



Indraprastha College for Women

University of Delhi

Work Plan for ODD SEMESTER – 2025

Course Name:	B.A. (H)
Paper Title:	SEC: Life Skill education- Lecture
Unique Paper Code:	2416000003
Semester:	I
Faculty(s):	Sanjay
Year:	July 2025

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
1.	Life skill introduction	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
2.	Basic Life Skills	4	Team Work Skills: Social Etiquettes. Democratic Decision. And Collaboration
		5	Innovative Leadership: Initiative taking. Time Management, Capacity building, Life Coaching
		6	Career Building Skills: Exploring Career Opportunities, Mentoring, Resume Preparation
		7	Career building skills: facing Interview, Group Discussion. Presentation Skills. Creating social media profile
3.	Significant Life skills and Techniques Application of life skills in Field Work	8	Developing Strategies for enhancing Life Skills
		9	Life Skills (Cognitive based): Critical Thinking, Knowledge, Evaluating reasoning, Solution Focused Thinking,
		10	Life Skills (Behavioural

			Based): Ethics. Integrity.
4.		11	Stress Management and Coping strategies
		12	Simulation exercises: Brainstorming
		13	Role plays for Team building
		14	Case Management
		15	Revision

Unit	Contents/Syllabus
I	Life skill introduction: Basic Life Skills: Concept, Components and Significance Life Skills Development: National Perspective Universal Human Values - Love. Compassion. Truth. Non violence, Peace. gratitude, Patience and Tolerance
II	Basic life skills: 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
III	Significant life skills and techniques: Developing Strategies for enhancing Life Skills Life Skills (Cognitive based): Critical Thinking, Knowledge DEvaluating reasoning, Solution Focused Thinking, Life Skills (Behavioural Based): Ethics. Integrity. Problem Solving Decision making
IV	Applications of life skills in field work: Stress Management and Coping strategies Simulation exercises: Brainstorming, Role plays for Team building Case Management
S. No.	Name of Authors/Books/Publishers
1.	Bandyopadhyay and Subrahmanian (2008). Gender Equity in Education: A Review of Trends and Factors
2.	Life skill education in twenty first century
3.	International Youth Foundation. (2014). Strengthening life skills for youth: A practical guide to quality programming
4.	Brinkman, F. J. (2016). Environment, Religion and Culture in the Context of the 2030 Agenda for Sustainable Development, (April).

Paper Components			
Credits	Lecture (L)	Tutorial (T)	Practical (P)
	1		1
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment <ul style="list-style-type: none"> • Assignment/Quiz/Project/Presentation • Class Test • Attendance 		10
2.	Continuous Assessment (Tutorial) <ul style="list-style-type: none"> • Activity 1 • Activity 2 • Attendance 		
3.	Practical <ul style="list-style-type: none"> • Continuous Assessment • End Term Written/Practical Exam • Viva 		40
4.	End Semester Examination		30