

J.S.UNIVERSITY,SHIKOHABAD,FIROZABAD,U.P

Department: Pharmacy

Value Added Course

Life Skills Training

(VAC-066)

DURATION OF COURSE: 30 HOURS

TIME: 2 HOURS IN A WEEK

THEORY (20HOURS)

1. UNIT-1 5 HOURS

Introduction to Life Skills and life Skills Education, Conceptual Basis of Life Skills, Need and significance, Evolution and Development of the Concept of Life Skill Education

2. UNIT-2 5 HOURS

Important Reports and Declarations related to Life Skill Education, Contributions of Various International organizations to life skill education, Classification of Life Skills - Generic, Problem Specific and Area Specific Skills


3. UNIT-3 5 HOURS


Life Skills for Personal Effectiveness, Punctuality, Honesty, Loyalty, Dependability, Reliability, Skill of building Self-confidence and Self-Motivation

4.UNIT-4 5 HOURS

Skill to Overcome Eating Disorders, Skills to prevent Abuse- physical, sexual and emotional, Application of Life Skills in day - to- day life ,Concept and strategies to promote Area Specific Skills


Mr. Shibu Das
Course coordinator


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Academi
Dr. Akhilar


Dr. Ajit Singh

(Pharmacy)

PRACTICAL (10 HOURS)

1. To discover meaning in their life—what drives them to want to improve.
2. To identify barriers and concerns that prevent taking action.
3. To recognize how words and behavior can impact other person.
4. To develop strategies for dealing with difficult people and situations
5. To identify possible supports in their environment.
6. To understand the power of image and learn to read body language
7. To prepare a list of questions for an interview
8. To make decisions regarding savings/ purchases and develop a budget plan on a time frame
9. To plan ahead for future needs
- 10 To submit a report based on overall practical work

Reference books:

- **The Practical life skill workbook** Self-Assessments, Exercises & Educational Handouts
Ester A. Leutenberg John J. Liptak, EdD Illustrated by Amy L. Brodsky, LISW
- **Life Skills Manual** Peace Corps Information Collection and Exchange Publication No. M0063