

## **PHE2001- LIFE SKILLS TRAINING**

**Semester: II**

**Credit: 1**

**Category: FC**

**Number of Hours: 30**

### **Course Outline**

This programme enables learners to develop self-consciousness, emotional, spiritual, social wellness and environmental consciousness which prepare them for life.

### **Objectives**

1. To make learners aware of the physical and mental wellbeing
2. To help learners to understand the interconnectedness among thoughts, feelings and behavior
3. To facilitate learners to imbibe the spiritual values
4. To enhance learners' knowledge for personal and professional excellence
5. To care for the common Home and to achieve Sustainable Development Goals (SDG)

### **Course Outcome**

The learners will be able to:

1. Know oneself better (Physical and Intellectual wellness)
2. Become emotionally matured and socially committed
3. Become aware of a Power understood or experienced beyond them
4. Practice personal and professional ethics
5. Adapt community oriented sustainable lifestyle

### **Syllabus**

**Unit 1:A) PhysicalWellness:** Myths, misconceptions and facts on Physical Health – Lifestyle Challenges: Loneliness, Stress, Habitual Patterns- Health& Hygiene

**B) Intellectual Wellness:** Art of Questioning and Reasoning- Schooling the mind - Sharpening the intellect

**Unit 2: Emotional and Social Wellness:** Coping Skills, Life and Social Issues (Love, Sex, Marriage) - Rights Perspectives - Cognitive Behavior Therapy –Learning and Behavioral changes - Win-Win Strategy - Interpersonal Relationship – Transactional Analysis

**Unit 3: Spiritual Wellness:** Human Existence, Limitations, Fate and Destiny: Experience of God - Freedom of Consciousness - Rise of Fundamentalism, Interfaith Dialogue, Secular Spirituality

**Unit 4: Professional Wellness:** Communication – Group Dynamics: Managing Group Conflict - Building Trust - Leadership Effectiveness – Non-positional Leadership – Ethics

**Unit 5: Environmental Consciousness (Wellness):** Environmental Ethics (SDG)– Climate Change– International Summits and Conventions - GLOCAL Issues with Case Studies and Climate Activism

### **Evaluation Pattern**

Outside Class Contact hours: 30

**Internal:** Marks – 50; Credit – 1

1. End Test : 30 marks
2. Mini Project : 15 marks
3. Viva Voce : 5 marks

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### **Books for Reference:**

Development of Life Skills and Professional Practice. Verma, S. Vikas Publishing House Pvt. Ltd. (2014).

Life Skills 101: A Practical Guide to Leaving Home and Living on Your Own. Tina Pestalozzi, Stonewood Publications, 2011. 5<sup>th</sup> Edition

Life Skills: 8 Simple Ways to build Stronger Relationships, Communicate more clearly, and Improve your Health. Williams, R., & Williams, V., Harmony. (2010).

Reaching Your Potential: Personal and Professional Development. Throop, R. K., & Castellucci, M. B. Cengage Learning. (2010).

Personal Development for Life and Work. Masters, A., & Wallace, H. R. Cengage Learning. (2010).

The Leadership Experience. Daft, R. L., & Lane, P. G. South-Western Cengage Learning. (2011).

## **Unit- 1**

A Healthier Me: A Spiritual and Physical Wellness Journey. Connie Summers (2019)

Intellectual Well-Being Workbook, John J, Liptak, Ed.D. Ester R. A. Leutenberg. Whole Person Associates; Workbook edition (1 July 2014)

The Active Brain: A Vision for Intellectual Wellness, NelunikaGunawardenaRajapakse. Create Space Independent Publishing Platform; Original edition (August 3, 2013) Book 2, Vol. 1

## **Unit- 2**

Cognitive Behavior Therapy. Second Edition: Basics and Beyond. Beck, J. S., & Beck, A. T. Guilford Publication, New York.(2011).

Doing CBT: A comprehensive guide to working with behaviors, thoughts, and emotions. Tolin, D. F. Guilford Publications (2016).

A therapist's guide to brief Cognitive Behavioral Therapy.Cully, J. A., &Teten, A. L. Houston: Department of Veterans Affairs South Central MIRECC. (2008).

CBT Strategies for Anxious and Depressed Children and Adolescents. Bunge, E.L., Mandil, J., Consoli, A.J., Gomar, M. The Guildford Press: New York (2017)

Restrain your brain: Cognitive Behavioural Therapy in 7 Weeks: A Workbook for Managing Depression and Anxiety. Gillihan, S.J. Althea Press: Dunedin, New Zealand (2016)

SOCIAL WELL BEING, Patricia Harrison., Pamela May. Folens Publishers UK (September 2001)

The seven habits of highly effective people: Powerful lessons in personal change. Covey, S. R., & Heaton, H. UK: Simon and Schuster. (2004).

How to Develop Self-Confidence and Influence People by Public Speaking, Dale Carnegie, Gallery Books, An Imprint of Simon & Schuster, New York ( July, 2017)

How to win friends and influence people. Carnegie, D. Cornerstone. (2005).

## **Unit- 3**

Encounters: The art of Interfaith Dialogue Arts and the Sacred. Aaron Rosen, Nicola Green, Brepols Publishers, 2018.

The World's Parliament of Religions: The East/West Encounter, Chicago, 1893

Spiritual Wellness: Growth, Healing, and Wholeness. Taffiney Nolan Williams, Independently Published, 2019

7 Keys to Spiritual Wellness: Enriching Your Faith by Strengthening the Health of Your Soul. Paprocki, J. Loyola Press. (2012).

Equally Yoked: Trust in Relationships for Spiritual Wellness. Veronica Fallah, Purpose Publishing LLC, (16-May-2017)

Wellness: Notes on My Spiritual Journey. Larry Viloso, Xlibris Corporation (2013)

#### **Unit - 4**

Professional Excellence: Beyond Technical Competence. Rossiter, A. P. John Wiley & Sons. (2008).

Bridges not Walls: A Book about Interpersonal Communication. Stewart, J. R. (Ed.). McGraw-Hill. (1990)

The 7 Effective Communication Skills: How to be a better communicator now. Angelo, G. Seisnama (2014)

The Art of Communicating. Hanh, T. N. Random House. (2013).

Global Smarts: The Art of Communicating and Deal Making Anywhere in the World. Hodge, S., John Wiley & Sons. (2000).

Good to Great, Jim Collins, (4 October, 2011)

The Truth about Leadership: The no-fads, heart-of-the-matter facts you need to know. Kouzes, J. M., & Posner, B. Z. John Wiley & Sons. (2010).

Primal Leadership, Daniel Goleman, Harvard Business Review Press; Anniversary edition (8 August 2013)

Group Dynamics. Forsyth, D. R. Cengage Learning. (2018).

Group Dynamics for Teams. Levi, D., Sage Publications. (2015).

## Unit - 5

Environmental Studies: From Crisis to Cure. Rajagopalan, R. Oxford University Press. (2015). Third Edition

Environment and Ecology?A Complete Guide.Rajagopalan, R. OakBridge Publishing (2019). Second Edition

Environment. Shankar, Shankar IAS Academy Book Publication, (2018)

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### OUTSIDE THE CLASS HOURS

#### Life Skills Training Topics

<b>Competence building</b>	<b>Career Preparatory Training</b>
Power talk	Interview Guidance
Emotional Intelligence	Group Dynamics
Stress management	Leadership skills
Decision Making	Negotiation Skills
Positive image building	Creative writing