

Devi Ahilya University, Indore, India Institute of Engineering & Technology				II Year B.E. (Information Technology)			
Subject Code & Name	Instructions Hours per Week			Credits			
3SIRS3 Life Management Skills	L	T	P	L	T	P	Total
	2	-	-	2	-	-	2
Duration of Theory Paper:3 Hours							

Learning Objectives:

- To provide an overview on Life Skills Management
- To make students able to understand themselves and their Role in Society
To develop Healthy Personality
- To align them as complete self: Mind, Body and Soul

Pre requisites: Nil

COURSE CONTENTS

UNIT-I

Basics of Life Skills Management: Understanding Self and Psychological Problems

Life Skills Management: Concepts and Applications, Basics of Brain-Structure, Hormones: Role of Hormones in changing mood and emotions, Role of genes, Understanding Memory.

Normal Self: Concept of Normality. Characteristics of Healthy Personality, Levels of Personality Dysfunctions, Ways to offset depression. Anxiety: Symptoms and Dealing with anxiety. Managing Anger, and Right attitude towards competition. Understanding the reasons behind OCD and.

Unit-II

Managing Habits: Neurology of Habits, Developing Discipline in creating new habits, will-power, Causes of Addictions, Changing destructive habits, Habits of highly effective people.

Relaxation Techniques: Meditation, Effects of Meditation. Positive Attitude towards oneself, Equanimity in oneself, Happiness – a state of mind and related techniques.

Unit-III

Relationship Management: Emotional Intelligence: Core Domain: Self Awareness, Self Regulation, Social Awareness and Relationship Management. Relationship Management: Four Criteria for Effective Relationship Management, Competencies in the Relationship Management.

Ability to size-up situations, Role of Empathy Basics of Interpersonal Communication: Understanding and Observing Non-Verbal Behavior, Listening skills. Profiling Personal Environments. Understanding the types of Personality & their Motivating-Factors. Concepts of healthy relationships.

Unit-IV

Stress Management : Understanding the Physiology of Stress, Symptoms of Stress. Stress and Performance, effects of Stress on Learning, Oversensitivity, Focus and Concentration, Techniques of Stress Management. Concepts of Crisis Management, Dealing with Peer Pressure and Complexes, Assertiveness Training, Avoiding Groupthink, Dealing with distractions.

Unit-V

Mental Health and Wellness : Concept of Wellness: Measures to improve Wellness. Sleeping and Mind, Yoga and Exercise, Concepts of Balanced Diet, Importance of Recreational Practice, Role of art in wellness, How imagination shapes our Mind-Set. Wellness Programs for Professionals.

Learning Outcomes :

Upon completing the course, students will be able to:

- Handle Stressful Situations Understand their priorities
- Cope with different Psychological Problems Find Real Happiness
