List of Students studying in certificate course in Life Skill development
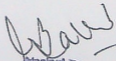
Name of the students	Signature
1. Ankemode Mashnaji Babarao	*Ankemad.*
2. rathod Amol Devidas	*Amol*
3. Shaikh Samina Abdul	*Samina*
4. Kadampalle Sunil Raghunath	*Sunil*
5. Kurude Priyanka Gopinath	*Kurude*
6. Haladwadhane Shivraj	*Shivraj*
7. Kendre Sandeep Shripati	*Sandeep*
8. Sonkamble Vasant Kishan	*vasant*
9. Kottapalle Yogesh Nagnath	*yogesh*
10. Kottapalle Balaji Govind	*Balaji*
11. Ajilwad Rekha Dattatray	*Rekha*
12. Toprope Jyoti Narhari	*Jyoti*
13. Chitlewad Shrinivas Harisingh	*shrinivas*
14. Sonkamble Vijaya Suryakant	*vijay*
15. Rathod Preeti Shivaji	*preeti.*

Introduction

Certificate course in life skills development is intended to help students to develop their personal and social skills which include critical and lateral thinking, self-awareness mindfulness and self-esteem, management of stress and anger decision making goal setting and time management civic skills and social responsibility, cultural awareness and respecting diversity and gender roles. It will also help them to be digitally literate through the acquisition of knowledge of computer security, Network safety, online transaction and search MOOCs and their utility. P2P Networking and so on.

The acquisition of these skills will enable students to develop their abilities for adaptive and positive behaviour so as to deal effectively with the demands and the challenges of everyday life.

Aims of the Course

1. Developing personal and social skills in learners.
2. Creating gender awareness.
3. Developing skills for individuals and group activities.
4. To provide an opportunity for realising one's potential through practical experience.

Objective of the course

1. To assist the learners for smooth transition from student life into the world of work.
2. To develop the skills necessary for understanding one self and the sociocultural group.
3. To help the learners choose the best way so fulfilling their time, efforts and mental energies.

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4. To provide training in skills required to find understand evaluate, create, and communicate digital information a wide variety of formals.
5. To make the learners able to use diverse technologies appropriately and effectively to retrieve information interpret results and judge the quality of that information.
6. To develop interpersonal skills and adopt good leadership behaviour for empowerment of self and others. To set appropriate goals, manage stress and time effectively.

Course Duration

The duration of the course will be 30 clock hours.

Fee Structure.

The course will be totally unpaid – No fees.

Eligibility.

Any student of the college can enrol for this course as the eligibility criteria for the course will be passing 12th standard exam with English, as one of the languages.

Evaluation Process.

After successful completion of the teaching of 30 clock hours, the students will be evaluated. There will be a multiple-choice questions exam of 50 marks. The question paper will consist of 25 MCQs carrying two marks each student should secure minimum 40% marks to quality the examination.

The end examination will be in offline mode

Prescribed books

1. Development of Life skills and Professional practice -- Shalini Verma
2. Life skills Education-Dr.P.Dinkar, DT.Ravindra Rao.
3. Life skills – Sreejith Mohan, Akhil Paulosa.
4. Life Skills and Personality Development- Prof. Saroj Hiremath.

Principal
Shamta (Arts, Comm. & Science)
Mahavidyalaya Vasantnagar Kalgya
Tq. Mukhed, Dist. Nanded

Gramin (ACS) Mahavidyalaya, Vasantnagar,
Tq. Mukhed Dist. Nanded
An Introduction to Life Skill Development
Syllabus

Unit I   Sem I

Unit I : Acquisition of personal and social skills.

(i) Critical and Lateral Thinking.

(ii) Civic skills and social responsibility.

(iii) Self awareness, Mindfulness and self-esteem.

    (a) Decision Making
    (b) Time Management
    (c) Goal setting

(iv) Gender sensitisation.

Unit II   Sem II

(i) Importance of Digital Literacy

(ii) Online Transactions and search skills

(iii) ICT Tools.

    (a) Massive open online course (moocs) and their utility.
    (b) Generic Tools.
    (c) P2P Networking and it's uses.

(iv) Cyber Security and Network safety.

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Name of Paper : **Certificate course in An introduction of ·Life skill Development**

Time : 01 Hour

Marks : 50

Max. Marks : 50

Time : 1 Hr.

Q.1   Life Skills address a balance of three areas : knowledge ---------and skills.

(a) aptitude   (b) confidence   (c) attitude   (d) ability

Q.2   ------------ is an individual's ability to appreciate the strengths and weaknesses of one's own character.

(a) self-efficacy   (b) self esteem   (c) self awareness

(d) self regulation

Q.3 ----------------- is the way an individual feels about her/himself and believes

others to feel.

(a) self-efficacy   (b) self esteem   (c) self awareness

(d) self regulation

Q.4   The ability to imagine what life is like for another person.

(a) self awareness   (b) empathy   (c) critical thinking

(d) creative thinking

Q.5   Recognition of 'self' and identifying our strength and weaknesses, desires and dislike.

(a) self awareness   (b) empathy   (c) critical thinking   (d) creative thinking

Q.6 The goal of the --------------- approach is to promote healthy, sociable behaviour.

(a) life skills   (b) job skills   (c) personal skills   (d) functioning skills

Q.7 The act of choosing between two or more courses of action.

(a) self awareness   (b) empathy   (c) critical thinking (d) decision making

Q.8 ---------------- are ways in which we learn to deal with various stressors.

    (a) coping skills   (b) empathy   (c) critical thinking   (d) decision making

Q.9 ------------ is the ability to identify copy with and find solutions to difficult or

    challenging situation.

    (a) problem solving   (b) coping skill   (c) critical thinking

    (d) decision making

Q.10 ------------------ simply means everone is in agreement or they can live with the

    agreement.

    (a) consensus   (b) conflict   (c) solution   (d) happiness

Q.11 One among is a step in solving the problem

    (a) analyse solution   (b) getting feedback   (c) evaluating the final solution

    (d) generate potential solution

Q.12 A/an------------- is a tendency on the part of and individual to respond to a new

    problem in the same manner that he or she has used earlier to solve a problem

    (a) mental set   (b) aptitude   (c) skill   (d) ability

Q.13 A specific step-by-step procedure is followed for solving certain types of problems.

    (a) heuristics   (b) means-end-analysis   (c) algorithms   (d) syllogism

Q.14 ------------- is also called as 'rule of thumb'

    (a) heuristics   (b) means-end-analysis   (c) algorithms   (d) syllogism

Q.15 One among is not a sign of anger.

    (a) knots in your stomach   (b) clenching your hands or jaw

    (c) feeling clammy or flushed   (d) breathing slower

Q.16 One among is not a core critical thinking skills

(a) interpretation (b) analysis   (c) self regulation   (d) self esteem

Q.17 Praise, recognition and attention are part of which source of power.

(a) legitimate power   (b)export power   (c) referent power

(d) reward power

Q.18 Criticism or lack of recognition from their leader as unpleasant or punishing.

(a) legitimate power   (b)coercive power   (c) referent power

(d) reward power

Q.19 "Laissez faire" is otherwise known as

(a) free rein   (b)participative   (c) democratic   (d) authoritarian

Q.20 Anger management skill is an example for manging.

(a) anxiety (b)anger   (c) feeling (d) strees

Q.21 Determing alternative solution to the problem is related to-------skill.

(a) refusal skills   (b)critical thinking   (c) problem solving skills

(d) communication skill

Q.22 ----------- skill includes the verbal and non-verbal aspect

(a) decision making   (b)creativity   (c) communication

(d) problem solving

Q.23 Common conception of communication means---------and receiving information.

(a) sending   (b)understanding   (c) analysing   (d) reporting

Q.24 Facial expression is an example for--------communication.

(a) formal (b) verbal   (c) non-verbal   (d) informal

Q.25 Life skills enable effective------------

(a) development   (b) growth   (c) communication   (d) contract