

Devi Ahilya University, Indore, India Institute of Engineering & Technology			II Year B.E. (Information Technology)				
Subject Code & Name	Instructions Hours per Week			Credits			
SIR3S3 Life Management Skills	L	T	P	L	T	P	Total
	2	-	-	2	-	-	2
Duration of Theory Paper:3 Hours							

Learning Objectives:

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Pre requisites: Nil

COURSE CONTENTS

UNIT-I

Understanding Self

Evolution and us, Basics of brain-structure, Our feel-good and feel-bad brain-chemicals, Role of genes, Understanding how brain stores information. Understanding emotions, Basics of nervous system, dealing with anxiety, Ways to offset depression, Managing anger, and Right attitude towards competition. Understanding hormones and dealing with hormonal changes, Understanding and managing mood-fluctuations, Understanding the reasons behind OCD and addictions.

Unit-II

Managing Habits

Neurology of habits, developing discipline, creating new habits, Science behind will-power, Changing destructive habits, Habits of highly effective people. How to relax, How meditation works, How to bring positivity in oneself, How to bring equanimity in oneself, Happiness – a state of mind, related techniques.

Unit-III

Relationship Management

Ability to size-up situations, Interconnections between emotions and nonverbal behavior, Observing nonverbal behavior, Profiling people's personal environments. Roots of empathy,

Basics of interpersonal communication, Understanding the types of people & their motivating-factors, Listening skills, Dealing with difficult people.

Unit-IV

Stress Management

Understanding the physiology of stress, Understanding how stress affects learning, How oversensitivity harms, How to focus, Concepts of crisis management, techniques of stress management. Dealing with peer pressure and complexes, Assertiveness Training, Avoiding groupthink, Dealing with distractions, Concepts of healthy relationships.

Unit-V

Wellness Basics

How sleep affects mind, Exercising and mind, Concepts of balanced diet, Importance of recreational habits, Role of art in wellness, How imagination shapes our brain. (more contents can be added in this unit to make it complete)

Text book and other reading resources

Learning Outcomes :

Upon completing the course, students will be able to:

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BOOKS RECOMMENDED: