



Indraprastha College for Women

University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	B. A. (Hons.) and B.A. (Programme)
Paper Title:	Like Skill Education
Unique Paper Code:	2336000002
Semester:	1
Faculty(s):	Swaha Swetambara Das
Year:	August - November 2026

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
I	Life Skills Introduction: To introduce students to the basic concepts of life skill management.	1	.Basic Life Skills: Concept, Components and Significance
		2	Life Skills Development: National Perspective
		3	Universal Human Values – Love, Compassion, Truth, Non-violence, Peace, Gratitude, Patience and Tolerance
		4	Universal Human Values – Love, Compassion, Truth, Non-violence, Peace, Gratitude, Patience and Tolerance
		5	Universal Human Values – Love, Compassion, Truth, Non-violence, Peace, Gratitude, Patience and Tolerance
II	Basic Life Skills: To learn the set of essential life skills that can lead to high employability and good work culture.	6	Team Work Skills: Social Etiquettes, Democratic Decision, and Collaboration
		7	Team Work Skills: Social Etiquettes, Democratic Decision, and Collaboration
		8	Innovative Leadership: Initiative taking, Time Management, Capacity building, Life Coaching
		9	Innovative Leadership: Initiative taking, Time

			Management, Capacity building, Life Coaching
		10	Career Building Skills: Exploring Career Opportunities, Mentoring, Resume Preparation, facing Interview & Group Discussion, Presentation Skills, Creating social media profile
III	Significant Life skills and Techniques: To understand potential changes that can be brought about by employing essential life skills	11	Developing Strategies for enhancing Life Skills
		12	Life Skills (Cognitive based): Critical Thinking, Knowledge construction, Evaluating reasoning, Solution Focused Thinking,
		13	Life Skills (Behavioural Based): Ethics, Integrity, Problem Solving, Decision making
IV	Application of life skills in Field Work: To learn the application of essential life skills in diverse settings through case studies about interventions	14	Developing specific life skills intervention plan for Stress Management and Coping strategies
		15	Developing specific life skills intervention plan for Simulation exercises: Brainstorming, Role plays for Team building
		16	Developing specific life skills intervention plan for Case Management

Unit	Contents/Syllabus
1.	Bandyopadhyay and Subrahmanian (2008), Gender Equity in Education: A Review of Trends and Factors • Brinkman, F. J. (2016). Environment, Religion and Culture in the Context of the 2030 Agenda for Sustainable Development, (April).
2.	• Brown, T. (2012). Change by Design. Harper Business • Care, E., Kim, H., Anderson, K., & Gustafsson-Wright, E. (2017). Skills for a Changing World: National
3.	Census of India. (2011), Registrar General of India • Clarke, D., Bundy, D., Lee, S., Maier, C., McKee, N., Becker, A., Paris, F. (n.d.). Skills for Health Skills-based health education including life skills: An important component of a ChildFriendly/Health-
4.	Dewan S, Sarkar U (2017) From education to employability: Preparing South Asian Youth for the world of work, UNICEF ROSA • International Youth Foundation. (2014). Strengthening life skills for youth : A practical guide to quality programming

Paper Components			
Credits	Lecture (L)	Tutorial (T)	Practical (P)
2	1	0	1
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment - Assignment/Quiz/Project/Presentation - Class Test - Attendance		10
		4	
		4	
		2	
2.	Continuous Assessment (Tutorial) - Activity 1 - Activity 2 - Attendance		
3.	Practical - Continuous Assessment - End Term Written/Practical Exam - Viva		40
		40	
4.	End Semester Examination		30