinking: Tools for Taking Charge of Your Professional and Personal Life. Pearson.