

Kavyitri Bahinabai Chaudhari, North Maharashtra University, Jalgaon.

Syllabus for B.Ed Two Years as per NCTE Regulation 2014.

EPC-2 - Life Skills Education

SEM- I

Objectives:-

1. To develop communication competence in prospective teachers.
2. To equip them to face interview & Group Discussion.
3. To create an awareness on Ethics and Human Values.
4. To learn leadership qualities and practice them.

Unit 1. Life Skills Education

- a) Life Skills Education Meaning, Definitions, Nature and Concept
- b) Components of life skills Education
- c) Need & Importance of Life Skills Education for students.
- d) Scope of Life Skills Education

Unit 2. Understanding Life Skills

- a) The Ten core Life Skills as laid down by (WHO) World Health Organization
- b) Methods for imparting Life Skills Education
- c) Assessment of Life Skill Education
- d) The role of family and school in Life Skills Education

Unit 3. Interpersonal relationships

- a) Relationship with your family and Peers.
- b) The Quest- Setting Goals for self
- c) Importance of Interpersonal relationship
- d) Role of family to strengthen Interpersonal relationship

Unit 4. Controlling on Emotions and Stress

- a) Coping with emotions and stress
- b) Communication and Inter- Personal Skills
- c) Self Awareness and Empathy
- d) Challenges in managing stress

Practicum:

1. Find out the life skills in school text book of std V to VIII and submit their port.

OR

2. How would you cope-up with Natural Calamities a? Suggest the programmes / write it on 2000 words.

Ref:

1. Life skill education and CCE. Central Board of Secondary Education. New Drelhi.
2. Life skill in India, Cetral Sqare foundation (2016)
3. Lifeskill and life long learning. UNICEF, 2013