

Life Issues and Coping Strategies

Subject Code: **FC 2033/34**

Semester: **II (UG)**

Credit: **1** Category: **FC**

No. of Hours / Week: **3**

Part – A – Life Skills

No. of Hours / Week: 2

Course Outline:

This formation programme focuses on emotional and physical well-being. It enables the students to understand the interconnection among 1) human brain, 2) human emotions, and 3) human actions. The core of this formation programme is inter-personal development. The students will undergo a formation process which offers avenue to explore how thoughts lead to emotions and how these emotions lead to influence ones actions and how these actions can affect ones health and interpersonal relationships. As an outcome of this formation process, the students will be able to: develop positive emotions as well as health consciousness; face various life challenges with their own coping strategies.

Course Objective:

- Identify the various challenges (physical, emotional, and social) faced in adolescence
- Strengthen their relationships & Emphasize with others

Unit 1

1. Adolescent Health and Holistic Health
2. Understand and appreciate physical Self
3. Personal hygiene and grooming
4. Balanced diet
5. Healthy habits and lifestyle - Sound body and mind
6. Nurturing health at home, in campus
7. WHO's definition of Health
8. Government Policy on Health
9. Women health – various medicine systems

Unit 2

Interpersonal relationship

1. Communication strategies

2. Winning friends and Influencing others
3. Situating self in Family, Friends, groups
4. Other centeredness and others point of view and Empathy

Unit 3

Problem-solving and Decision making skills

1. Decision making processes
2. Lateral Thinking and problem-solving strategies;
3. Select and apply problem-solving strategies to more complex tasks and problems;
4. Gain familiarity with concepts such as performance indicators and benchmarking.

Unit 4

Critical Thinking

1. Affective strategies
2. cognitive strategies
3. Forming opinion
4. Taking stand
5. Suggesting alternative
6. Reflective Skills

Unit 5

Life Coping Strategies

1. Crisis Intervention
2. Coping with success and failure
3. Time, Task and Resources Management
4. Anger/ Stress and conflict management
5. Team management (Group dynamics)

Part – B - Living Faiths of the World

No. of Hours / Week: 1

Course Outline:

This formation programme offers a platform for students to understand the spiritual aspects of major religions of the world with reference to their code, creed, and moral preachings.

Course Objective:

- Have exposure on all the other religions
- Accept and appreciate the values in all the religions
- Develop a sense of secular spirituality and to live in harmony with others.

Unit 1: Introduction to Religion

Definition, Origin and Timeline, Role of religion in society, Personal / institution, Religious experiences

Unit 2: Major religions in the world – Creed and Code

Hinduism, Islam, Christianity, Judaism, Sikhism, Zoroastrianism

Unit 3: Little Traditions – Ayyavazhi, Little Gods, understanding of God

Unit 4: Religion and Contemporary Issues – Religion and Politics, Religious Conflicts and Fundamentalism

Unit 5: Religious Harmony – Interreligious dialogue, Bahai, Yoga and Meditation, Spirituality beyond Religion, Secularism