

(PSY6B04) LIFE SKILL EDUCATION APPLICATIONS AND TRAINING

Module 1 Introduction to life skills

12 hours

Life skill; Need and importance-definition and interpretation by WHO-Origin and development of concept of life skill.

Module 2 Mother Skills, Survival skills and Communication skills

12 hours

Mother skills: self awareness – development of self theories-assessment ; empathy. SurvivalSkill: inter personal and intrapersonal orientations, interpersonal attraction & theories-skill to develop relations and resolve conflicts. Effective communication: components of communication. Listening-verbal and non verbal skills.

Module 3 Thinking Skills, Coping Skills

12 hours

Thinking skills: Critical thinking & creative thinking and media thought. Negotiating skills: Decision making-problem solving. Coping skills: Life skills for stress & time management; symptoms of anxiety-overcoming anxiety-goal setting and planning.

Module 4 Life skill in different area

12 hours

Life skill for preventing addiction-life skill for career planning and development- life skill for women empowerment-life skill training for various groups (Adolescents, youth).