



Indraprastha College for Women University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	SEC
Paper Title:	LIFE SKILL EDUCATION
Unique Paper Code:	
Semester:	V
Faculty:	DR PRAVEEN DHANDA
Year:	2026

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
1	Life Skills Introduction Unit Description: To introduce students to the basic concepts of life skill management.	I-III	● Basic Life Skills: Concept, Components and Significance ● Life Skills Development: National Perspective ● Universal Human Values – Love, Compassion, Truth, Non-violence, Peace, Gratitude,

2	Basic Life Skills Unit Description: To learn the set of essential life skills that can lead to high employability and good work culture.	IV-VII	● Team Work Skills: Social Etiquettes, Democratic Decision, and Collaboration ● Innovative Leadership: Initiative taking, Time Management, Capacity building, Life Coaching ● Career Building Skills: Exploring Career Opportunities, Mentoring, Resume Preparation, facing Interview & Group Discussion, Presentation Skills, Creating social media profile
3	Significant Life skills and Techniques Unit Description: To understand potential changes that can be brought about by employing essential life skills	VIII-XI	Developing Strategies for enhancing Life Skills ● Life Skills (Cognitive based): Critical Thinking, Knowledge construction, Evaluating reasoning, Solution Focused Thinking, ● Life Skills (Behavioural Based): Ethics, Integrity, Problem Solving, Decision making
4	Application of life skills in Field Work Unit Description: To learn the application of essential life skills in diverse settings through case studies about interventions	XII-XV	Developing specific life skills intervention plan for ● Stress Management and Coping strategies ● Simulation exercises: Brainstorming, Role plays for Team building ● Case Management

Unit	Contents/Syllabus
I	AS ABOVE

II	
III	
S. No.	Name of Authors/Books/Publishers
1.	AS PER SYLLABUS/READINGS
2.	
3.	
4.	

	Paper Components		
Credits	Lecture (L)	Tutorial (T)	Practical (P)
2	1		1
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment - Assignment - Class Test - Attendance		
2.	Continuous Assessment (Tutorial) - Activity 1 - Activity 2		

	Activity 2		
3.	Practical - Continuous Assessment - End Term Written/ Practical Exam - Viva		
4.	End Semester Examination		