

## MODULE OF LIFE SKILLS EDUCATION

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## INTRODUCTION

This module of life skills education follows a comprehensive behaviour change approach that concentrates on the development of life skills needed for life for pupil teachers.

This module addresses the personal development of pupil teachers and aims at providing life skills education to pupil teachers to actually use and apply their information to empower their students and to lead a better life. This module defines and categorises life skills in context of behaviour change.

The facilitation of this module comprises thirty sessions to take about one hour each including visits to different community centres to give pupil teachers first hand life experience that will surely be helpful in development of life skills.

## LEARNING OBJECTIVES

By the end of this module, participants will be able to:

- Discuss life skills and relate life skills to their real life situation.
- Apply life skills in their classroom environment and deal effectively with their students.
- Understand importance of life skills and their application.

## WHAT ARE LIFE SKILLS?

"Life skills" are defined by UNICEF as psychosocial abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. They are loosely grouped into three broad categories of skills: cognitive skills for analyzing and using information, personal skills for developing personal agency and managing oneself, and interpersonal skills for communicating and interacting effectively with others.

  
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## CATEGORIES AND TYPES OF LIFE SKILLS

Life skills education is the process of facilitating learning or the acquisition of knowledge of skills values, beliefs and habits and this operationally is defined as life skills education. "Life skills" are defined as psychosocial abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.

They are loosely grouped into three broad categories of skills: cognitive skills for analyzing and using information, personal skills for developing personal agency and managing oneself, and inter-personal skills for communicating and interacting effectively with others (UNICEF, 2013)

Life skills are numerous and it is difficult to limit their type and number. Here are thirteen of the most important life skills. They are categorized into three main areas:

- (a) Skills of knowing and living with oneself
- (b) Skills of knowing and living with others
- (c) Skills of making effective and good decisions.

### **Skills of knowing and living with oneself**

1. Self-awareness
2. Self-esteem
3. Coping with emotions
4. Coping with stress



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### **Skills of knowing and living with others**

5. Interpersonal relationship
6. Negotiation skills
7. Empathy skills
8. Peer resistance
9. Assertiveness
10. Effective communication

### **Skills of making effective and good decisions**

11. Critical thinking
12. Decision making
13. Problem solving

### **“Life skills education”**

Life skills education is a structured programme of needs- and outcomes-based participatory learning that aims to increase positive and adaptive behaviour by assisting individuals to develop and practise psycho-social skills that minimize risk factors and maximize protective factors. Life skills education programmes are theory- and evidenced-based, learner-focused, delivered by competent facilitators, and appropriately evaluated to ensure continuous improvement of documented results. (UNICEF, 2013)

### **“Life skills-based education”**

A term which came into use to describe life skills education addressing specific content or undertaken to achieve specific goals, e.g., life skills-based peace education or life skills-based HIV & AIDS education. The term makes it clear that a life skills approach will be used to teach the subject matter, meaning that participatory teaching/learning methods will be used to help learners develop



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not only knowledge, but also the psycho-social life skills they may need to use knowledge to inform and carry out behaviour.(UNICEF,2013)

### IMPORTANCE OF LIFE SKILLS

In this rapidly changing environment, there is a need of life skills to cope up with the changing pace of everyday life. They promote healthy behaviour of pupil teachers and make them empower to act positively and effectively when confronted with difficult situation either in classroom or in day to day life.

### APPLICATION OF LIFE SKILLS

Application of life skills is referred to the use of life skills by students and teachers. In this module, there are thirty sessions containing a firsthand experience of life skills provided by the facilitator to make participants able to understand the concept of life skills and how to apply them to deal effectively with their students and in everyday life.

**TABLE**  
**PROCEDURE OF INTERVENTION**

Sr N	Life Skills Educational Strategies	Components	Investigator activity	Pupil teachers activity	Session
1.	Introduction	<ul style="list-style-type: none"> <li>• Introduction of investigator and pupil teachers to know each other and rapport building</li> <li>• Explanation of life skills education</li> </ul>	<ul style="list-style-type: none"> <li>• Investigator will communicate</li> <li>• Investigator will show video clips on life skills education</li> </ul>	<ul style="list-style-type: none"> <li>• Will listen carefully and will respond during discussion</li> <li>• Will watch video clips</li> </ul>	Three session
2	Self-awareness	<ul style="list-style-type: none"> <li>• Emotional self-awareness</li> <li>• Accurate self-awareness</li> </ul>	<ul style="list-style-type: none"> <li>• SWOT analysis will be carried out</li> <li>• Discussion of analysis</li> <li>• Discussion of goals and</li> </ul>	<ul style="list-style-type: none"> <li>• An honest participation in SWOT analysis</li> <li>• Participation in</li> </ul>	Three session

  
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		<ul style="list-style-type: none"> <li>Self-confidence and self-aspiration</li> </ul>	aspirations	<p>discussion</p> <ul style="list-style-type: none"> <li>Participation in discussion related their goals and aspirations</li> </ul>	
3	Self-esteem	<ul style="list-style-type: none"> <li>Self-concept</li> <li>Self-image</li> </ul>	<ul style="list-style-type: none"> <li>Create a thinkable environment and motivate them for self-conceptualization</li> <li>Make them mindful of their self-image while inviting them to write about themselves on papers</li> </ul>	<ul style="list-style-type: none"> <li>Will think about themselves and write on papers</li> <li>Will participate in activities with interest</li> </ul>	Two session
	Coping with emotions	<ul style="list-style-type: none"> <li>Positive emotions</li> <li>Negative emotions</li> <li>Physical feelings like pain and hunger</li> </ul>	<ul style="list-style-type: none"> <li>Simple relaxation technique</li> <li>Quick relaxations</li> <li>Impart relaxation training through progressive muscles relaxation technique</li> </ul>	<ul style="list-style-type: none"> <li>Pupil will experience relaxation while following instructions</li> <li>Will follow instructions</li> <li>Will follow instructions</li> </ul>	Three session
5	Coping with stress	<ul style="list-style-type: none"> <li>Physical factors</li> <li>Emotional factors</li> <li>Psychological factors,</li> </ul>	<ul style="list-style-type: none"> <li>Yoga and pranayama</li> <li>Meditation and concentration</li> <li>Dance and music.</li> </ul>	<ul style="list-style-type: none"> <li>Will participate in activities.</li> <li>Will participate in activities.</li> <li>Will participate in activities</li> </ul>	Three session
6	Interpersonal relationship skill	<ul style="list-style-type: none"> <li>Empathy</li> <li>Relationship skills</li> <li>Awareness for others' emotions</li> </ul>	<ul style="list-style-type: none"> <li>Visit to old age home</li> <li>Visit to community centers like clubs, resorts etc.</li> <li>Investigator will held group discussion and show related video clips.</li> </ul>	<ul style="list-style-type: none"> <li>Visit to old age home</li> <li>Visit to community centers</li> <li>Pupil will participate in group discussion and watch video.</li> </ul>	Three session
7	Negotiation	<ul style="list-style-type: none"> <li>Positive attitude</li> </ul>	<ul style="list-style-type: none"> <li>Meeting with counselors</li> </ul>	<ul style="list-style-type: none"> <li>Will meet with counselors</li> </ul>	Four

  
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	skill	<ul style="list-style-type: none"> <li>Careful listening</li> <li>Firmness but friendly</li> <li>Mutual agreement not victory</li> </ul>	<ul style="list-style-type: none"> <li>Organize a lecture after that questioning session</li> <li>Debate</li> <li>Visit to campus placement fair</li> </ul>	<ul style="list-style-type: none"> <li>Attend a lecture and participate in questioning session</li> <li>Participate in debate</li> <li>Visit to campus placement fair</li> </ul>	session
8	Empathy skills	<ul style="list-style-type: none"> <li>Understanding</li> <li>Consideration</li> <li>Appreciation others circumstances</li> </ul>	<ul style="list-style-type: none"> <li>Role playing</li> <li>Visits to slum areas</li> <li>Visits to orphanage</li> </ul>	<ul style="list-style-type: none"> <li>Role playing</li> <li>Visits to slum areas</li> <li>Visits to orphanage</li> </ul>	Three session
9	Peer resistance	<ul style="list-style-type: none"> <li>Belief maintaining</li> <li>Firm determination</li> <li>Decision making</li> </ul>	<ul style="list-style-type: none"> <li>Session on values development</li> <li>Participation in anti-ragging squad</li> <li>Create a Mock drill on anti-social activity</li> </ul>	<ul style="list-style-type: none"> <li>Attend session on values development</li> <li>Participation in anti-ragging squad</li> <li>Participate in mock drill</li> </ul>	Three session
10	Assertiveness	<ul style="list-style-type: none"> <li>Ability to express</li> <li>Understanding others.</li> </ul>	<ul style="list-style-type: none"> <li>Held extempore</li> <li>Participation in team work</li> </ul>	<ul style="list-style-type: none"> <li>Participate in extempore</li> <li>Participation in team work</li> </ul>	Two session
11	Effective communication	<ul style="list-style-type: none"> <li>Verbal communication</li> <li>Non-verbal communication</li> <li>Written communication</li> </ul>	<ul style="list-style-type: none"> <li>Debate and extempore</li> <li>Special education institutions visit</li> <li>Essay writing competition</li> </ul>	<ul style="list-style-type: none"> <li>Participate in debate and extempore</li> <li>Special education institutions visit</li> <li>Participate in Essay writing competition</li> </ul>	Three session
12	Critical thinking	<ul style="list-style-type: none"> <li>Identification</li> <li>Assessment</li> <li>Judgment</li> <li>Recognition</li> </ul>	<ul style="list-style-type: none"> <li>Puzzles, Sudoku and number games</li> <li>Case study</li> <li>Judgment in school programs</li> <li>Make them participate in games like chess</li> </ul>	<ul style="list-style-type: none"> <li>Participation in games</li> <li>Study a case study</li> <li>Judgment in school programs</li> <li>Participate in</li> </ul>	Four session

  
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				games like chess.	
13	Decision making	<ul style="list-style-type: none"> <li>• Decision environment</li> <li>• Quantity and quality of information.</li> <li>• Decision streams</li> </ul>	<ul style="list-style-type: none"> <li>• Create decision conducive environment related given problem</li> <li>• Enough information related to given problem</li> <li>• Motivate pupils to write on papers about probable solutions of problems</li> </ul>	<ul style="list-style-type: none"> <li>• Will adapt in environment</li> <li>• Will take information</li> <li>• Will write on papers about probable solutions</li> </ul>	Three session
14	Problem solving	<ul style="list-style-type: none"> <li>• Case model</li> <li>• Argument structure</li> <li>• Conclusion.</li> </ul>	<ul style="list-style-type: none"> <li>• Problem assignment</li> <li>• Motivate them to specify dimensions of problems on paper</li> <li>• Enable them in choosing the best solution through discussion</li> </ul>	<ul style="list-style-type: none"> <li>• Undertake a problem</li> <li>• Will write dimensions of problem on paper</li> <li>• Will be able in writing solution with the help of discussion</li> </ul>	Three session

### SESSION 1-3

(INTRODUCTION OF INVESTIGATOR AND PUPIL TEACHERS,  
EXPLANATION OF LIFE SKILLS)

#### EXPECTED OUTCOME

Facilitator and pupil teacher will know each other

  
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Pupil teachers will become aware of life skills that they should possess and use in their day to day life.

### OBJECTIVE

To develop the concept of life skills among participants

To develop a rapport between facilitator and participants to achieve the objective in a better way.

### MATERIALS/TECHNIQUES

Talking, video clips on life skills, chart of life skills

### TIME

3 hour

### PROCESS

Invite the participants to sit in a room. Ask them to make an introduction of him/her and facilitator also introduces herself.

Ask them if they have heard of the term "life skills"? What do they know about?

Display a chart of life skills to the participants.

Explain that all of us possess certain skills that allow us to live our lives. For example, the skill to read, talk with others and take a decision.

Invite the volunteers to talk about life skills he/she possesses.

Make a show of video on life skills to the participants.



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After the participants finish watching the video, ask them write five points about life skills.

After it take papers on them points of life skills have been written.

Now take a view of these papers and simultaneously make participants engage in writing the concept of life skills.

Prepare a chart of types of life skills with the help of volunteers and put it on the wall.

Summarise and close the discussion by using WHO definition of life skills.

#### SESSION 4-6

#### SKILL OF SELF AWARENESS

#### EXPECTED OUTCOME

Participant will understand why self awareness skill is important for a productive life

#### OBJECTIVE

To learn about the importance of self awareness skill.

#### MATERIAL/TECHNIQUE

Blank matrix sheets of swot analysis, brainstorming technique to make them prepare to participate in SWOT analysis.

#### TIME

3 Hour

  
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## PROCESS

Facilitator will explain what SWOT analysis actually is?

Facilitator will host a brain storming session to make them prepare to participate in SWOT analysis.

Blank matrix sheets will be distributed among participants to create and submit it individually.

Now after filling the matrix, participants will be asked to make a silent reading of the matrix.

After it, facilitator will make them aware of positive and negative aspects of one and how it helps a person to understand what to avoid and what to avail.

Facilitator will explain how swot analysis will be helpful for them to understand to structure their strengths, weakness, opportunities and threats.

Now facilitator will motivate them to write a summary based on their matrix of swot analysis.

Facilitator will make them realise (while using their own created summary) to determine which areas to focus their energy and resources. In this way facilitator will make them self aware.

Now facilitator will summarise and close the session explaining the meaning and importance of self awareness skill as mentioned by WHO.

## SESSION 7-8

Skill of self esteem

  
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## EXPECTED OUTCOME

Participants will become aware of self esteem skill and its use in their life.

## OBJECTIVE

To learn about the importance of self esteem skill.

## MATERIAL/TECHNIQUE

Blank sheets, motivational lecture

## PROCESS

Facilitator will explain the strong need to build a healthy self esteem in order to live a productive and happy life.

Participants will be asked to compare themselves to others. It will be extremely detrimental to building healthy self esteem.

Facilitator will deliver a motivational lecture on how to turn negative self-talk into positive self-talk? when one compares oneself to others one develops negative self-talk. For example, if one meets someone who has the dream job one always wanted, one may start to feel inadequate and perhaps even insecure. For many people, this is the time when the issue of negative self-talk begins.

Facilitator will ask the participants to surround themselves with positive people if they have positive people in their life, people who will support their goals and life journeys, they also feel positive and motivated. This in turn helps them to develop healthy self-esteem.

Now, facilitator will ask the participants to create a list of all the wonderful things they have done to remind themselves they are great persons.

  
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Participants will be asked to be mindful of their body language because Body language plays a significant role in how one feels about oneself, even if one is not consciously aware. Becoming aware of one's body language is an important realization one must make if one wants to develop healthy self-esteem. It is important to walk and sit with posture upright, with shoulders rolled back. One should also try not to cross one's arm when speaking to others, because this can make one appear guarded. With positive body language, not only will one appear more confident, but one will also feel more confident. Eye contact is something else that will help one to develop healthy self-esteem. Low self-esteem is often connected with looking away from others when speaking.

Facilitator will make participants set their realistic goals for themselves to raising the level of their positive self esteem.

Participants will be motivated to practice self-forgiveness to experience self-love.

Facilitator will summarise and close the session while explaining that everyone is in control of one's self esteem. By becoming aware of that, one can truly start the journey in one's life to feeling confident in anything one does.

## SESSION

9-12

Skill of Coping with stress and emotions

Expected outcome

Participants will be able to understand the importance of skills of coping with stress and emotions in life

Objective

  
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To learn about the importance of skills of coping with stress and emotions in life.

To identify how stress can build up and cause outbursts.

Materials/technique

A picture of a volcano or bomb. Squares of card or paper. Paper bags and relaxation training with the help of muscles training, yoga, dance etc.

Time

4 hours

Process

1. Explain that many things can cause feelings to build up and that can lead to stress and anger. Explain the three types of stress and ask participants to give examples for each.

- **Frustration** – occurs when someone is blocked when they want to do or ask something and they can't because they are blocked by others or by the situation as a whole
- **Conflict** – occurs when a difficult choice must be made
- **Pressure** – occurs when someone feels forced to do something s/he does not really want to do, or forced to do too much.

2. Show the picture of the volcano or bomb. Explain that some people will explode like a volcano if the level of stress builds up too high.

3. Ask the group to give examples of causes of stress. Here are some of the responses from participants who did this activity.

- When people harass me
- When I work hard for a little payment.

  
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- When we girls have to work more than our brothers
- People using bad language against us
- Hunger
- A sick friend
- Loneliness
- When we are beaten at home
- Noise
- Smell
- Health problems such as headache, tooth ache, sports injury, spots on the face, toothache, heavy cold
- Heat or cold
- Doing unhealthy things in order to cope such as drinking, smoking, acting irritably with others, driving too fast

4. Ask what happens when people explode (become very angry)

- They may harm others
- They may harm themselves
- They may run away

5. Divide the participants into groups of three and ask them to discuss or draw causes of stress in their own lives. Ask them to decide the point at which someone may explode if all these causes came together. Give each group a paper bag.

6. Each group tells the whole group the causes of stress they have discussed, and they blow up and burst the paper bag at the point where they think someone might explode because as a result of all this stress.

Physical movement for feedback can also be used. In their presentations, the group can take one step forward every time they mention one stress and then shout loudly for the explosion!

  
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## 7. Relaxations training

Train participants in muscle relaxation with the help of a trainer.

8. Provide a 15 minutes session of dance and music to make them realise stress reduction and emotional management.

## Final discussion

What are your main sources of stress? (Peers, family, school, media, police, others?)

What signs are there that stress is building up?

- lose temper
- small things become frustrating
- thoughts going round and round in your mind
- sinking feeling in the stomach

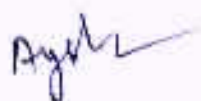
How can stress be reduced?

- deep breathing
- moving away from the cause of the stress
- go for a walk/run/play sport
- listen to music
- a good diet

How can you tell if someone is stressed?

- changes in behaviour

  
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- drop in school work
- conflicts with someone respected
- smoking or drinking more
- drugs
- refusing to admit that s/he is stressed

Now facilitator will end up the session explaining the concept of skills and reminding them the importance of stress and emotional management for happy and successful life.

## SESSION

13-14

Interpersonal relationship skills

Expected outcome

Participants will understand how to improve interpersonal relationship skills.

Objective

To learn about the improvement of interpersonal relationship skills.

Materials/techniques

Discussion and video clips

Time

2 hours

Process

Facilitator will explain that Interpersonal skills are those pertaining to relationships with people. Interpersonal skills gauge how good you are at

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interacting with others. For example, the interpersonal skill of knowing how to respectfully communicate with someone is called "active listening."

- Now, facilitator will held a discussion on how to improve these interpersonal relationship skills. She explains that these skills require practice and awareness until they become habit. She explains a few ways one can improve one's interpersonal skills:
- Practice active listening skills during all conversations
- Let peers know when you appreciate them
- Smile and use positive body language
- Promote a positive environment

Now the facilitator will show the participants one video clip showing good interpersonal relationship skills.

Finally, facilitator will summarise and close the session explaining again the concept of interpersonal relationship skills and tips to improve them.

Session

15-16

Negotiation skill

Expected outcome

Participants will how to improve negotiating skills and learn what really interests people in a negotiation. Understand their negotiating style, and how to influence others who have differing styles.

Objective

To learn about the importance of negotiation skills.



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To learn to improve negotiation skills.

Material/technique

Videos, discussion

Facilitator will explain what actually negotiation skill is using the definition given by WHO.

Facilitator will show a video clip showing negotiation skill.

Now, facilitator will suggest following tips helpful in improvement of one's negotiation skill-

- Practice saying no.
- Learn body language cues like-
- Show up on time
- Perfect the handshake
- Negotiate with the right people
- Maintain friendly eye contact
- Be aware of your facial expression
- Maintain personal space-PROXEMICS
- Keep your limbs calm and open
- Hands down
- Slow down and keep quiet
- Listen to others people
- Conduct better research



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- Negotiate everything

Now facilitator will held a discussion with the participants and will try to boost them to practice the tips in life and closes the session telling them that these exercises, if repeated regularly and with a commitment to self-improvement, will help them become a better negotiator in all areas of their life.

Session

17-18

Empathy skill

Expected outcome

Participants will learn what is empathy skill? How is it essential in building good relationships, both at work and in personal life?

Objective

To learn about the importance of empathy skill in building good relationships in life.

Materials/techniques

Videos, discussion

Time

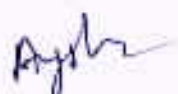
2 hour

Process

Facilitator will explain empathy skill.

Show of empathy skill with the help of video clips.

  
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Few tips will be suggested to the participants to be followed to enhance their empathy skills as mentioned below-

- Listen and don't interrupt.
- Be fully present when you are with people and tune in to non-verbal communication.
- Smile at people.
- Use people's names and encourage them.
- Try to empathize with people whose beliefs you don't share.
- Give genuine recognition.
- Challenge yourself to have a deeper conversation with people.

Now, there will be a group discussion on empathy skill to share the views of participants among the group.

After all this, facilitator will close the session focussing on the view that developing an empathic approach is perhaps the most significant effort one can make towards improving one's people skills. When one understands others, they'll probably want to understand one - and this is how one can start to build cooperation, collaboration, and teamwork.

Session

19-20

Skill of peer resistance

Expected outcome

Participants will be able to resist peer pressure.

  
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## Objective

To learn about the resistance of peer pressure to lead a happy life.

## Material/technique

Motivational lecture, discussion and blank papers.

## Time

2 hour

## Process

Facilitator will explain the concept of peer resistance skill as using by WHO.

She will suggest few tips to overcome peer pressure will tell that learning to say "No" is important; it is more effective when combined with other refusal techniques.

## FRAMING

Acknowledging the other person's point of view before saying it's not for me.

- "I realize why you're interested in \_\_\_\_, but I am just not interested in doing that."
- "I know you're stressed right now and want to blow off steam, but this just isn't how I like to relax."



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## EMPATHY

Put the others in your shoes and help them see why you'd prefer to take a pass.

- "That stuff would make me lose control – and you

Know I'm a control freak, I wouldn't like it at all."

- "My mom knows everything. It's like she's psychic. I can't risk getting caught."

## STONE

To keep the situation peaceful, adolescents may avoid aggression and instead be calm or use humour (e.g., make a joke to diffuse or back away from a situation).

## DISPLACEMENT

Adolescents may put a better option for themselves and/or their friends.

- "I would like to go to book shop. Want to come?"
- "Thanks, but i was planning to hit the library before it closes. I'd love for you to come with; my brother can drop us off."



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## REMOVAL

Adolescents should always feel that it's OK to get out of dodge: When all else fails, they should try to keep their cool and find a way to physically get out of the situation.

- "Thanks for the invite, but I have plans to meet up with my cousin in 20 minutes and need to get home."
- "Honestly, I'm not feeling it. But, I'll be at the arcade playing games if you decide you want to do something else."

## SOCIAL NORMS

Adolescents can find strength in numbers and use examples of how and why others aren't going down that path.

- "I know you think everyone's doing it, but I have a lot of friends who don't."
- "My group of friends made an agreement with each other to stay away from \_\_\_\_. It'll affect our performance in examinations."

## CONSEQUENCES

Adolescents can lay out for themselves and their friends what could happen because of taking the risk (emphasizing the short term and then long-term consequences).

  
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- "Principal would lose it if he found out we had a party, and then rusticate us when he found out students were drinking."

• "If you went back from your promise, it could send a signal that you want to fool around and he might expect stuff."

Facilitator will held a discussion and motivate the participants to share their views about the skill.

Facilitator will ask participants to write the benefits of having peer resistance skill to remind them the importance of skill in life.

She will close the session focussing on the importance of the skill if exercised in life.

Session

21-22

Skill of assertiveness

Expected outcome

Participants will learn assertive communication as the ability to express positive and negative ideas and feelings in an open, honest and direct way.

Objective

To learn to express positive and negative ideas and feelings in an open, honest and direct way.

Materials/techniques

Video, discussion and lecture

Facilitator will explain the concept of skill of assertiveness using the term given by WHO.

Facilitator will suggest few tips to the participants to be more assertive-

  
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- Value Yourself and Your Rights
- Voice Your Needs and Wants Confidently
- Acknowledge That You Can't Control Other People's Behaviour
- Express Yourself in a Positive Way
- Be Open to Criticism and Compliments
- Learn to Say "No"
- Use Assertive Communication Techniques

### Use "I" Statements

Use "I want", "I need" or "I feel" to convey basic assertions and get your point across firmly. For example, "I feel strongly that we need to bring in a third party to mediate this disagreement."

### Empathy

Always try to recognize and understand how the other person views the situation. Then, after taking her point of view into consideration, express what you need from her.

For example, "I understand that you're having trouble working with Arlene, but this project needs to be completed by Friday. Let's all sit down and come up with a plan together."

### Escalation

If your first attempts at asserting yourself have been unsuccessful, then you may need to escalate the matter further. This means becoming firmer (though still

  
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polite and respectful) with the person who you are requesting help from, and may end in you telling him what you will do next if you still aren't satisfied.

For example, "John, this is the third time this week I've had to speak to you about arriving late. If you're late once more this month, I will activate the disciplinary process."

However, remember that, regardless of the consequences that you communicate to the person in question, you may still not get what you want in the end. If this is the case, you may need to take further action by setting up a formal meeting to talk about the problem, or escalating your concerns to Human Resources (HR) or your boss.

### **Ask for More Time**

Sometimes, it's best not to say anything. You might be too emotional or you might not know what it is that you want yet.

If this is the case, be honest and tell the person that you need a few minutes to compose your thoughts. For example, you might say "Dave, your request has caught me off guard. I'll get back to you within the half hour."

### **Change Your Verbs**

Try using verbs that are more definite and emphatic when you communicate. This will help you to send a clear message and avoid "sugar-coating" your message so much that people are left confused by what it is that you want from them.

To do this, use verbs like "will" instead of "could" or "should," "want" instead of "need," or "choose to" instead of "have to."

  
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For example:

"I **will** be going on vacation next week, so I **will** need someone to cover my workload."

"I **want** to go on this training course because I believe that it will help me to progress in my role and my career."

"I **choose** this option because I think it will prove to be more successful than the other options on the table."

### **Be a Broken Record**

Prepare the message that you want to convey ahead of time.

If, for instance, you can't take on any more work, be direct and say, "I cannot take on any more projects right now." If people still don't get the message, then keep restating your message using the same language, and don't relent. Eventually they will likely realize that you really mean what you're saying.

For example:

"I'd like you to work on the..... project."

"I cannot take on any more projects right now."

"I'll pay extra for you to do it."

"I cannot take on any more projects right now."

"Seriously, this is really important. My head insists that this gets done."

"I cannot take on any more projects right now."

"Will you do it as a personal favour?"

"I'm sorry, I value our relationship but I simply cannot take on any more projects right now."

  
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## Scripting

It can often be hard to know how to put your feelings across clearly and confidently to someone when you need to assert yourself. The scripting technique can help here. It allows you to prepare what you want to say in advance, using a four-pronged approach that describes:

1. **The event.** Tell the other person exactly how you see the situation or problem.  
"Pragya, the results of this year are 10 percent lower than average. You didn't give me any indication of this, which meant that I was completely surprised by the news."
2. **Your feelings.** Describe how you feel about the situation and express your emotions clearly.  
"This frustrates me, and makes me feel like you don't understand or appreciate how important discipline is in the company."
3. **Your needs.** Tell the other person exactly what you need from her so that she doesn't have to guess.  
"I need you to be honest with me, and let me know when we start going significantly on that project assigned by the principal."
4. **The consequences.** Describe the positive impact that your request will have for the other person or the organisation if your needs are met successfully.

Facilitator will show a video also based on skill of assertiveness

Now, facilitator will held a group discussion to let them share their views on skill of assertiveness in group.

  
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Facilitator will summarise the discussion focussing on the importance of assertiveness skill to lead a dignified life.

Session 23-24

Skill of effective communication

Expected outcome

Participants will understand how communicate effectively.

Objective

To learn about the importance of effective communication in our lives.

Materials/techniques

Video clips, discussion

Time

2 hours

Process

Introduction to communication; basic principles to the participants.

Defining communication skills.

Suggesting ways to improve communication skills like:

- Listen carefully.
- Person who you are talking, it matters.
- Body language matters
- Think before speaking
- Check your message before sending
- Be brief and specific
- Take notes when going to talk

  
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- Sometimes it is better to pick up phone instead of sending E-mail or text
- Treat everyone with respect
- Be positive and smile even when speaking on phone. It makes others positive.

To show participants video clips based on effective communication skill.

To summarise the session speaking that communication skill is important in life. It is trainable if followed few tips as being mentioned above, will enable the participants to improve it.

Session

25-26

Skill

Critical thinking

Expected outcome

Participants will understand the importance of critical thinking skill in life.

Objective

To make participants understand the importance of critical thinking skill in life.

Materials/technique

Paper- pen and discussion method

Time

2 hours

Process

Explain critical thinking skill.

Make them aware that critical thinking is opposite of regular thinking.

  
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Distribute paper and pen among participants.

Give them a topic or issue like increasing rate of crime against women, degradation of moral values in Indian society.

Instruct them-

- Think about the topic in an objective and critical way.
  - Identify the different arguments there are in relation to this issue.
  - Evaluate a point of view to determine how strong or valid it is.
  - Recognise any weaknesses or negative points that there are in the evidence or argument.
  - Notice what implications there might be behind a statement or argument.
  - Provide structured reasoning and support for an argument that we wish to make.
- After this exercise, hold a discussion about what they identified, assessed, judged and recognised into the issue.

Make them write all about it on papers

Help them in drawing conclusion.

Summarise the session talking about the importance of critical thinking. How much it may be productive in our lives.

Session 27-28

Skill

Problem solving


Expected outcome

Participant will understand why problem solving skill is important in life.

Objective

  
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To learn about problem solving skill.

Materials/technique

Video clip, paper-pen and discussion

Time

2 hours

Process

Explain skill.

Instruct them to take any problem and write it down on paper.

Evaluate the problem and write on paper.

Gather related information.

Break problem into parts.

Try to identify solutions.

Select best solution.

Take action if possible now otherwise take it later.

Examine results.

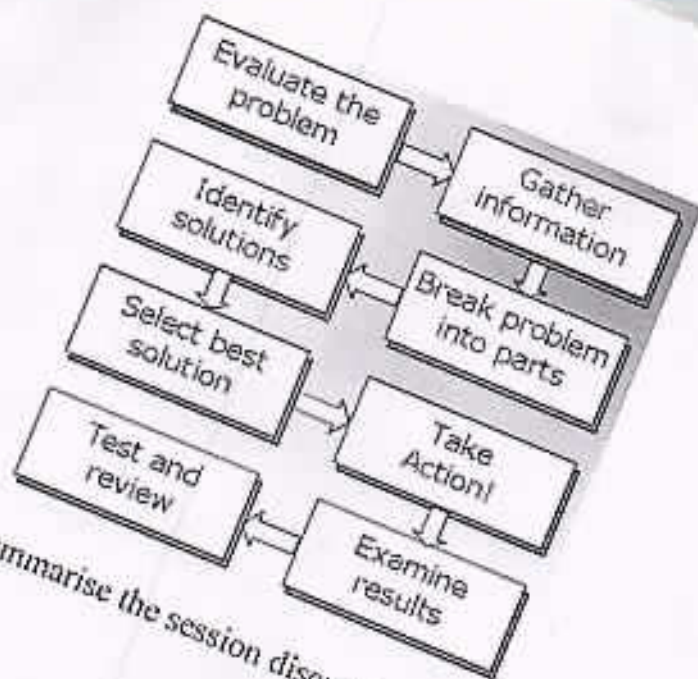
Test and review them.



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Summarise the session discussing the importance of problem solving life.

*Ag*

*[Signature]*  
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*[Signature]*  
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## Syllabus

### (Course-Life Skills Management)

#### Objective of the course-

**To develop the concept of life skills education and its management**

### INTRODUCTION

Life skills education is the process of facilitating learning or the acquisition of knowledge of skills values, beliefs and habits and this operationally is defined as life skills education. "Life skills" are defined as psychosocial abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life.

They are loosely grouped into three broad categories of skills: cognitive skills for analyzing and using information, personal skills for developing personal agency and managing oneself, and inter-personal skills for communicating and interacting effectively with others (UNICEF, 2013)

Life skills are numerous and it is difficult to limit their type and number. Here are thirteen of the most important life skills. They are categorized into three main areas:

- (a) Skills of knowing and living with oneself
- (b) Skills of knowing and living with others
- (c) Skills of making effective and good decisions.

### MAJOR POINTS OF SYLLABUS

#### Skills of knowing and living with oneself

- 1. Self-awareness
- 2. Self-esteem
- 3. Coping with emotions
- 4. Coping with stress

#### Skills of knowing and living with others

- 5. Interpersonal relationship

6. Negotiation skills
7. Empathy skills
8. Peer resistance
9. Assertiveness
10. Effective communication

**Skills of making effective and good decisions**

11. Critical thinking
12. Decision making
13. Problem solving



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**Shri Ram College, Muzaffarnagar**  
**Life Skill Management Certificate Course**  
**Annual Report (2019-20)**

The Department of Education has been conducting Life Skill Management Certificate course for the college students since 2015-16. The College has established committee and board of studies of this course as per guidelines given by the parent institution under the chairmanship of honorable Principal of our college. We had the meeting at the beginning of academic year to discuss for preparing plan and execution of the course. Thereafter, we displayed a notice and asked interested students to enroll their names with the respective teachers. As soon as well took the demonstration, arranged mock interviews, group discussions etc. At the end of the course certificate were issued to respective students.

In the academic year 2019-20 the course was conducted 03.02.20 to 20.03.20 this course successfully. This year the convener of this course was Mrs Aysha Parveen and co-convener Mr Bhanu Pratap Verma.

This course has immensely benefited for the students number of students 100 Students were benefited 100 students were enrolled.

  
Convener


Mrs Aysha Parveen

Asst. Professor

  
Dr Prerna Mittal

Dean

Faculty of Education

  
Co-ordinator  
IQAC, Shri Ram College,  
Muzaffarnagar

  
Principal  
Shri Ram College  
Muzaffarnagar





Date : \_\_\_\_\_

# Shri Ram College Muzaffarnagar

## *Certificate*

*Certified that*

*Ms/Mr.....D/*

*S/o Shri.....has*

*completed 30 hours certificate course on Life Skill Management conducted  
in year 2019-20 by the Faculty of Education, Shri Ram College,*

*Muzaffarnagar*

*We wish her/him the best of Success in her/his future endeavors.*

**(Ayesha Praveen)**  
Convener

**(B.P. Verma)**  
Co-convener

**(Dr Prerna Mittal)**  
Principal

*Life Skill Management*

**Certificate Course**

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**SHRI RAM COLLEGE, MUZAFFARNAGAR**  
**RESULT CERTIFICATE PROGRAMME OF LIFE SKILL MANAGEMENT**  
**B.Ed-2019-20**

S.No.	Student	Father	RESULT
1	ARCHANA SHARMA	Mr ISHWAR CHAND SHARMA	A
2	DEEPANKAR SINGH RAWAT	Mr KANAK PAL SINGH RAWAT	A <sup>+</sup>
3	DIVYA MITTAL	Mr ANIL KUMAR	A <sup>+</sup>
4	EKTA SINGHAL	Mr SHASHI SHEKHAR SINGHAL	A
5	GEETIKA GARG	Mr KULDEEP GARG	A <sup>+</sup>
6	HIMANI GARG	Mr NEERAJ GARG	A
7	KARTIK SINGH	Mr V K SINGH	A
8	KM BINNY SINGHAL	Mr ASHUTOSH SINGHAL	B <sup>+</sup>
9	KM PARUL TOMAR	Mr LAKYAMAN SINGH	A
10	KM RUPAL ANEJA	Mr NEERAJ KUMAR ANEJA	A
11	KM SAKSHI	Mr ANIL KUMAR	A <sup>+</sup>
12	KM VAJSHALI	Mr DHARMENDRA	A <sup>+</sup>
13	KOMAL PUNDIR	Mr NARESH KUMAR PUNDIR	A
14	KOVID GARG	Mr RADHEY SHYAM GARG	A
15	LAVANYA PUNDIR	Mr SAHAB SINGH PUNDIR	A <sup>+</sup>
16	MOHIT KUMAR	Mr AMOD KUMAR MITTAL	A
17	MONIKA SHARMA	Mr ARVIND KUMAR	A <sup>+</sup>
18	NANDITA SINGH	Mr J P SINGH	B <sup>+</sup>
19	NEHA GAUR	Mr AVDESH GAUR	B <sup>+</sup>
20	PRAGYA KAUSHIK	Mr SATISH KAUSHIK	A
21	PRAKASHA GAUTAM	Mr NAMESH KUMAR GAUTAM	A
22	PRAKRATI KULSHRESHTH	Mr HARISH CHAND KULSHRESHTH	A <sup>+</sup>
23	PRIYANKA	Mr YASHPAL SINGH	A <sup>+</sup>
24	RACHNA	Mr NARENDRA PAL SINGH	A <sup>+</sup>
25	RAVI PANWAR	Mr YASHPAL SINGH	B <sup>+</sup>
26	RUCHI	Mr SUSHIL KUMAR	A <sup>+</sup>
27	SACHIN KUMAR	Mr DEVENDRA KUMAR	A <sup>+</sup>
28	SAKSHI MITTAL	Mr ARUN KUMAR MITTAL	A <sup>+</sup>
29	SANDHYA GOEL	Mr ARUN GOEL	A <sup>+</sup>
30	SAPANA SINGHAL	Mr VIRENDRA KUMAR SINGHAL	A <sup>+</sup>
31	SATAKSHI SANGAL	Mr SANJAY SANGAL	A
32	SHIVANGI GUPTA	Mr HARSH VARDHAN GUPTA	A
33	SHRUTIKA GARG	Mr MANOJ KUMAR GARG	A
34	SHWETA SHARMA	Mr SURESH SHARMA	A <sup>+</sup>
35	SWATI TYAGI	Mr PURAN CHAND TYAGI	A <sup>+</sup>
36	VARSA	Mr DUSYANT KUMAR	B <sup>+</sup>
37	VIDUSHI BANSAL	Mr BALESHVER DAS BANSAL	A <sup>+</sup>
38	VIVEK SHARMA	Mr CHINTAMANI SHARMA	A
39	VRINDA JAIN	Mr JANAK RAJ GARG	A <sup>+</sup>
40	AAMIR	Mr SHAH ALAM	A

  
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**Shri Ram College Muzaffarnagar**  
**Attendance Sheet "Certificate Program of Life Skill Management"**

Session 2019-20

S.No.	Student	Father	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1	ARCHANA SHARMA	Mr ISHWAR CHAND	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	
2	DEEPANKAR SINGH	Mr KANAK PAL SINGH	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	
3	DIVYA MITTAL	Mr ANIL KUMAR	A	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	
4	EKTA SINGHAL	Mr SHASHI SHEKHAR	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	
5	GEETIKA GARG	Mr KULDEEP GARG	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	
6	HIMANI GARG	Mr NEERAJ GARG	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	
7	KARTIK SINGH	Mr V K SINGH	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	
8	KM BINNY SINGHAL	Mr ASHUTOSH SINGHAL	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	
9	KM PARUL TOMAR	Mr LAKYAMAN SINGH	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	
10	KM RUPAL ANEJA	Mr NEERAJ KUMAR	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	
11	KM SAKSHI	Mr ANIL KUMAR	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	
12	KM VAISHALI	Mr DHARMENDRA	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	
13	KOMAL PUNDIR	Mr NARESH KUMAR	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	
14	KOVID GARG	Mr RADHIY SHYAM	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	
15	LAVANYA PUNDIR	Mr SAHAB SINGH	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	
16	MOHIT KUMAR	Mr AMOD KUMAR	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	
17	MONIKA SHARMA	Mr ARVIND KUMAR	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	
18	NANDITA SINGH	Mr J P SINGH	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	
19	NEHA GAUR	Mr AVDESH GAUR	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	
20	PRAGYA KAUSHIK	Mr SATESH KAUSHIK	A	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	
21	PRAKASHA	Mr NAMESH KUMAR	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	
22	PRAKRATI	Mr HARISH CHAND	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	
23	PRIYANKA	Mr YASHPAL SINGH	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	
24	RACHNA	Mr NARENDRA PAL	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	
25	RAVI PANWAR	Mr YASHPAL SINGH	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	

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41	ANAM ZAIDI	Mr ISHRAT HUSSAIN ZAIDI	A+
42	CHAND MOHAMMAD	Mr MOHAMMAD KAMIL	A+
43	GANDHAR GAUTAM JAIN	Mr RAJIV CHANDRA JAIN	A+
44	KM RAHIL ANJUM	Mr AAS MOHAMMAD	A+
45	KM SHUMAYLA	Mr MOHD AFZAL	A+
46	KM. MUZAYYANA FATIMA	Mr ISRAR AHMED	A
47	LATBA	Mr SHAHNAWAZ KHAN	A
48	MANSI JAIN	Mr AJAY JAIN	A
49	SAMREEN ZAIDI	Mr MUNAVWAR ZAIDI	A+
50	SANAT FATMA	Mr KAMRAN HUSNAIN	A+
51	VISHAKHA JAIN	Mr JITENDRA JAIN	A+
52	AARJU	Mr SUDESHPAL	A+
53	ABHISHEK KUMAR	Mr RAJKARAN	A+
54	ANIL KUMAR	Mr OMPRAKASH SINGH	A+
55	ARJUN SINGH	Mr RAKESH KUMAR	A+
56	ASHANSHI TOMAR	Mr YOGESH TOMAR	A+
57	CHHAYA MALIK	Mr SANJEEV MALIK	A+
58	DEEPAK KUMAR	Mr SURAJ MAL	A+
59	DEEPIKA	Mr ARUN KUMAR	A
60	EKTA SAINI	Mr SUNIL SAINI	A+
61	HIMANSHU VERMA	Mr DHARMPAL VERMA	A+
62	HITU RATHI	Mr JAIPAL SINGH	A+
63	INDU CHAUDHARY	Mr NARENDRA SINGH	A+
64	JAHNVI	Mr SUSHIL KUMAR	A+
65	KAJAL	Mr CHANDRA PAL	A+
66	KANAK CHAUHAN	Mr JITENDRA SINGH	A
67	KAPIL DEV DHIMAN	Mr VED PRAKASH DHIMAN	A
68	KAPIL KUMAR	Mr RAJ KUMAR	A+
69	KEERTI	Mr SUSHIL KUMAR	A+
70	KM AAKANKSHI	Mr BHISM SINGH	A
71	KM AMRITA PANCHAL	Mr RAMBEER PANCHAL	A+
72	KM ANSHU	Mr YOGENDER SINGH	A+
73	KM ANU TOMAR	Mr VIPIN KUMAR	A
74	KM BABY KUMARI	Mr NARENDRA SINGH	A
75	KM MONIKA DHIMAN	Mr ASHOK KUMAR	A+
76	KM NEETU	Mr SHALEK CHAND	A+
77	KM PRAGYA	Mr OMKAR SINGH	A
78	KM PREETI	Mr CHANDBEER	A+
79	KM SHUBHI DHIMAN	Mr RAKESH KUMAR DHIMAN	A+
80	KM VAISHALI	Mr CHANDRAPAL SINGH	A+
81	KULDEEP MALIK	Mr HARVEER MALIK	A+
82	KUMARI SWATI	Mr BALDHER SINGH	A+
83	LAKSHYA KUMAR	Mr HARBEER SINGH	A+
84	LALITA	Mr JAIPAL SINGH	A+

  
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85	LAVY CHAUDHARY	Mr PRADEEP CHAUDHARY	A <sup>+</sup>
86	MEENAKSHE	Mr RAVINDER KUMAR	A <sup>+</sup>
87	MEENAKSHE PANCHAL	Mr BABU RAM PANCHAL	A
88	MEGHA	Mr KARANPAL SINGH	A <sup>+</sup>
89	MITALI RAVAT	Mr PRAMOD KUMAR RAVAT	A <sup>+</sup>
90	NAVNEET KAKRAN	Mr BIJENDRA KUMAR	A
91	NEHA SAINI	Mr SHRIPAL SAINI	A
92	NIDHI CHOUDHARY	Mr AJAY SINGH RANA	A <sup>+</sup>
93	NIGAM CHOUDHARY	Mr UPENDRA SINGH	A <sup>+</sup>
94	NIKETA	Mr HARENDRA SINGH	A
95	NIKHIL KUMAR	Mr MAHAVEER SINGH	A <sup>+</sup>
96	NIKITA PANWAR	Mr SANJAY KUMAR	A <sup>+</sup>
97	NISHA SHARMA	Mr VINOD KUMAR SHARMA	A
98	NISHANT CLAIWAL	Mr RAM KISHOR	A
99	PANKAJ KUMAR	Mr VIJAYPAL SINGH	B <sup>+</sup>
100	PAWAN KUMAR	Mr NARESH KUMAR	A <sup>+</sup>




  
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**ASSESSMENT**  
**COURSE-LIFE SKILLS MANAGEMENT**

2019

MARKS-50

**INSTRUCTIONS-**

1. Time for the completion of tasks is two hour.
2. Be honest while attempting. Mark your natural response.

**TASK-1-**

How can you tell if someone is stressed? Explain five ways.

**TASK-2-**

How can you tell if someone is stressed? Explain five ways.

**TASK-3-**

Explain the strong need to build a healthy self-esteem in order to live a productive and happy life.

**TASK-4-**

Explain the three types of stress and give examples for each.

**TASK-5-**

Explain ways to empathize.

  
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## Shri Ram College Muzaffarnagar

### List of Selected Students "Certificate Program of Life Skill Management"

Session 2019-20

S.No.	Student Name	Father Name	Grade
1	ARCHANA SHARMA	Mr ISHWAR CHAND SHARMA	A
2	DEEPANKAR SINGH RAWAT	Mr KANAK PAL SINGH RAWAT	B
3	DIVYA MITTAL	Mr ANIL KUMAR	A
4	EKTA SINGHAL	Mr SHASHI SHEKHAR SINGHAL	B
5	GREETIKA GARG	Mr KULDEEP GARG	A
6	HIMANI GARG	Mr NEERAJ GARG	A
7	KARTIK SINGH	Mr V K SINGH	B
8	KM BINNY SINGHAL	Mr ASHUTOSH SINGHAL	A
9	KM PARUL TOMAR	Mr LAKYAMAN SINGH	B
10	KM RUPAL ANEJA	Mr NEERAJ KUMAR ANEJA	D
11	KM SAKSHI	Mr ANIL KUMAR	B
12	KM VAISHALI	Mr DIARMENDRA	B
13	KOMAL PUNDIR	Mr NARESH KUMAR PUNDIR	B
14	KOVID GARG	Mr RAUHEY SHYAM GARG	A
15	LAVANYA PUNDIR	Mr SAJJAD SINGH PUNDIR	A
16	MOHIT KUMAR	Mr AMOD KUMAR MITTAL	A
17	MONIKA SHARMA	Mr ARVIND KUMAR	A
18	NANDITA SINGH	Mr J P SINGH	B
19	NEHA GAUR	Mr AVDESH GAUR	B
20	PRAGYA KAUSHIK	Mr SATISH KAUSHIK	B
21	PRAKASHA GAUTAM	Mr NAGESH KUMAR GAUTAM	A
22	PRAKRATI KULSIRESHITH	Mr HARISH CHAND KULSIRESHITH	B
23	PRIYANKA	Mr YASHPAL SINGH	A
24	RACINA	Mr NARENDRA PAL SINGH	A
25	RAVI PANWAR	Mr YASHPAL SINGH	B
26	RUCHI	Mr SUSHIL KUMAR	B
27	SACHIN KUMAR	Mr DEVENDRA KUMAR	B
28	SAKSHI MITTAL	Mr ARUN KUMAR MITTAL	A
29	SANDHIYA GOEL	Mr ARUN GOEL	B
30	SAPANA SINGHAL	Mr VIRENDRA KUMAR SINGHAL	B
31	SATAKSHI SANGAL	Mr SANJAY SANGAL	A
32	SHIVANGI GUPTA	Mr HARSH VARDHAN GUPTA	A
33	SHRUTIKA GARG	Mr MANOJ KUMAR GARG	A
34	SHWETA SHARMA	Mr SURESH SHARMA	B
35	SWATI TYAGI	Mr PURAN CHAND TYAGI	B
36	VARSA	Mr DUSYANT KUMAR	A
37	VIDUSHI BANSAL	Mr DALESHVER DAS BANSAL	A
38	VIVEK SHARMA	Mr CHINTAMANI SHARMA	A
39	VRINDA JAIN	Mr JANAK RAJ GARG	A
40	AAMIR	Mr SHAH ALAM	B
41	ANAM ZAIDI	Mr ISHRAF HUSSAIN ZAIDI	A
42	CHAND MOHAMMAD	Mr MOHAMMAD KAMIL	A
43	GANDHAR GAUTAM JAIN	Mr RAJIV CHANDRA JAIN	A
44	KM RAHIL ANJUM	Mr AAS MOHAMMAD	A
45	KM SHUMAYLA	Mr MOHD AFZAL	A
46	KM. MUZAYYAN FATIMA	Mr ISRAR AJMED	A

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47	LAIDA	Mr SHAHNAWAZ KHAN	A
48	MANSI JAIN	Mr AJAY JAIN	A
49	SAMREEN ZAIDI	Mr MUNAVWAR ZAIDI	A
50	SANAT FATMA	Mr KAMRAN HUSNAIN	A
51	VISHAKHA JAIN	Mr JITENDRA JAIN	A
52	AARJU	Mr SUDESH PAL	A
53	ABHISHEK KUMAR	Mr RAJKARAN	A
54	ANIL KUMAR	Mr OMPRAKASH SINGH	A
55	ARJUN SINGH	Mr RAKESH KUMAR	A
56	ASHANSHI TOMAR	Mr YOGESH TOMAR	A
57	CHHAYA MALIK	Mr SANJEEV MALIK	A
58	DEEPAK KUMAR	Mr SURAJ MAL	A
59	DEEPIKA	Mr ARJUN KUMAR	A
60	EKTA SAINI	Mr SUNIL SAINI	A
61	HIMANSHU VERMA	Mr DHARMPAL VERMA	A
62	HITU RATHI	Mr JADPAL SINGH	A
63	INDU CHAUDHARY	Mr NARENDRA SINGH	A
64	JAHNVI	Mr SUSHIL KUMAR	A
65	KAJAL	Mr CHANDRA PAL	A
66	KANAK CHAUHAN	Mr JITENDRA SINGH	A
67	KAPIL DEV DHIMAN	Mr VED PRAKASH DHIMAN	A
68	KAPIL KUMAR	Mr RAJ KUMAR	A
69	KEERTI	Mr SUSHIL KUMAR	A
70	KM AAKANKSHI	Mr BHISM SINGH	A
71	KM AMRITA PANCHAL	Mr RAMBEER PANCHAL	A
72	KM ANSHI	Mr YOGENDER SINGH	A
73	KM ANU TOMAR	Mr VIPIN KUMAR	A
74	KM BABY KUMARI	Mr NARENDRA SINGH	A
75	KM MONIKA DHIMAN	Mr ASHOK KUMAR	A
76	KM NEETU	Mr SHALEK CIDAND	A
77	KM PRAGYA	Mr OMKAR SINGH	A
78	KM PREETI	Mr CHANDBEER	A
79	KM SHUBHI DHIMAN	Mr RAKESH KUMAR DHIMAN	A
80	KM VAISHALI	Mr CHANDRAPAL SINGH	A
81	KULDEEP MALIK	Mr HARVEER MALIK	A
82	KUMARI SWATI	Mr BALDIER SINGH	A
83	LAKSHYA KUMAR	Mr HARBEER SINGH	A
84	LALITA	Mr JAIPAL SINGH	A
85	LAVY CHAUDHARY	Mr PRADEEP CHAUDHARY	A
86	MEENAKSHI	Mr BAVINDER KUMAR	A
87	MEENAKSHI PANCHAL	Mr BABU RAM PANCHAL	A
88	MEGHA	Mr KARANPAL SINGH	A
89	MITALI RAVAT	Mr PRAMOD KUMAR RAVAT	A
90	NAVNEET KAKRAN	Mr BUENDRA KUMAR	A
91	NEHA SAINI	Mr SHRIPAL SAINI	A
92	NIDHI CHAUDHARY	Mr AJAY SINGH RANA	A
93	NIGAM CHAUDHARY	Mr UPENDRA SINGH	A
94	NIKETA	Mr HARENDRA SINGH	A
95	NIKHIL KUMAR	Mr MAHAVEER SINGH	A
96	NIKITA PANWAR	Mr SANJAY KUMAR	A
97	NISHA SHARMA	Mr VINOD KUMAR SHARMA	A
98	NISHANT CHAIWAL	Mr RAM KISHOR	A
99	PANKAJ KUMAR	Mr VIJAYPAL SINGH	A
100	PAWAN KUMAR	Mr NARESH KUMAR	A

  
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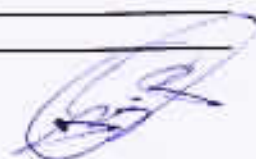
  
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**SHRI RAM COLLEGE, MUZAFFARNAGAR**  
**Alloted Students on CERTIFICATE PROGRAMME OF LIFE SKILL MANAGEMENT**  
**B.Ed-2019-20**

S.No.	Student Name	Father Name
1	ARCHANA SHARMA	Mr ISHWAR CHAND SHARMA
2	DEEPANKAR SINGH RAWAT	Mr KANAK PAL SINGH RAWAT
3	DIVYA MITTAL	Mr ANIL KUMAR
4	EKTA SINGHAL	Mr SHASHI SHEKHAR SINGHAL
5	GEETIKA GARG	Mr KULDEEP GARG
6	HIMANI GARG	Mr NEERAJ GARG
7	KARTIK SINGH	Mr V K SINGH
8	KM BINNY SINGHAL	Mr ASHUTOSH SINGHAL
9	KM PARUL TOMAR	Mr LAKYAMAN SINGH
10	KM RUPAL ANEJA	Mr NEERAJ KUMAR ANEJA
11	KM SAKSHI	Mr ANIL KUMAR
12	KM VAISHALI	Mr DHARMENDRA
13	KOMAL PUNDIR	Mr NARESH KUMAR PUNDIR
14	KOVID GARG	Mr RADHEY SHYAM GARG
15	LAVANYA PUNDIR	Mr SAHAB SINGH PUNDIR
16	MOHIT KUMAR	Mr AMOD KUMAR MITTAL
17	MONIKA SHARMA	Mr ARVIND KUMAR
18	NANDITA SINGH	Mr J P SINGH
19	NEHA GAUR	Mr AVDESH GAUR
20	PRAGYA KAUSHIK	Mr SATISH KAUSHIK
21	PRAKASHA GAUTAM	Mr NARESH KUMAR GAUTAM
22	PRAKRATI KULSHRESHTH	Mr HARISH CHAND KULSHRESHTH
23	PRIYANKA	Mr YASHPAL SINGH
24	RACHNA	Mr NARENDRA PAL SINGH
25	RAVI PANWAR	Mr YASHPAL SINGH
26	RUCHI	Mr SUSHIL KUMAR
27	SACHIN KUMAR	Mr DEVENDRA KUMAR
28	SAKSHI MITTAL	Mr ARUN KUMAR MITTAL
29	SANDHYA GOEL	Mr ARUN GOEL
30	SAPANA SINGHAL	Mr VIRENDRA KUMAR SINGHAL
31	SATAKSHI SANGAL	Mr SANJAY SANGAL
32	SHIVANGI GUPTA	Mr HARSH VARDHAN GUPTA
33	SHRUTIKA GARG	Mr MANOJ KUMAR GARG
34	SHWETA SHARMA	Mr SURESH SHARMA
35	SWATI TYAGI	Mr PURAN CHAND TYAGI
36	VARSA	Mr DUSYANT KUMAR
37	VIDUSHI BANSAL	Mr BALESHVER DAS BANSAL
38	VIVEK SHARMA	Mr CHINTAMANI SHARMA
39	VREINDA JAIN	Mr JANAK RAJ GARG
40	AAMIR	Mr SHAH ALAM

  
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41	ANAM ZAIDI	Mr ISHRAT HUSSAIN ZAIDI
42	CHAND MOHAMMAD	Mr MOHAMMAD KAMEL
43	GANDHAR GAUTAM JAIN	Mr RAJIV CHANDRA JAIN
44	KM RAHIL ANJUM	Mr AAS MOHAMMAD
45	KM SHUMAYLA	Mr MOHD AFZAL
46	KM. MUZAYYANA FATIMA	Mr ISRAR AHMED
47	LAIBA	Mr SHAHNAWAZ KHAN
48	MANSI JAIN	Mr AJAY JAIN
49	SAMREEN ZAIDI	Mr MUNAVWAR ZAIDI
50	SANAT FATMA	Mr KAMRAN HUSNAIN
51	VISHAKHA JAIN	Mr JITENDRA JAIN
52	AARJU	Mr SUDESHPAL
53	ABHISHEK KUMAR	Mr RAJKARAN
54	ANIL KUMAR	Mr OMPRAKASH SINGH
55	ARJUN SINGH	Mr RAKESH KUMAR
56	ASHANSHI TOMAR	Mr YOGESH TOMAR
57	CHHAYA MALIK	Mr SANJEEV MALIK
58	DEEPAK KUMAR	Mr SURAJ MAL
59	DEEPIKA	Mr ARUN KUMAR
60	EKTA SAINI	Mr SUNIL SAINI
61	HIMANSHU VERMA	Mr DHARMPAL VERMA
62	HITU RATHI	Mr JAIPAL SINGH
63	INDU CHAUDHARY	Mr NARENDRA SINGH
64	JAHNVI	Mr SUSHIL KUMAR
65	KAJAL	Mr CHANDRA PAL
66	KANAK CHAUHAN	Mr JITENDRA SINGH
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69	KEERTI	Mr SUSHIL KUMAR
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88	MEGHA	Mr KARANPAL SINGH
89	MITALI RAVAT	Mr PRAMOD KUMAR RAVAT
90	NAVNEET KAKRAN	Mr BIJENDRA KUMAR
91	NEHA SAINI	Mr SHRIPAL SAINI
92	NIDHI CHOUDHARY	Mr AJAY SINGH RANA
93	NIGAM CHOUDHARY	Mr UPENDRA SINGH
94	NIKETA	Mr HARENDRA SINGH
95	NIKHIL KUMAR	Mr MAHAVEER SINGH
96	NIKITA PANWAR	Mr SANJAY KUMAR
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## Introduction

Duration : 30 Hours

This module of life skill Education follows a comprehensive behaviour change approach that concentrates on the development of life skills needed for life for pupil teachers.

This module addresses the personal development of pupil teachers and aims at providing life skill education to pupil teachers to actually use and apply their information to empower their students and to lead a better life. This module defines and categories life skills in context of behaviour change.

The facilitation of this module comprises thirty sessions to take about one hour each including visits to different community centers to give pupil teachers first hand life experience that will surely be helpful in development of life skill.

"life skill" are defined by UNICEF as psychosocial abilities for adaptive and adative and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. They are loosely grouped into three broad categories of Skill: cognitive skill for analyzing and using information, personal skill for developing personal agency and managing oneself, and interpersonal skills for communicating and interacting effectively with others.

## Learning Objective

- ➔ Discuss life skills and related life skill to their real life situation
- ➔ Apply life skills in their Classroom environment and deal effectively with their students.
- ➔ Understand importance of life skill and their application.

## Categories And Types of Life Skill

Life skills education is the process of facilitating learning or the acquisition of knowledge of skills value, beliefs and habits and this operationally is defined as life skills education. "Life skills" are defined as psychosocial abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.

They are loosely grouped into three broad categories of skills: cognitive skills for analyzing and using information, personal skills for developing personal agency and manging oneself, and inter-personal skills of communicating and interacting effectively with others (UNICEF, 2013)

Life skills are numerous and it is difficult to limit their type and number. Here are thirteen of the most important life skills. They are categorized into three main areas:

- Skills of knowing and living with oneself
- Skills of knowing and living with others
- Skills of making effective and good decisions

### Skill of Knowing and Living with oneself

- Self-awareness
- Self-esteem
- Coping with emotions
- Coping with stress

### Skill of Knowing and Living with other

- Interpersonal relationship
- Negotiation Skills
- Empathy Skills
- Peer resistance
- Assertiveness
- Effective Communication

## Life Skills Education

Life skills education is a structured programmes of needs and outcomes based participatory learning that aims to increase positive and adaptive behaviour by assisting individuals to develop and practise psycho-social skills that minimize risk factors and maximize protective factors. Life skills education programmes are theory and evidenced based, learner focused, delivered by competent facilitators, and appropriately evaluated to ensure continuous improvement of documented results (UNICEF, 2013)

## Life Skills Based Education

A term which came into use to describe life skills education addressing specific content or undertaken to achieve specific goals, e.g. life skills based peace education or life skills based HIV & AIDS education. The term makes it clear that a life skills approach will be used to teach the subject matter, meaning that participatory teaching/learning methods will be used to help learners develop not only knowledge, but also the psycho-social life they may need to use knowledge to inform and carry out behaviour (UNICEF, 2013)



## Important of life Skills

In this rapidly changing environment, there is a need of life skills to cope up with the changing pace of everyday life. They promote healthy behaviour of pupil teachers and make them empower to act positively and effectively when confronted with difficult situation either in classroom or in day to day life.

## Application of Life Skills

Application of life skills is referred to the use of life skills by students and teachers. In this module, there are thirty sessions containing a first-hand experience of life skills provided by the facilitator to make participants able to understand the concept of life skills and how to apply them to deal effectively with their students and in everyday life.



# SHRI RAM COLLEGE

## Muzaffarnagar

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Pin - 251001.

NAAC 'A' GRADE ACCREDITED

# SHRI RAM COLLEGE

## MUZAFFARNAGAR

Session : 2019-20

# Life Skill Management

: Convener :  
Mrs Anusha Parveen

Co-convener  
Mr Bhanu Prasad Verma

## LIFE MANAGEMENT SKILLS

Life Management Skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.



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## FACULTY OF EDUCATION

(Reco. by NCTE and Affiliated to CCS University, Meerut)

# Shri Ram College, MUzaffarnagar

Date-16.01.2020

## Notice

This is hereby informed to all Students of Teacher Education Department that Department is going to organized a thirty hours certificate "Programme in life Skill Management" in the department from 03.02.2020. All Students willing to participate are instructed to give their name to Mrs Aysha Parveen by 28.01.2020



**Dr/Perna Mittal**

Dean

Faculty of Education



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Muzaffarnagar



Principal  
Shri Ram College  
Muzaffarnagar

**Shri Ram College, Muzaffarnagar**  
**Life Skill Management Certificate Course**

**Annual Report (2018-19)**

The Department of Education has been conducting Life Skill Management Certificate course for the college students since 2015-16. The College has established committee and board of studies of this course as per guidelines given by the parent institution under the chairmanship of honorable Principal of our college. We had the meeting at the beginning of academic year to discuss for preparing plan and execution of the course. Thereafter, we displayed a notice and asked interested students to enroll their names with the respective teachers. As soon as well took the demonstration, arranged mock interviews, group discussions etc. At the end of the course certificate were issued to respective students.

In the academic year 2018-19 the course was conducted 02.02.19 to 20.03.19 this course successfully, This year the convener of this course was Mrs Aysha Parveen and co-convener Mr Bhanu Pratap Verma.

This course has immensely benefited for the students number of students 100 Students were benefited 100 students were enrolled.

Convener

Mrs Aysha Parveen

Asst. Professor

Dr Prerna Mittal

Dean

Faculty of Education

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Muzaffarnagar

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Muzaffarnagar



**Life Skill Management**

**Certificate Course**

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Co-ordinator

Shri Ram College  
Muzaffarnagar

Principal



Date : \_\_\_\_\_

# Shri Ram College

## Muzaffarnagar

*Certificate*

*Certified that*

*Ms/Mr.....D/*

*S/o Shri.....has*

*completed 30 hours certificate course on Life Skill Management conducted  
in year 2018-19 by the Faculty of Education, Shri Ram College,*

*Muzaffarnagar*

*We wish her/him the best of Success in her/his future endeavors.*

**(Ayesha Praveen)**  
Convener

**(B.P. Verma)**  
Co-convener

**(Dr Perna Mittal)**  
Principal

**SHRI RAM COLLEGE, MUZAFFARNAGAR**  
**RESULT CERTIFICATE PROGRAMME OF LIFE SKILL MANAGEMENT**  
**B.Ed-2018-19**

S.No.	Student Name	Father Name	Results
1	AKSHMIKA	Mr SUDHIR KUMAR	A
2	ALKA RANI	Mr BIJENDRA KUMAR	A
3	AMIT KUMAR	Mr SUBHASH CHANDRA	A <sup>+</sup>
4	AMREEN	Mr MOHAMMAD KHALEEL	A <sup>+</sup>
5	ANIL KUMAR	Mr BUDH SINGH	A
6	ANSHUL VERMA	Mr MANOJ VERMA	A
7	ANUPAM SAINI	Mr RAJBAL SAINI	A
8	ANURADHA	Mr VINOD KUMAR	B <sup>+</sup>
9	ARTI SAINI	Mr CHANDERBTR SAINI	B <sup>+</sup>
10	ASIF ALI	Mr MOHARDIN	A
11	AYSHA CHOUDHARY	Mr SATISH CHOUDHARY	A
12	BHAWANA VASHISHTHA	Mr RISHIPAL VASHISHTHA	A <sup>+</sup>
13	CHETNA ARORA	Mr SOMNATH ARORA	A <sup>+</sup>
14	CHITRA	Mr KAMESHWAR PRASHAD	A <sup>+</sup>
15	DIVYA SHARMA	Mr BRIJPAL SHARMA	B <sup>+</sup>
16	DOLI	Mr SHIV KUMAR	A
17	GARIMA	Mr JAYENDRA SINGH	A
18	HARSHITA GUPTA	Mr MANOJ KUMAR GUPTA	A
19	HIMANI RATHI	Mr MADAN PAL SINGH	A <sup>+</sup>
20	HIMANSHU	Mr PRAMOD KUMAR	A <sup>+</sup>
21	INDU RANI	Mr NARESH KUMAR	A <sup>+</sup>
22	JYOTI	Mr KRISHAN LAL	B <sup>+</sup>
23	JYOTI	Mr JAIPAL SINGH	B <sup>+</sup>
24	KAJAL RANI	Mr DARSHAN SINGH	A <sup>+</sup>
25	KARTIK KUMAR	Mr VINOD KUMAR VERMA	A
26	KM AKSHITA RATHI	Mr JAIVINDRA SINGH	A
27	KM ALSABA BAND	Mr MOHD MUSARRF	A <sup>+</sup>
28	KM DEEPALI	Mr JAI KUMAR	A
29	KM HIMANSHI SHARMA	Mr SUNIL KUMAR SHARMA	A
30	KM ITI BANSAL	Mr BHARAT BHUSHAN BANSAL	A
31	KM MALTI	Mr BALJET SINGH	A
32	KM MOMENA ANJUM	Mr GAYYUR AHMAD	A <sup>+</sup>
33	KM NIDHI	Mr RANVEER SINGH	A <sup>+</sup>
34	KM SHILPA	Mr RAKESH	A
35	KM SHIVANGI SINGH	Mr JAYWANSH SINGH RAWAT	A
36	KM TABASSUM	Mr SAJID ALI	A <sup>+</sup>
37	KM VAISHALI	Mr DHARMENDRA	A <sup>+</sup>
38	KM YOGITA	Mr VIJENDRA KUMAR	A
39	LUCKY	Mr RAVINDRA KUMAR	A
40	MALVIKA SINGH	Mr PRITAM SINGH	A <sup>+</sup>


  
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 Shri Ram College  
 Muzaffarnagar



41	MARIYAM ASIM	Mr MOHD ASIM	A <sup>+</sup>
42	MARIYAM ZAIDI	Mr IQRAR HUSSAIN	A <sup>+</sup>
43	MEENAKSHI SHARMA	Mr ANIL KUMAR	A
44	MINAKSHI RANA	Mr BIDENDRA SINGH RANA	A
45	MOHD MAHRAJ	Mr MOHD MUNNA	A <sup>+</sup>
46	MOHD NAZIM	Mr MOHD AAQIL	A <sup>+</sup>
47	NADEEM KHAN	Mr NAEEM KHAN	A <sup>+</sup>
48	NAUREEN FATIMA	Mr NUSRAT HUSAIN	B
49	NAUREEN SIDDIQUI	Mr PARVEZ SIDDIQUI	A
50	NEHA AGRAWAL	Mr PREM KUMAR AGRAWAL	A
51	NEHA BHARGAV	Mr MUKESH KUMAR	A <sup>+</sup>
52	NEHA SAROHA	Mr GULBIR SINGH SAROHA	B <sup>+</sup>
53	NEHA SHARMA	Mr MUKESH KUMAR SHARMA	B <sup>+</sup>
54	NEHA VERMA	Mr ANIL KUMAR VERMA	B <sup>+</sup>
55	NIDHI MITTAL	Mr PREM KUMAR	A
56	NIDHI SHARMA	Mr BRIJESH SHARMA	A
57	NIDHI SHARMA	Mr CHINTAMANI SHARMA	A
58	PINKI RANI	Mr OM PRAKASH	B <sup>+</sup>
59	POONAM SHRTVASTAVA	Mr RAJ KUMAR SHRTVASTAVA	B <sup>+</sup>
60	PRACHI SHARMA	Mr RAM LAL SHARMA	A <sup>+</sup>
61	PRAJVAL RATHI	Mr SANJEEV RATHI	A <sup>+</sup>
62	PRAKARTI SHARMA	Mr NETRAM SHARMA	A <sup>+</sup>
63	PREETI AGGARWAL	Mr MAHAVIR PRASAD AGGARWAL	A
64	PRIYA	Mr KRISHAN PAL	A
65	PRIYA	Mr DEVI SINGH	B <sup>+</sup>
66	PRIYA BHARTI	Mr ANIL KUMAR SHARMA	A
67	PRIYA SINGH	Mr JITENDRA SINGH	A
68	PRIYA VERMA	Mr RAJ KUMAR VERMA	B <sup>+</sup>
69	PRIYAM LATTIYAN	Mr SURAJ KUMAR	B <sup>+</sup>
70	PRIYANKA KAMBOJ	Mr ARUN KUMAR	A <sup>+</sup>
71	PRIYANSHU JAIN	Mr NILESH JAIN	A <sup>+</sup>
72	PUSHPENDRA KUMAR	Mr SOMDATT SHARMA	A <sup>+</sup>
73	RADHIKA BHATNAGAR	Mr PRAVEEN BHATNAGAR	A
74	RADHIKA VERMA	Mr SATISH VERMA	A
75	RAJAT GAUTAM	Mr CHANDRA SHEKHAR SHARMA	A
76	RAJNI DEVI	Mr ASHOK KUMAR	B
77	RASHMI SINGH	Mr RANDEEP SINGH	A <sup>+</sup>
78	RESHMA PARVEEN	Mr ISRAR TYAGI	A <sup>+</sup>
79	RITIKA DEOL	Mr RAJENDRA SINGH DEOL	A <sup>+</sup>
80	RIYA	Mr BABU RAM	B <sup>+</sup>
81	ROSHAN JAHAN KHAN	Mr SHOUKAT KHAN	B <sup>+</sup>
82	SAKSHI TYAGI	Mr AVDHESH TYAGI	A <sup>+</sup>
83	SAKSHI TYAGI	Mr PK TYAGI	A <sup>+</sup>
84	SAMRAT KASHYAP	Mr RAVI KANT	A

  
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87	SHADMA NAAZ	Mr ROSHAN JAVED	A+
88	SHANU	Mr RAM VEER SINGH	A
89	SHEETAL RANI	Mr GHANSHYAM	A
90	SHIKHA BALIYAN	Mr SUBHASH CHAND BALIYAN	B+
91	SHIKHA KALRA	Mr ANIL LOHIA	A+
92	SHIVANI CHAUDHARY	Mr RAJESH KUMAR CHAUDHARY	A+
93	SONAM CHAHAL	Mr DHARMENDRA	A+
94	SUNIL KUMAR	Mr BUDH SINGH	A
95	SUSHMA	Mr YOGENDRA SINGH	A
96	VISHAL SAINI	Mr RAKESH KUMAR SAINI	B+
97	VIVEK KUMAR TAWAR	Mr NIKET KUMAR TAWAR	A
98	VIVEK SAHARAWAT	Mr AJEET SINGH	A
99	YASHU SINGH	Mr RAKESH PAL	A+
100	ZEBA FARHEEN	Mr SOMAN ALI TYAGI	A

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 IQAC, Shri Ram College,  
 Muzaffarnagar

*(Handwritten signature)*  
 Principal  
 Shri Ram College  
 Muzaffarnagar

**ASSESSMENT**  
**COURSE-LIFE SKILLS MANAGEMENT**  
**2018**  
**MARKS-50**

**INSTRUCTIONS-**

3. Time for the completion of tasks is two hour.
4. Be honest while attempting. Mark your natural response.

**TASK-1-**

Frame the statements acknowledging the other person's point of view before saying it's not for me.

**TASK-2-**

How can you tell if someone is stressed? Explain five ways.

**TASK-3-**

Explain the strong need to build a healthy self-esteem in order to live a productive and happy life.

**TASK-4-**

Explain the three types of stress and give examples for each.

**TASK-5-**

Explain ways to empathize.

  
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**Shri Ram College Muzaffarnagar**  
**Attendance Sheet "Certificate Program of Life Skill Management"**

Session 2018-19

S.No.	Student	Father	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1	BHAWANA	Mr RISHIPAL	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P
2	CHETNA ARORA	Mr SOMNATH ARORA	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P
3	DIVYA SHARMA	Mr BRIJPAL SHARMA	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	
4	DARSHITA GUPTA	Mr MANOJ KUMAR	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	
5	JYOTI	Mr KRISHAN LAL	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	
6	KM DEEPA	Mr JAI KUMAR	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	
7	KM HIMANSHU	Mr SUNIL KUMAR	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	
8	KM ITI BANSAL	Mr BHARAT BHUSHAN	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	
9	KM NIDHI	Mr RANVEER SINGH	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	
10	KM SHILPA	Mr RAKESH	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	
11	KM SHIVANGI	Mr JAYWANSH SINGH	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	
12	KM VAISHALI	Mr DHARMENDRA	A	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	
13	LUCKY	Mr RAVINDRA KUMAR	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	
14	MEENAKSHI	Mr ANIL KUMAR	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	
15	NEHA AGRAWAL	Mr PREM KUMAR	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	
16	NEHA BHARGAV	Mr MUKESH KUMAR	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	
17	NEHA SHARMA	Mr MUKESH KUMAR	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	
18	NIDHI MITTAL	Mr PREM KUMAR	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	
19	NIDHI SHARMA	Mr BRIJESH SHARMA	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	
20	NIDHI SHARMA	Mr CHINTAMANI	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	
21	POONAM	Mr RAJ KUMAR	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	
22	PRACHI SHARMA	Mr RAM LAL SHARMA	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	
23	PRAKARTI SHARMA	Mr NITRAM SHARMA	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	
24	PREETI AGGARWAL	Mr MAHAVIR PRASAD	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	
25	PRIYA BHARTI	Mr ANIL KUMAR	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	

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Principal  
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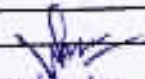


## Shri Ram College Muzaffarnagar

### List of Selected Students "Certificate Program of Life Skill Management"

Session 2018-19

S.No.	Student Name	Father Name
1	BHAWANA VASHISHTIA	Mr RISHIPAL VASHISHTIA
2	CHEITNA ARORA	Mr SONNATI ARORA
3	DIVYA SHARMA	Mr BRUPAL SHARMA
4	HARSHITA GUPTA	Mr MANOJ KUMAR GUPTA
5	JYOTI	Mr KRISHAN LAL
6	KM DCEPALI	Mr JAI KUMAR
7	KM HIMANSHI SHARMA	Mr SUNIL KUMAR SHARMA
8	KM ITI BANSAL	Mr BHARAT BHUSHAN BANSAL
9	KM NIDHI	Mr RANVEER SINGH
10	KM SHILPA	Mr RAKESH
11	KM SHIVANGI SINGH	Mr JAYWANSHI SINGH RAWAT
12	KM VAISHALI	Mr DHARMENDRA
13	LJICKY	Mr RAVINDRA KUMAR
14	MEENAKSHI SHARMA	Mr ANIL KUMAR
15	NEHA AGRAWAL	Mr PREM KUMAR AGRAWAL
16	NEHA BHARGAV	Mr MUKESH KUMAR
17	NEHA SHARMA	Mr MUKESH KUMAR SHARMA
18	NIDHI MITTAL	Mr PREM KUMAR
19	NIDHI SHARMA	Mr BRIJESH SHARMA
20	NIDHI SHARMA	Mr CHINTAMANI SHARMA
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27	RADHIKA BHATNAGAR	Mr PRAVEEN BHATNAGAR
28	RAJAT GAUTAM	Mr CHANDRA SHEKHAR SHARMA
29	RAJNI DEVI	Mr ASHOK KUMAR
30	RASEMI SINGH	Mr RANDEEP SINGH
31	SAKSHI TYAGI	Mr AVDIESH TYAGI
32	SAKSHI TYAGI	Mr PK TYAGI
33	SHANU	Mr RAM VEER SINGH
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40	NAUREEN SIDDIQUI	Mr PARVEZ SIDDIQUI
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44	SHADMA NAAZ	Mr ROSHAN JAVED
45	ZEBA FARHEEN	Mr SOMAN ALI TYAGI
46	AKSHMIKA	Mr SUDHIR KUMAR
47	ALKA RANI	Mr BIJENDRA KUMAR
48	AMIT KUMAR	Mr SURHASH CHANDRA
49	ANIL KUMAR	Mr BUDH SINGH
50	ANSHUL VERMA	Mr MANOJ VERMA
51	ANUPAM SAINI	Mr RAJBAL SAINI
52	ANURADHA	Mr VINOD KUMAR
53	ARTI SAINI	Mr CHANDERBIR SAINI
54	AYSHA CHOUDHARY	Mr SATISH CHOUDHARY
55	CHITRA	Mr KAMESHWAR PRASHAD
56	DOLI	Mr SHIV KUMAR
57	GARIMA	Mr JAYENDRA SINGH
58	HIMANI RATHI	Mr MADAN PAL SINGH
59	HIMANSHU	Mr PRAMOD KUMAR
60	INDU RANI	Mr NARESH KUMAR
61	JYOTI	Mr JAIPAL SINGH
62	KAJAL RANI	Mr DARSHAN SINGH
63	KARTIK KUMAR	Mr VINOD KUMAR VERMA
64	KM AKSHITA RATHI	Mr JAIVINDRA SINGH
65	KM MALTI	Mr BALJET SINGH
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94	VIVEK KUMAR TAWAR	Mr NIKET KUMAR TAWAR
95	VIVEK SAHARAWAT	Mr AJEET SINGH
96	YASHU SINGH	Mr RAKESH PAL
97	AMREEN	Mr MOHAMMAD KHALEEL
98	ASIF ALI	Mr MOHARDIN

  
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99	KM ALSABA BANO	Mr MOHD MUSARRF
100	KM MOMINA ANJUM	Mr GAYYUR AHMAD




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**SHRI RAM COLLEGE, MUZAFFARNAGAR**  
**Alloted Students CERTIFICATE PROGRAMME OF LIFE SKILL MANAGEMENT**  
**B.Ed-2018-19**

S.No.	Student Name	Father Name
1	AKSHMIKA	Mr SUDHIR KUMAR
2	ALKA RANI	Mr BIJENDRA KUMAR
3	AMET KUMAR	Mr SUBHASH CHANDRA
4	AMREEN	Mr MOHAMMAD KHALEEL
5	ANIL KUMAR	Mr BUDH SINGH
6	ANSHUL VERMA	Mr MANOJ VERMA
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13	CHETNA ARORA	Mr SOMNATH ARORA
14	CHITRA	Mr KAMESHWAR PRASHAD
15	DIVYA SHARMA	Mr BRIJPAL SHARMA
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21	INDU RANI	Mr NARESH KUMAR
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23	JYOTI	Mr JAIPAL SINGH
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27	KM ALSABA BANQ	Mr MOHD MUSARRF
28	KM DEEPALI	Mr JAI KUMAR
29	KM HIMANSHI SHARMA	Mr SUNIL KUMAR SHARMA
30	KM ITI BANSAL	Mr BHARAT BHUSHAN BANSAL
31	KM MALTI	Mr BALIET SINGH
32	KM MOMENA ANJUM	Mr GAYYUR AHMAD
33	KM NIDHI	Mr RANVEER SINGH
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35	KM SHIVANGI SINGH	Mr JAYWANSH SINGH RAWAT
36	KM TABASSUM	Mr SAJID ALI
37	KM VAISHALI	Mr DHARMENDRA
38	KM YOGITA	Mr VIJENDRA KUMAR
39	LUCKY	Mr RAVINDRA KUMAR
40	MALOVIXA SINGH	Mr PRITAM SINGH

  
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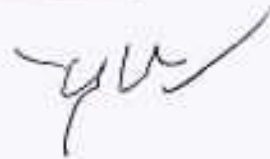
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81	ROSHAN JAHAN KHAN	Mr SHOUKAT KHAN
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 Muzaffarnagar



## Important of life Skills

In this rapidly changing environment, there is a need of life skills to cope up with the changing pace of everyday life. They promote healthy behaviour of pupil teachers and make them empower to act positively and effectively when confronted with difficult situation either in classroom or in day to day life.

## Application of Life Skills

Application of life skills is referred to the use of life skills by students and teachers. In this module, there are thirty sessions containing a first-hand experience of life skills provided by the facilitator to make participants able to understand the concept of life skills and how to apply them to deal effectively with their students and in everyday life.



**SHRI RAM COLLEGE**  
**Muzaffarnagar**

Address: 110, Ganga  
Road, Muzaffarnagar,  
U.P.

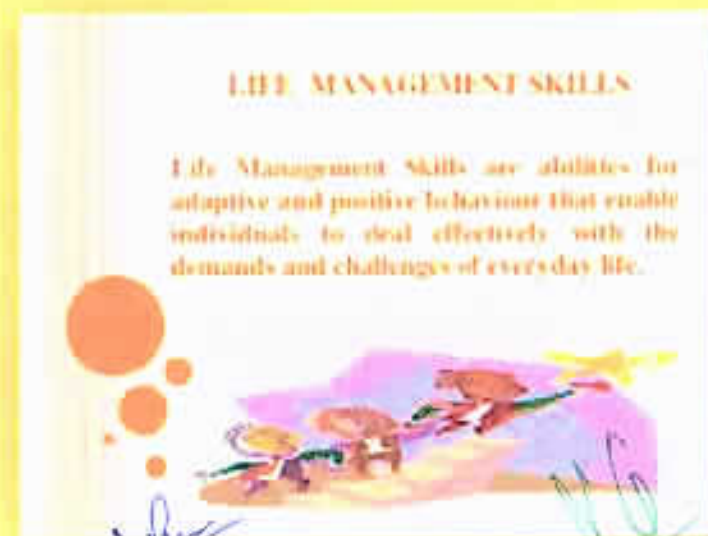
**SHRI RAM COLLEGE**  
**MUZAFFARNAGAR**

Session : 2018-19

# Life Skill Management

**: Convener :**  
**Mrs Ayasha Parveen**

**Co-convener**  
**Mr Bhanu Pratap Verma**



**Co-ordinator**  
**IQAC, Shri Ram College,**  
**Muzaffarnagar**

**Principal**  
**Shri Ram College**  
**Muzaffarnagar**

**FACULTY OF EDUCATION**

(Recognized by State Council of Educational Research and Training, Meerut)



## Introduction

Duration : 30 Hours

This module of life skill Education follows a comprehensive behaviour change approach that concentrates on the development of life skills needed for life for pupil teachers.

This module addresses the personal development of pupil teachers and aims at providing life skill education to pupil teachers to actually use and apply their information to empower their students and to lead a better life. This module defines and categorises life skills in context of behaviour change.

The facilitation of this module comprises thirty sessions to take about one hour each including visits to different community centers to give pupil teachers first hand life experience that will surely be helpful in development of life skill.

"life skill" are defined by UNICEF as psychosocial abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. They are loosely grouped into three broad categories of Skill: cognitive skill for analyzing and using information, personal skill for developing personal agency and managing oneself, and interpersonal skills for communicating and interacting effectively with others.

## Learning Objective

- ➔ Discuss life skills and related life skill to their real life situation
- ➔ Apply life skills in their Classroom environment and deal effectively with their students.
- ➔ Understand importance of life skill and their application.

## Categories And Types of Life Skill

Life skills education is the process of facilitating learning or the acquisition of knowledge of skills value, beliefs and habits and this operationally is defined as life skills education. "Life skills" are defined as psychosocial abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.

They are loosely grouped into three broad categories of skills: cognitive skills for analyzing and using information, personal skills for developing personal agency and managing oneself, and inter-personal skills of communicating and interacting effectively with others (UNICEF, 2013)

Life skills are numerous and it is difficult to limit their type and number. Here are thirteen of the most important life skills. They are categorized into three main areas:

- Skills of knowing and living with oneself
- Skills of knowing and living with others
- Skills of making effective and good decisions

### Skill of Knowing and Living with oneself

- Self-awareness
- Self-esteem
- Coping with emotions
- Coping with stress

### Skill of Knowing and Living with other

- Interpersonal relationship
- Negotiation Skills
- Empathy Skills
- Peer resistance
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## Life Skills Education

Life skills education is a structured programmes of needs and outcomes based participatory learning that aims to increase positive and adaptive behaviour by assisting individuals to develop and practise psycho-social skills that minimize risk factors and maximize protective factors. Life skills education programmes are theory and evidenced based, learner focused, delivered by competent facilitators, and appropriately evaluated to ensure continuous improvement of documented results (UNICEF, 2013)

## Life Skills Based Education

A term which came into use to describe life skills education addressing specific content or undertaken to achieve specific goals, e.g. life skills based peace education or life skills based HIV & AIDS education. The term makes it clear that a life skills approach will be used to teach the subject matter, meaning that participatory teaching/learning methods will be used to help learners develop not only knowledge, but also the psycho-social life they may need to use knowledge to inform and carry out behaviour (UNICEF, 2013)



# Shri Ram College, MUzaffarnagar

Date-16.01.2019

## Notice

This is hereby informed to all Students of Teacher Education Department that Department is going to organized a thirty hours certificate "Programme in life Skill Management" in the department from 02.02.2019. All Students willing to participate are instructed to give their name to Mrs Aysha Parveen by 28.01.2019



**Dr Purna Mittal**

Dean

Faculty of Education



Co-ordinator  
IQAC, Shri Ram College,  
Muzaffarnagar



Principal  
Shri Ram College  
Muzaffarnagar

**Shri Ram College, Muzaffarnagar**  
**Life Skill Management Certificate Course**  
**Annual Report (2017-18)**

The Department of Education has been conducting Life Skill Management Certificate course for the college students since 2015-16. The College has established committee and board of studies of this course as per guidelines given by the parent institution under the chairmanship of honorable Principal of our college. We had the meeting at the beginning of academic year to discuss for preparing plan and execution of the course. Thereafter, we displayed a notice and asked interested students to enroll their names with the respective teachers. As soon as well took the demonstration, arranged mock interviews, group discussions etc. At the end of the course certificate were issued to respective students.

In the academic year 2017-18 the course was conducted 02.02.18 to 20.03.18 this course successfully. This year the convener of this course was Mrs Aysha Parveen and co-convener Mr Bhanu Pratap Verma.

This course has immensely benefited for the students number of students 34 Students were benefited 34 students were enrolled.

  
Convener

Mrs Aysha Parveen


Asst. Professor

  
Dr Prerna Mittal

Dean

Faculty of Education

  
Co-ordinator  
IQAC, Shri Ram College,  
Muzaffarnagar

  
Principal  
Shri Ram College  
Muzaffarnagar



**Life Skill Management**

**Certificate Course**

Co-ordinator  
IOAC, Shri Ram College,  
Muzaffarnagar

Principal  
Shri Ram College  
Muzaffarnagar



Date : \_\_\_\_\_

# Shri Ram College

## Muzaffarnagar

### Certificate

*Certified that*

*Ms/Mr.....D/*

*S/o Shri.....has*

*completed 30 hours certificate course on Life Skill Management conducted in year 2017-18 by the Faculty of Education, Shri Ram College,*

*Muzaffarnagar*

*We wish her/him the best of Success in her/his future endeavors.*

**(Ayesha Praveen)**  
Convener

**(B.P. Verma)**  
Co-convener

**(Dr Prerna Mittal)**  
Dean, Teacher Education Department

**SHRI RAM COLLEGE, MUZAFFARNAGAR**  
**RESULT CERTIFICATE COURSE OF LIFE SKILL MANAGEMENT**

**B.Ed-2017-18**

S.No.	Student	Father	RESULT
1	AARTI DEVI	Mr SANJAY TYAGI	A
2	ADITI RANI	Mr JITENDRA KUMAR SANGAL	A <sup>+</sup>
3	AMIKSHA GUPTA	Mr V K GUPTA	A <sup>+</sup>
4	ANAMIKA MALIK	Mr YASHVEER MALIK	B <sup>+</sup>
5	ANCHAL MUNJAL	Mr RAJEEV KUMAR MUNJAL	A
6	APURVA MITTAL	Mr AMIT KUMAR MITTAL	A
7	ARUNA TYAGI	Mr VED BHUSHAN TYAGI	A <sup>+</sup>
8	BUSHRA HASAN	Mr NAZIR HASAN	A <sup>+</sup>
9	DAMINI TOMAR	Mr VIDENDRA SINGH TOMAR	A <sup>+</sup>
10	DEEPAK KUMAR	Mr RAJ KUMAR	B <sup>+</sup>
11	DEVESH MALIK	Mr DEVENDRA SINGH MALIK	B <sup>+</sup>
12	DIPTI RANA	Mr SUSHIL KUMAR RANA	B <sup>+</sup>
13	GAURAV BALIYAN	Mr SOMPAL SINGH	A
14	GOPAL VERMA	Mr JITENDRA VERMA	A
15	GULSHAN KUMAR	Mr SITA RAM	A <sup>+</sup>
16	HIMSHIKHA GARG	Mr PRAVESH GARG	A <sup>+</sup>
17	HUMAJRA SABIR	Mr S M SABIR	A <sup>+</sup>
18	JAYA RANI	Mr MANOJ KUMAR	B <sup>+</sup>
19	JITENDRA KUMAR SAINI	Mr KANWAAR SEN SAINI	B <sup>+</sup>
20	JYOTI RANA	Mr SUNIL RANA	B <sup>+</sup>
21	JYOTI SINGH	Mr RAKESH TIKAIT	B <sup>+</sup>
22	KAJAL AGRAAWAL	Mr SANJEEV KUMAR	A <sup>+</sup>
23	KAMAL DEEP	Mr ARUN KUMAR	A <sup>+</sup>
24	KAMINI MACHAL	Mr RAVI MACHAL	A
25	KIRAN BAWRA	Mr YOGENDRA KUMAR	A
26	KM AARTI	Mr BRIJESH KUMAR	A
27	KM ADIBA KHUSHHAL	Mr ASMAR AHMED	A <sup>+</sup>
28	KM ANURADHA	Mr RAJENDRA KUMAR	A <sup>+</sup>
29	KM DEEPA DHIMAN	Mr BEJENDRA KUMAR DHIMAN	A <sup>+</sup>
30	MONI	Mr DHARAMPAL	A <sup>+</sup>
31	VINITA	Mr PRAVENDAR	B <sup>+</sup>
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33	VISHAL CHOUDHARY	Mr CHARAN SINGH	A <sup>+</sup>
34	KM FARHEEN BANO	Mr MD. AMEER ALAM	A

  
 Co-ordinator  
 IQAC, Shri Ram College,  
 Muzaffarnagar

  
 Principal  
 Shri Ram College  
 Muzaffarnagar



**ASSESSMENT**  
**COURSE-LIFE SKILLS MANAGEMENT**  
**2017**  
**MARKS-50**

**INSTRUCTIONS-**

1. Time for the completion of tasks is two hour.
2. Be honest while attempting. Mark your natural response.

**TASK-1-**

Explain types of life skills have been prescribed by WHO.

**TASK-2-**

How can you tell if someone is stressed? Explain five ways.

**TASK-3-**

Explain the strong need to build a healthy self esteem in order to live a productive and happy life.

**TASK-4-**

Explain the three types of stress and give examples for each.

**TASK-5-**

Explain ways to resist peer pressure.

  
Co-ordinator  
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**Shri Ram College Muzaffarnagar**  
**Attendance Sheet "Certificate Program of Life Skill Management"**  
**Session 2017-18**

S.No.	Student	Father	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
1	AARTI DEVI	Mr SANJAY TYAGI	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	
2	ADITI RANI	Mr JITENDRA KUMAR	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	
3	AMIKSHA GUPTA	Mr V K GUPTA	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	
4	ANAMIKA MALIK	Mr YASHVEER MALIK	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	A	
5	ANCHAL MUNJAL	Mr RAJEEV KUMAR	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	
6	APURVA MITTAL	Mr AMIT KUMAR	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	
7	ARUNA TYAGI	Mr VED BHUSHAN	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	
8	BUSHRA HASAN	Mr NAZIR HASAN	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	
9	DAMINI TOMAR	Mr VIDENDRA SINGH	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	
10	DEEPAK KUMAR	Mr RAJ KUMAR	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	
11	DEVESH MALIK	Mr DEVENDRA SINGH	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	A	
12	DIPTI RANA	Mr SUSHIL KUMAR	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	
13	GOPAL VERMA	Mr JITENDRA VERMA	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	A	P	
14	GULSHAN KUMAR	Mr SITA RAM	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	
15	HIMSHIKHA GARG	Mr PRAVESH GARG	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	
16	HUMAIRA SABIR	Mr S M SABIR	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P
17	JYOTI RANA	Mr SUNIL RANA	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
18	JYOTI SINGH	Mr RAKESH TIKAIT	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	
19	KAJAL AGRAAWAL	Mr SANJEEV KUMAR	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	A	P
20	KAMAL DEEP	Mr ARUN KUMAR	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P
21	KAMINI MACHAL	Mr RAVI MACHAL	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P
22	JITENDRA KUMAR	Mr KANWAAR SEN	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P
23	JAYA RANI	Mr MANOJ KUMAR	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
24	YINITA	Mr PARVINDRA	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	A	P	P
25	VIPIN KUMAR	Mr PAHAL SINGH	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P

Co-ordinator  
 ICAC, Shri Ram College,  
 Muzaffarnagar



Principal  
 Shri Ram College  
 Muzaffarnagar





## SHRI RAM COLLEGE, MUZAFFARNAGAR

### List of Enrolled Students on COURSE OF LIFE SKILL MANAGEMENT

#### B.Ed-2017-18

S.No.	Student	Father
1	AARTI DEVI	Mr SANJAY TYAGI
2	ADITI RANI	Mr JITENDRA KUMAR SANGAL
3	AMIKSHA GUPTA	Mr V K GUPTA
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# SHRI RAM COLLEGE Muzaffarnagar

Address : Parikarma Marg Opp. BSNL office, Muzaffarnagar  
Pin - 251001.

NAAC 'A' GRADE ACCREDITED

# SHRI RAM COLLEGE MUZAFFARNAGAR

Session : 2017-18

## Life Skill Management

Co-ordinator  
Mrs. Anshu Parveen

Co-ordinator  
Mr. Manoj Prasad Verma

### LIFE MANAGEMENT SKILLS

Life Management Skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.



## FACULTY OF EDUCATION

(Recog. by NCTE and Affiliated to CCS University, Meerut)

Co-ordinator  
IQAC, Shri Ram College,  
Muzaffarnagar

Shri Ram College  
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## Introduction

Duration : 30 Hours

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# Shri Ram College, MUzaffarnagar

Date-16.01.2018

## Notice

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**Dr Prerna Mittal**

Dean

Faculty of Education



Co-ordinator  
ICAC, Shri Ram College,  
Muzaffarnagar



Principal  
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Muzaffarnagar



**Shri Ram College, Muzaffarnagar**  
**Life Skill Management Certificate Course**  
**Annual Report (2016-17)**

The Department of Education has been conducting Life Skill Management Certificate course for the college students since 2015-16. The College has established committee and board of studies of this course as per guidelines given by the parent institution under the chairmanship of honorable Principal of our college. We had the meeting at the beginning of academic year to discuss for preparing plan and execution of the course. Thereafter, we displayed a notice and asked interested students to enroll their names with the respective teachers. As soon as well took the demonstration, arranged mock interviews, group discussions etc. At the end of the course certificate were issued to respective students.

In the academic year 2016-17 the course was conducted 02.02.17 to 20.03.17 this course successfully. This year the convener of this course was Mrs Aysha Parveen and co-convener Mr Bhanu Pratap Verma.

This course has immensely benefited for the students number of students 34 Students were benefited 50 students were enrolled.

Convener

Mrs Aysha Parveen

Asst. Professor

Dr Prerna Mittal

Dean

Faculty of Education

Co-ordinator  
IQAC, Shri Ram College,  
Muzaffarnagar

Principal  
Shri Ram College  
Muzaffarnagar

Date : \_\_\_\_\_



# Shri Ram College Muzaffarnagar Certificate

*Certified that*

*Ms/Mr.....D/*

*S/o Shri.....has*

*completed 30 hours certificate course on Life Skill Management conducted  
in year 2016-17 by the Faculty of Education, Shri Ram College,*

*Muzaffarnagar*

*We wish her/him the best of Success in her/his future endeavors.*

**(Ayesha Praveen)**  
Convener

**(B.P. Verma)**  
Co-convener

**(Dr Prerna Mittal)**  
Dean, Teacher Education Department

Co-ordinator  
Ayesha Praveen  
IQAC, Shri Ram College,  
Muzaffarnagar

Principal  
B.P. Verma  
Shri Ram College  
Muzaffarnagar

**Life Skill Management**

**Certificate Course**



**SHRI RAM COLLEGE, MUZAFFARNAGAR**  
**RESULT CERTIFICATE PROGRAMME OF LIFE SKILL MANAGEMENT**  
**B.Ed-2016-17**

S.No.	Student	Father	RESULT
1	AAYUSHI SHARMA	Mr PANKAJ SHARMA	A
2	ABDUL KARIM HILAL	Mr IQBAL AHMAD	A
3	ABHIKA MALIK	Mr PADAM SINGH MALIK	A
4	AJAY KUMAR	Mr RAKESH KUMAR	A <sup>+</sup>
5	ASHEESH VERMA	Mr VIKRAM SINGH VERMA	A
6	BHARTI	Mr KRISHAN KUMAR	A <sup>+</sup>
7	CHHAVI	Mr DHARMENDRA SINGH	B <sup>+</sup>
8	CHHAVI GUPTA	Mr PRAVEEN KR. GUPTA	B <sup>+</sup>
9	CHITRA	Mr DHAN RAM	A
10	DEEPA CHAUDHARY	Mr UDAYVEER SINGH	A <sup>+</sup>
11	DEEPIKA SHARMA	Mr RAVINDERA KR. SHARMA	B <sup>+</sup>
12	DHRITI SHARMA	Mr PUNEET KR. SHARMA	A <sup>+</sup>
13	DIPA DEVI	Mr KAILASH CHAND	A <sup>+</sup>
14	FIRDOS	Mr MOHAMMAD SARTAJ	A
15	GAGAN KUMAR	Mr SATYPAL SINGH	B <sup>+</sup>
16	GAREEMA RAJ	Mr RAJ KUMAR	B
17	GARIMA RANI	Mr VINAY KUMAR	A <sup>+</sup>
18	GAUTAM KUMAR	Mr KIRAN PAL SINGH	A
19	HIMANSHI	Mr shiv kumar	B <sup>+</sup>
20	HONEY	Mr RAVINDRA KUMAR	B
21	HRICHA SINGH	Mr SOMPAL SINGH	A <sup>+</sup>
22	JAIVEER	Mr KARM VEER SINGH	A <sup>+</sup>
23	JONY KUMAR	Mr PARTAP SINGH	A
24	KM AKANKSHA	Mr HARVEER CHAUDHARY	B
25	KM ANJALI	Mr RAMNIWAS	B <sup>+</sup>
26	KM ANJALI GANGAWALIYA	Mr INDER PAL GANGAWAL	A <sup>+</sup>
27	KM ANJALI GOYAL	Mr DINESH GOYAL	A
28	KM ANJUM BAND	Mr IQRAM ALI	B <sup>+</sup>
29	KM ANU KUMARI	Mr KANWAR PAL SINGH	A
30	KM ANUSHREE	Mr BALESHVAR	A <sup>+</sup>
31	KM BABLI	Mr ASHOK KUMAR	B <sup>+</sup>
32	KM GEETA	Mr JAI SINGH	B
33	KM GULFSHA	Mr YAMEEN	A
34	KM KAMAKSHI GUPTA	Mr ANIL KUMAR GUPTA	D
35	KM SUNITA	Mr RAMESH CHAND	D
36	KOMAL	Mr SATYAVEER SINGH	D
37	KOMAL TYAGI	Mr LEIGHRAJ TYAGI	D
38	KULDEEP KAUR	Mr JASVINDER SINGH	D
39	NEHA SINGH	Mr JAGRAM SINGH	D
40	NIDHI SHARMA	Mr SUSHIL KR. SHARMA	D
41	PANKAJ KUMAR	Mr SHIV KUMAR	D
42	RAHUL KUMAR	Mr RAMKUMAR	D
43	RAJANI SHARMA	Mr SANJEEV SHARMA	D
44	ROOPA RANI	Mr MANGE RAM	D

Coordinator  
 IQA Shri Ram College,  
 Muzaffarnagar

*S. Singh*

Principal  
 Shri Ram College  
 Muzaffarnagar

45	SACHIN KUMAR	Mr SOM PAL SINGH	P
46	SAKSHI CHAUDHARY	Mr ADITYA	P
47	SUSHMA	Mr JAIPAL SINGH	P
48	SWATI	Mr YOGENDRE KUMAR	P
49	TANYA PAL	Mr KUSHAL PAL	P
50	TASNEEM PARVEEN	Mr MOHMMAD SARTAJ	P

*S. Red*

*[Signature]*

*Yuan*

*[Signature]*  
 Co-ordinator  
 IGAC, Shri Ram College,  
 Muzaffarnagar

Principal  
 Shri Ram College  
 Muzaffarnagar



Shri Ram College, Muzaffarnagar  
B.Ed. (Session 2016-17)

Attendance Sheet Certificate Course Life Skill Management

S. No.	Student Name	Father's Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1	AAYUSHI SHARMA	Mr PANKAJ SHARMA	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2	ABDUL KARIM HILAL	Mr IQBAL AHMAD	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
3	ABHIKA MALIK	Mr PADAM SINGH MALIK	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
4	AJAY KUMAR	Mr RAKESH KUMAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
5	ASHEESH VERMA	Mr VIKRAM SINGH VERMA	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
6	BHARTI	Mr KRISHAN KUMAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
7	CHHAVI	Mr DHARMENDRA SINGH	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
8	CHHAVI GUPTA	Mr PRAVEEN KR. GUPTA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
9	CHITRA	Mr DHAN RAM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
10	DEEPA CHAUDHARY	Mr UDAYVEER SINGH	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
11	DEEPIKA SHARMA	Mr RAVINDERA KR. SHARMA	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
12	DHRITI SHARMA	Mr PUNEET KR. SHARMA	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
13	DIPA DEVI	Mr KAILASH CHAND	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
14	FIRDOUS	Mr MOHAMMAD SARTAJ	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
15	GAGAN KUMAR	Mr SATYPAL SINGH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
16	GAREEMA RAJ	Mr RAJ KUMAR	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
17	GARIMA RANI	Mr VINAY KUMAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	GAUTAM KUMAR	Mr KIRAN PAL SINGH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	HIMANSHI	Mr shiv kumar	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	HONEY	Mr RAVINDRA KUMAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
21	HRICHA SINGH	Mr SOMPAL SINGH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	JATVEER	Mr KARM VEER SINGH	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	JONY KUMAR	Mr PARTAP SINGH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	KM AKANKSHA	Mr HARVEER CHAUDHARY	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	KM ANJALI	Mr RAMNIWAS	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26	KM ANJALI GANGAWALIYA	Mr INDER PAL GANGAWAL	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
27	KM ANJALI GOYAL	Mr DINESH GOYAL	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
28	KM ANJUM BANO	Mr IQRAM ALI	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Co-ordinator  
ICAC, Shri Ram College,  
Muzaffarnagar

*(Signature)*

*(Signature)*

Principal  
Shri Ram College  
Muzaffarnagar







**ASSESSMENT**  
**COURSE-LIFE SKILLS MANAGEMENT**

**2016**

**MARKS-50**

**INSTRUCTIONS-**

- 1- Time for the completion of tasks is two hour.
- 2- Be honest while attempting. Mark your natural response.

**TASK-1-**

Prepare a chart of life skills have been learnt by you.

**TASK-2-**

Do self SWOT analysis on the given matrix.

**TASK-3-**

Explain the strong need to build a healthy self esteem in order to live a productive and happy life.

**TASK-4-**

Explain the three types of stress and give examples for each.

**TASK-5-**

What is empathy skill? How is it essential in building good relationships, both at work and in personal life?

  
Co-ordinator  
IQAC, Shri Ram College,  
Muzaffarnagar

  
Principal  
Shri Ram College  
Muzaffarnagar

## Shri Ram College Muzaffarnagar

### List of Selected Students "Certificate Program of Life Skill Management"

#### Session 2016-17

S.No.	Student Name	Father Name
	AAYUSHI SHARMA	Mr PANKAJ SHARMA
2	ABDUL KARIM HILAL	Mr IQBAL AHMAD
3	ABHIKA MALIK	Mr PADAM SINGH MALIK
4	AJAY KUMAR	Mr RAKESH KUMAR
5	ASHEESH VERMA	Mr VIKRAM SINGH VERMA
6	BHARTI	Mr KRISHAN KUMAR
7	CHHAVI	Mr DHARMENDRA SINGH
8	CHHAVI GUPTA	Mr PRAVEEN KR. GUPTA
9	CHITRA	Mr DHAN RAM
10	DEEPA CHAUDHARY	Mr UDAYVEER SINGH
11	DEEPIKA SHARMA	Mr RAVINDERA KR. SHARMA
12	DHRITI SHARMA	Mr PUNEET KR. SHARMA
13	DIPA DEVI	Mr KAILASH CHAND
14	FIRDOUS	Mr MOHAMMAD SARTAJ
15	GAGAN KUMAR	Mr SATYPAL SINGH
16	GAREEMA RAJ	Mr RAJ KUMAR
17	GARIMA RANI	Mr VINAY KUMAR
18	GAUTAM KUMAR	Mr KIRAN PAL SINGH
19	HIMANSHI	Mr shiv kumar
20	HONEY	Mr RAVINDRA KUMAR
21	HRICHA SINGH	Mr SOMPAL SINGH
22	JAIVEER	Mr KARM VEER SINGH
23	JONY KUMAR	Mr PARTAP SINGH
24	KM AKANKSHA	Mr HARVEER CHAUDHARY
25	KM ANJALI	Mr RAMNIWAS
26	KM ANJALI GANGAWALIYA	Mr INDER PAL GANGAWAL
27	KM ANJALI GOYAL	Mr DINESH GOYAL
28	KM ANJUM BANO	Mr IQRAM ALI
29	KM ANU KUMARI	Mr KANWAR PAL SINGH
30	KM ANUSHREE	Mr BALESHVAR
31	KM BABLI	Mr ASHOK KUMAR
32	KM GEETA	Mr JAI SINGH
33	KM GULFSHA	Mr YAMEEN
34	KM KAMAKSHI GUPTA	Mr ANIL KUMAR GUPTA

  
Co-ordinator  
IQAC, Shri Ram College,  
Muzaffarnagar

  
Principal  
Shri Ram College  
Muzaffarnagar



## Shri Ram College Muzaffarnagar

### List of Enrolled Students "Certificate Program of Life Skill Management"

Session 2016-17


S.No.	Student Name	Father Name
1	AAYUSHI SHARMA	Mr PANKAJ SHARMA
2	ABDUL KARIM HILAL	Mr IQBAL AHMAD
3	ABHIKA MALIK	Mr PADAM SINGH MALIK
4	AJAY KUMAR	Mr RAKESH KUMAR
5	ASHEESH VERMA	Mr VIKRAM SINGH VERMA
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7	CHHAVI	Mr DHARMENDRA SINGH
8	CHHAVI GUPTA	Mr PRAVEEN KR. GUPTA
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16	GAREEMA RAJ	Mr RAJ KUMAR
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18	GAUTAM KUMAR	Mr KIRAN PAL SINGH
19	HIMANSHI	Mr shiv kumar
20	HONEY	Mr RAVINDRA KUMAR
21	HRICHA SINGH	Mr SOMPAL SINGH
22	JAIVEER	Mr KARM VEER SINGH
23	JONY KUMAR	Mr PARTAP SINGH
24	KM AKANKSHA	Mr HARVEER CHAUDHARY
25	KM ANJALI	Mr RAMNIWAS
26	KM ANJALI GANGAWALIYA	Mr INDER PAL GANGAWAL
27	KM ANJALI GOYAL	Mr DINESH GOYAL
28	KM ANJUM BANO	Mr IQRAM ALT
29	KM ANU KUMARI	Mr KANWAR PAL SINGH
30	KM ANUSHREE	Mr BALESHVAR
31	KM BABLI	Mr ASHOK KUMAR
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35	KM. SUNITA	Mr MUNESH KUMAR
36	KOMAL	Mr SATYAVEER SINGH
37	KOMAL TYAGI	Mr LEKHRAJ TYAGI
38	KULDEEP KAUR	Mr JASVINDER SINGH
39	NEHA SINGH	Mr JAGRAM SINGH
40	NIDHI SHARMA	Mr SUSHIL KR. SHARMA
41	PANKAJ KUMAR	Mr SHIV KUMAR
42	RAHUL KUMAR	Mr RAMKUMAR
43	RAJANI SHARMA	Mr SANJEEV SHARMA
44	ROOPA RANI	Mr MANGE RAM
45	SACHIN KUMAR	Mr SOM PAL SINGH
46	SAKSHI CHAUDHARY	Mr ADITYA
47	SUSHMA	Mr JAIPAL SINGH
48	SWATI	Mr YOGENDRE KUMAR
49	TANYA PAL	Mr KUSHAL PAL
50	TASNEEM PARVEEN	Mr MOHAMMAD SARTAJ

  
 Co-ordinator  
 IOAC, Shri Ram College,

  
 Principal  
 Shri Ram College  
 Muzaffarnagar

**SHRI RAM COLLEGE, MUZAFFARNAGAR**  
**Alloted Candidate CERTIFICATE PROGRAMME OF LIFE SKILL MANAGEMENT**  
**B.Ed-2016-17**

S.No.	Student	Father
1	AAYUSHI SHARMA	Mr PANKAJ SHARMA
2	ABDUL KARIM HILAL	Mr IQBAL AHMAD
3	ABHIKA MALIK	Mr PADAM SINGH MALIK
4	AJAY KUMAR	Mr RAKESH KUMAR
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6	BHARTI	Mr KRISHAN KUMAR
7	CHHAVI	Mr DHARMENDRA SINGH
8	CHHAVI GUPTA	Mr PRAVEEN KR. GUPTA
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11	DEEPIKA SHARMA	Mr RAVINDERA KR. SHARMA
12	DHRITI SHARMA	Mr PUNEET KR. SHARMA
13	DIPA DEVI	Mr KAILASH CHAND
14	FIRDOUS	Mr MOHAMMAD SARTAJ
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19	HIMANSHI	Mr shiv kumar
20	HONEY	Mr RAVINDRA KUMAR
21	HRICHA SINGH	Mr SOMPAL SINGH
22	JAIVEER	Mr KARM VEER SINGH
23	JONY KUMAR	Mr PARTAP SINGH
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29	KM ANU KUMARI	Mr KANWAR PAL SINGH
30	KM ANUSHREE	Mr BALESHVAR
31	KM BABLI	Mr ASHOK KUMAR
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35	KM SUNITA	Mr RAMESH CHAND
36	KOMAL	Mr SATYAVEER SINGH
37	KOMAL TYAGI	Mr LEKHRAJ TYAGI
38	KULDEEP KAUR	Mr JASVINDER SINGH
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40	NIDHI SHARMA	Mr SUSHIL KR. SHARMA
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46	SAKSHI CHAUDHARY	Mr ADITYA
47	SUSHMA	Mr JAIPAL SINGH
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49	TANYA PAL	Mr KUSHAL PAL
50	TASNEEM PARVEEN	Mr MOHMMAD SARTAJ



  
Co-ordinator  
IQAC, Shri Ram College,  
Muzaffarnagar

  
Principal  
Shri Ram College  
Muzaffarnagar

## Important of life Skills

In this rapidly changing environment, there is a need of life skills to cope up with the changing pace of everyday life. They promote healthy behaviour of pupil teachers and make them empower to act positively and effectively when confronted with difficult situation either in classroom or in day to day life.

## Application of Life Skills

Application of life skills is referred to the use of life skills by students and teachers. In this module, there are thirty sessions containing a firsthand experience of life skills provided by the facilitator to make participants able understand the concept of life skills and how to apply them to deal effectively with their students and in everyday life.



# SHRI RAM COLLEGE

## Muzaffarnagar

Address : Parikarma Marg Opp. BSNL office, Muzaffarnagar  
Pin - 251001.

NAAC 'A' GRADE ACCREDITED

# SHRI RAM COLLEGE

## MUZAFFARNAGAR

Session : 2016-17

# Life Skill Management

Co-ordinator :  
Mrs Anusha Parveen

Co-ordinator :  
Mr Rohan Pratap Verma

## LIFE MANAGEMENT SKILLS

Life Management Skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.



## FACULTY OF EDUCATION

(Reco. by NCTE and Affiliated to CCS University, Meerut)

Coordinator  
ICAC, Shri Ram College,  
Muzaffarnagar

Principal  
Shri Ram College  
Muzaffarnagar



## Introduction

Duration : 30 Hours

This module of life skill Education follows a comprehensive behaviour change approach that concentrates on the development of life skills needed for life for pupil teachers.

This module addresses the personal development of pupil teachers and aims at providing life skill education to pupil teachers to actually use and apply their information to empower their students and to lead a better life. This module defines and categories life skills in context of behaviour change.

The facilitation of this module comprises thirty sessions to take about one hour each including visits to different community centers to give pupil teachers first hand life experience that will surely be helpful in development of life skill.

"life skill" are defined by UNICEF as psychosocial abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. They are loosely grouped into three broad categories of Skill: cognitive skill for analyzing and using information, personal skill for developing personal agency and managing oneself, and interpersonal skills for communicating and interacting effectively with others.

## Learning Objective

- ➔ Discuss life skills and related life skill to their real life situation
- ➔ Apply life skills in their Classroom environment and deal effectively with their students.
- ➔ Understand importance of life skill and their application.

## Categories And Types of Life Skill

Life skills education is the process of facilitating learning or the acquisition of knowledge of skills value, beliefs and habits and this operationally is defined as life skills education. "Life skills" are defined as psychosocial abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.

They are loosely grouped into three broad categories of skills: cognitive skills for analyzing and using information, personal skills for developing personal agency and managing oneself, and inter-personal skills of communicating and interacting effectively with others (UNICEF, 2013)

Life skills are numerous and it is difficult to limit their type and number. Here are thirteen of the most important life skills. They are categorized into three main areas:

- Skills of knowing and living with oneself
- Skills of knowing and living with others
- Skills of making effective and good decisions

### Skill of Knowing and Living with oneself

- Self-awareness
- Self-esteem
- Coping with emotions
- Coping with stress

### Skill of Knowing and Living with other

- Interpersonal relationship
- Negotiation Skills
- Empathy Skills
- Peer resistance
- Assertiveness
- Effective Communication

## Life Skills Education

Life skills education is a structured programmes of needs and outcomes based participatory learning that aims to increase positive and adaptive behaviour by assisting individuals to develop and practise psycho-social skills that minimize risk factors and maximize protective factors. Life skills education programmes are theory and evidenced based, learner focused, delivered by competent facilitators, and appropriately evaluated to ensure continuous improvement of documented results (UNICEF, 2013)

## Life Skills Based Education

A term which came into use to describe life skills education addressing specific content or undertaken to achieve specific goals, e.g. life skills based peace education or life skills based HIV & AIDS education. The term makes it clear that a life skills approach will be used to teach the subject matter, meaning that participatory teaching/learning methods will be used to help learners develop not only knowledge, but also the psycho-social life they may need to use knowledge to inform and carry out behaviour (UNICEF, 2013)

**Shri Ram College, Muzaffarnagar**  
**Life Skill Management Certificate Course**  
**Annual Report (2015-16)**

The Department of Education has been conducted Life Skill Management Certificate course for the college students. The College has established committee and board of studies of this course as per guidelines given by the honorable Principal of our college. We had the meeting at the beginning of academic year to discuss for preparing plan and execution of the course. Thereafter, we displayed a notice and asked interested students to enroll their names with the respective teachers. As soon as well took the demonstration, arranged mock interviews, group discussions etc. At the end of the course certificate were issued to respective students.


In the academic year 2015-16 the course was conducted 02.02.16 to 20.03.16 this course successfully. This year the convener of this course was Mrs Aysha Parveen and co-convener Mr Bhanu Pratap Verma.

This course has immensely benefited for the students number of students 37 Students were benefited 50 students were enrolled.

  
Convener


Mrs Aysha Parveen

Asst. Professor

  
Dr Perna Mittal

Dean

Faculty of Education

  
Co-ordinator  
IQAC, Shri Ram College,  
Muzaffarnagar

  
Principal  
Shri Ram College  
Muzaffarnagar



**SHRI RAM COLLEGE, MUZAFFARNAGAR**

**Result of Certificate Course "life Skill Management"**

**B.Ed-2015-16**

S.No.	Student Name	Father Name	Results
1	ANJALI SHARMA	Mr AADESH KUMAR	A <sup>+</sup>
2	HIMANSHI DEVI	Mr AJAB SINGH	A
3	JYOTI	Mr ALAM SINGH	A
4	SHALINI TOMER	Mr AMAR PAL SINGH	A <sup>+</sup>
5	MONIKA	Mr ANIL KUMAR	B <sup>+</sup>
6	PREETI CHAUDHARY	Mr ARUN KUMAR	A
7	TANU ARORA	Mr ASHOK KR. ARORA	B <sup>+</sup>
8	KIMIKA GUPTA	Mr ASHOK KR. GUPTA	A <sup>+</sup>
9	RITU	Mr ASHOK KUMAR	B <sup>+</sup>
10	RISHA BANSAL	Mr ASHOK KUMAR BANSAL	D
11	KM SHALU	Mr BABU RAM	D
12	NIDHI SHARMA	Mr BABU RAM SHARMA	A
13	SONIYA RANI	Mr BALRAM SINGH	D
14	NEELIMA SHARMA	Mr JAY SHANKAR SHARMA	A <sup>+</sup>
15	AARJU SAINI	Mr BHOPAL SINGH	A
16	NEERAJ	Mr BHOPAL SINGH	D
17	RESHU CHOUDHARY	Mr BHUPENDRA SINGH	A <sup>+</sup>
18	DEEPA RANI	Mr BIJENDRA KUMAR	A
19	KM MANISHA	Mr BIJENDRA KUMAR	D
20	SUMER SINGH GANGANIA	Mr BINARSI DAS	B
21	DEEPAK KUMAR	Mr BIRAM SINGH	B <sup>+</sup>
22	AASHU	Mr BRIJBHUSAN	D
23	NISHANT CHAUDHARY	Mr BRIJ PAL CHAUDHARY	A
24	KM. ARCHANA	Mr BRIJVEER	A <sup>+</sup>
25	PUSHPA	Mr BRISHPAL	D
26	SARITA RANI	Mr CHAMAN PRAKASH	A <sup>+</sup>
27	ANKIT RAI	Mr CHANDRA PRAKASH RAI	A
28	ANUJ	MR CHANDRAPAL	D
29	RAJKUMAR	Mr DALCHAND	D
30	DEEPAK SINGH	Mr DAYANAND SINGH	A
31	SHUBHAM KUMAR SHARMA	Mr DEENBANDHU SHARMA	D
32	ASTHA JINDAL	Mr DEVENDER KR. JINDAL	A <sup>+</sup>
33	AVINASH SHARMA	Mr DEVI CHAND SHARMA	B <sup>+</sup>
34	YASHODHA	Mr DHANPRAKASH	D
35	SWATI	Mr DHARMPAL SINGH	D
36	KM SANDEEPA KUMARI	Mr DHARMVEER SINGH	B
37	KM MEENAKSHI	MR GAJE SINGH	D
38	PARUL	Mr GAJRAJ SINGH	B <sup>+</sup>
39	MINAKSHI	Mr GHASITU SINGH	A
40	KM.PRAVINDRA	Mr HARIDAS	A <sup>+</sup>
41	PREETI SINGH	Mr HUKUM SINGH	A
42	REENA	Mr INDRAPAL SINGH	B <sup>+</sup>
43	KM REETA	Mr JAGAR SINGH	B

Co-ordinator  
JGAC, Shri Ram College,  
Muzaffarnagar

*Z. Behera*

*[Signature]*

Principal  
Shri Ram College  
Muzaffarnagar

# Shri Ram College, MUzaffarnagar

Date-16.01.2017

## Notice

This is hereby informed to all Students of Teacher Education Department that Department is going to organized a thirty hours certificate "Programme in life Skill Management" in the department from 02.02.2017. All Students willing to participate are instructed to give their name to Mrs Aysha Parveen by 28.01.2017



**Dr Prerna Mittal**

Dean

Faculty of Education



Co-ordinator  
IQAC, Shri Ram College,  
Muzaffarnagar



Principal  
Shri Ram College  
Muzaffarnagar



44	SHRUTI GUMBER	Mr JAGDESH GUMBER	A
45	AMRIK SINGH	Mr JAGDISH PRARAD	B <sup>+</sup>
46	KM MINNI MALIK	Mr JAGPAL SINGH	A
47	MEENA DEVI	Mr JAGPAL SINGH	B <sup>+</sup>
48	RAHUL UPADHYAY	Mr JAI BHAGWAN	B
49	DEVI SINGH	Mr JALDHIR SINGH	B
50	DIVYA RATHI	Mr JASVEER SINGH	A

*[Handwritten signatures in blue ink]*

*[Handwritten signature in blue ink]*  
Co-ordinator  
IQAC, Shri Ram College,  
Muzaffarnagar

*[Handwritten signature in green ink]*  
Principal  
Shri Ram College  
Muzaffarnagar

**Life Skill Management**

**Certificate Course**

Co-ordinator  
IQAC, Shri Ram College,  
Muzaffarnagar

Shri Ram College  
Muzaffarnagar

Principal



Date : \_\_\_\_\_

# Shri Ram College Muzaffarnagar

## Certificate

*Certified that*

*Ms/Mr.....D/*

*S/o Shri.....has*

*completed 30 hours certificate course on Life Skill Management conducted  
in year 2015-16 by the Faculty of Education, Shri Ram College,  
Muzaffarnagar*

*Muzaffarnagar*

*We wish her/him the best of Success in her/his future endeavors.*

(Ayesha Praveen)  
Convener

(B.P. Verma)  
Co-convener

(Dr Prerna Mittal)  
Dean, Teacher Education Department



SHRI RAM COLLEGE, MUZAFFARNAGAR

Final List of Certificate Course "life Skill Management"

8.Ed-2015-16

S.No.	Student Name	Father Name
1	ANJALI SHARMA	Mr AADESH KUMAR
2	HIMANSHI DEVI	Mr AJAB SINGH
3	JYOTI	Mr ALAM SINGH
4	SHALINI TOMER	Mr AMAR PAL SINGH
5	MONIKA	Mr ANIL KUMAR
6	PREETI CHAUDHARY	Mr ARUN KUMAR
7	TANU ARORA	Mr ASHOK KR. ARORA
8	KIMIKA GUPTA	Mr ASHOK KR. GUPTA
9	RITU	Mr ASHOK KUMAR
10	NIDHI SHARMA	Mr BABU RAM SHARMA
11	NEELIMA SHARMA	Mr JAY SHANKAR SHARMA
12	AARJU SAINI	Mr BHOPAL SINGH
13	NEERAJ	Mr BHOPAL SINGH
14	DEEPA RANI	Mr BIJENDRA KUMAR
15	SUMER SINGH GANGANJA	Mr BINARSI DAS
16	DEEPAK KUMAR	Mr BIRAM SINGH
17	NISHANT CHAUDHARY	Mr BRI PAL CHAUDHARY
18	KM. ARCHANA	Mr BRIJVEER
19	SARITA RANI	Mr CHAMAN PRAKASH
20	ANKIT RAI	Mr CHANDRA PRAKASH RAI
21	DEEPAK SINGH	Mr DAYANAND SINGH
22	ASTHA JINDAL	Mr DEVENDER KR. JINDAL
23	AVINASH SHARMA	Mr DEVI CHAND SHARMA
24	KM SANDEEPA KUMARI	Mr DHARMVEER SINGH
25	PARUL	Mr GAJRAJ SINGH
26	MINAKSHI	Mr GHASITU SINGH
27	KM.PRAVINDRA	Mr HARIDAS
28	PREETI SINGH	Mr HUKUM SINGH
29	REENA	Mr INDRAPAL SINGH
30	K.M.REETA	Mr JAGAR SINGH/SANJAY SINGH
31	SHRUTI GUMBER	Mr JAGDESH GUMBER
32	AMRIK SINGH	Mr JAGDISH PRARAD
33	KM MINNI MALIK	Mr JAGPAL SINGH
34	MEENA DEVI	Mr JAGPAL SINGH
35	RAHUL UPADHYAY	Mr JAI BHAGWAN
36	DEVI SINGH	Mr JALDHIR SINGH
37	DIVYA RATHI	Mr JASVEER SINGH

  
Co-ordinator  
ICIC, Shri Ram College,  
Muzaffarnagar

  
Principal  
Shri Ram College  
Muzaffarnagar



**Shri Ram College, Muzaffarnagar**  
**B.Ed. (Session 2015-16)**

**Attendance Sheet Certificate Course Life Skill Management**

S. No.	Student Name	Father's Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1	ANJALI SHARMA	Mr AADESH KUMAR	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2	HIMANSHI DEVI	Mr AJAB SINGH	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
3	JYOTI	Mr ALAM SINGH	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
4	SHALINI TOMER	Mr AMAR PAL SINGH	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
5	MONIKA	Mr ANIL KUMAR	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
6	PREETI CHAUDHARY	Mr ARUN KUMAR	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
7	TANU ARORA	Mr ASHOK KR. ARORA	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
8	KIMIKA GUPTA	Mr ASHOK KR. GUPTA	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
9	RITU	Mr ASHOK KUMAR	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
10	RISHA BANSAL	Mr ASHOK KUMAR BANSAL	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
11	KM SHALU	Mr BABU RAM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
12	NIDHI SHARMA	Mr BABU RAM SHARMA	A	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
13	SONEYA RANI	Mr BALRAM SINGH	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
14	NEELIMA SHARMA	Mr JAY SHANKAR SHARMA	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
15	AARJU SAINI	Mr BHOPAL SINGH	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
16	NEERAJ	Mr BHOPAL SINGH	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
17	RESHU CHAUDHARY	Mr BHUPENDRA SINGH	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
18	DEEPA RANI	Mr BIJENDRA KUMAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
19	KM MANISHA	Mr BIJENDRA KUMAR	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
20	SUMER SINGH GANGANIA	Mr BINARSI DAS	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
21	DEEPAK KUMAR	Mr BIRAM SINGH	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
22	AASHU	Mr BRIDBHUSAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
23	NISHANT CHAUDHARY	Mr BRIJ PAL CHAUDHARY	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
24	KM. ARCHANA	Mr BRIJVEER	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
25	PUSHPA	Mr BRISHPAL	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
26	SARITA RANI	Mr CHAMAN PRAKASH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
27	ANKIT RAI	Mr CHANDRA PRAKASH RAI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
28	ANUJ	MR CHANDRAPAL	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
29	RAJKUMAR	Mr DALCHAND	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	

Co-ordinator  
 IQAC, Shri Ram College,  
 Muzaffarnagar

*[Handwritten Signature]*

*[Handwritten Signature]*

Principal  
 Shri Ram College





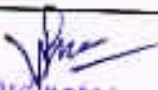


SHRI RAM COLLEGE, MUZAFFARNAGAR

Particepent List of Certificate Course "life Skill Management"

B.Ed-2015-16

S.No.	Student Name	Father Name
1	ANJALI SHARMA	Mr AADESH KUMAR
2	HIMANSHI DEVI	Mr AJAB SINGH
3	JYOTI	Mr ALAM SINGH
4	SHALINI TOMER	Mr AMAR PAL SINGH
5	MONIKA	Mr ANIL KUMAR
6	PREETI CHAUDHARY	Mr ARUN KUMAR
7	TANU ARORA	Mr ASHOK KR. ARORA
8	KIMIKA GUPTA	Mr ASHOK KR. GUPTA
9	RITU	Mr ASHOK KUMAR
10	RISHA BANSAL	Mr ASHOK KUMAR BANSAL
11	KM. SHALU	Mr BABU RAM
12	NIDHI SHARMA	Mr BABU RAM SHARMA
13	KM.SONIYA RANI	Mr BALRAM SINGH
14	NEELIMA SHARMA	Mr JAY SHANKAR SHARMA
15	AARJU SAINI	Mr BHOPAL SINGH
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21	DEEPAK KUMAR	Mr BIRAM SINGH
22	AASHU	Mr BRIJ BHUSHAN
23	NISHANT CHAUDHARY	Mr BRIJ PAL CHAUDHARY
24	KM. ARCHANA	Mr BRIJVEER
25	PUSHPA	Mr BRISHPAL SINGH
26	SARITA RANI	Mr CHAMAN PRAKASH
27	ANKIT RAI	Mr CHANDRA PRAKASH RAI
28	ANJU	Mr CHANDRAPAL
29	RAJ KUMAR	Mr DALCHAND
30	DEEPAK SINGH	Mr DAYANAND SINGH
31	SHUBHAM KR. SHARMA	Mr DEEN BANDHU SHARMA
32	ASTHA JINDAL	Mr DEVENDER KR. JINDAL
33	AVINASH SHARMA	Mr DEVI CHAND SHARMA
34	YASHODHA	Mr DHAN PRAKASH
35	SWATI	Mr DHARAM PAL SINGH
36	KM SANDEEPA KUMARI	Mr DHARMVEER SINGH
37	KM.MEENAKSHI	Mr GAJE SINGH
38	PARUL	Mr GAJRAJ SINGH
39	MINAKSHI	Mr GHASITU SINGH
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Co-ordinator  
IQAC, Shri Ram College,  
Muzaffarnagar

  
Principal  
Shri Ram College  
Muzaffarnagar



44	SHRUTI GUMBER	Mr JAGDESH GUMBER
45	AMRIK SINGH	Mr JAGDISH PRARAD
46	KM MINNI MALIK	Mr JAGPAL SINGH
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Co-ordinator  
IQAC, Shri Ram College,  
Muzaffarnagar

  
Principal  
Shri Ram College  
Muzaffarnagar

## Important of life Skills

In this rapidly changing environment, there is a need of life skills to cope up with the changing pace of everyday life. They promote healthy behaviour of pupil teachers and make them empower to act positively and effectively when confronted with difficult situation either in classroom or in day to day life.

## Application of Life Skills

Application of life skills is referred to the use of life skills by students and teachers. In this module, there are thirty sessions containing a firsthand experience of life skills provided by the facilitator to make participants able to understand the concept of life skills and how to apply them to deal effectively with their students and in everyday life.



# SHRI RAM COLLEGE Muzaffarnagar

Address : Parkarma Marg Opp. BSNI office, Muzaffarnagar  
Pin - 251001

NAAC 'A' GRADE ACCREDITED

# SHRI RAM COLLEGE MUZAFFARNAGAR

Session : 2015-16

## Life Skill Management

: Convener :  
Mrs Ayasha Parveen

Co-convener  
Mr Bhanu Pratap Verma

### LIFE MANAGEMENT SKILLS

Life Management Skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.



## FACULTY OF EDUCATION

(Recog. by NCTE and Affiliated to CCS University, Meerut)

Coordinator  
IQAC, Shri Ram College,  
Muzaffarnagar

Principal  
Shri Ram College  
Muzaffarnagar



## Introduction

Duration : 30 Hours

This module of life skill Education follows a comprehensive behaviour change approach that concentrates on the development of life skills needed for life for pupil teachers.

This module addresses the personal development of pupil teachers and aims at providing life skill education to pupil teachers to actually use and apply their information to empower their students and to lead a better life. This module defines and categories life skills in context of behaviour change.

The facilitation of this module comprises thirty sessions to take about one hour each including visits to different community centers to give pupil teachers if hand life experience that will surely be helpful in development of life skill.

"life skill" are defined by UNICEF as psychosocial abilities for adaptive and adative and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. They are loosely grouped into three broad categories of Skill: cognitive skill for analyzing and using information, personal skill for developing personal agency and managing oneself, and interpersonal skills for communicating and interacting effectively with others.

## Learning Objective

- ➔ Discuss life skills and related life skill to their real life situation
- ➔ Apply life skills in their Classroom environment and deal effectively with their students.
- ➔ Understand importance of life skill and their application.

## Categories And Types of Life Skill

Life skills education is the process of facilitating learning or the acquisition of knowledge of skills value, beliefs and habits and this operationally is defined life skills education. "Life skills" are defined as psychosocial abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.

They are loosely grouped into three broad categories of skills: cognitive skills for analyzing and using information, personal skills for developing personal agency and manging oneself, and inter-personal skills of communicating and interacting effectively with others (UNICEF, 2013)

Life skills are numerous and it is difficult to limit their type and number. Here are thirteen of the most important life skills. They are categorized into three main areas:

- Skills of knowing and living with oneself
- Skills of knowing and living with others
- Skills of making effective and good decisions

### Skill of Knowing and Living with oneself

- Self-awareness
- Self-esteem
- Coping with emotions
- Coping with stress

### Skill of Knowing and Living with other

- Interpersonal relationship
- Negotiation Skills
- Empathy Skills
- Peer resistance
- Assertiveness
- Effective Communication

## Life Skills Education

Life skills education is a structured programmes of needs and outcomes based participatory learning that aims to increase positive and adaptive behaviour by assisting individuals to develop and practise psycho-social skills that minimize risk factors and maximize protective factors. Life skills education programmes are theory and evidenced based, learner focused, delivered by competent facilitators, and appropriately evaluated to ensure continuous improvement of documented results (UNICEF, 2013)

## Life Skills Based Education

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# Shri Ram College, MUzaffarnagar

Date-15.01.2016

## Notice

This is hereby informed to all Students of Teacher Education Department that Department is going to organized a thirty hours certificate "Programme in life Skill Management" in the department from 02.02.2016. All Students willing to participate are instructed to give their name to Mrs Aysha Parveen by 28.01.2016



Dr Perna Mittal

Dean

Faculty of Education



Co-ordinator  
T.E. Dept, Shri Ram College,  
Muzaffarnagar



Principal  
Shri Ram College  
Muzaffarnagar



# Shri Ram College Muzaffarnagar

Dated-01.01.2016

To,

The Principal

Shri Ram College Muzaffarnagar

Subject-Regarding to starting the Life Skill Management Certificate course.

Dear Sir,

to inform you that for the students studying in the Faculty of Teacher Education Shri Ram College Muzaffarnagar Life skill management certificate course is going to be started for the students studying, which will be of 36 hours duration. The program wants to start the Teachers Education Department, for which you have a humble request to take the trouble to provide the recommendation to start this program.

Forwarded  
yours  
1.1.16

With Regards

Mrs Aysha Parveen

Asst. Proffesor

Faculty of Teacher Education

Co-ordinator  
Shri Ram College  
Muzaffarnagar

Principal  
Shri Ram College  
Muzaffarnagar