



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University under Category A by MHRD, Estd. u/s 3 of UGC Act 1956)

Re-accredited with A+ Grade by NAAC. Recognised by UGC Under Section 12 B

Coimbatore - 641 043, Tamil Nadu, India

Jeevan Kaushal – Curriculum for Life Skills

ACTION PLAN

AS PER UGC QUALITY MANDATE 2020

Jeevan Kaushal**Overall Co-ordinator:** Dr.R.Saratha, Chemistry**Team Members**

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OBJECTIVES:

- ❖ To hone one's ability to handle personal and professional life with balance.
- ❖ To inculcate essential skills necessary to build self-efficacy and self-esteem.
- ❖ To enhance the skills that contribute towards an all-round harmonious development of an individual
- ❖ To facilitate a transformational learning that promotes better intellectual, emotional and social competencies
- ❖ To foster special emphasis on Universal Human Values and their impact on integral humanity
- ❖ To instil one's creative thinking through practical experiences that would pave way for a better perception of life.

OUTCOMES:

At the end of the course the students will be able to:

- Balance Professional and personal circumstances with high self-esteem.
- Create solid plans that hold the power to transform their life for better.
- Create powerful goals with higher intelligence guidance
- Learn the secrets of altering attitude and beliefs from "I can't" to "I can" solution model
- Introspect one's life and create a new future and instil an effective formula involving happiness and outcomes
- Experience greater sense of control over life, greater clarity about their concerns and commitments, more fulfilment and satisfaction
- Produce results beyond what they currently see as possible, beyond what their current work habits provide

Action plan for 2020-2021**Semester I**

Module	Hours	Skills that would be developed
Communication Skills	6	<ul style="list-style-type: none"> ➤ Listening, Speaking, Reading and Writing Skills ➤ Interpersonal & Relationship Management ➤ Effectiveness of Communication through Social Media
Self-Management Skills	7	<ul style="list-style-type: none"> ➤ Personal , Social and Professional Etiquettes ➤ Health & Hygiene ➤ Emotional Intelligence & Coping with stress ➤ Goal setting and time management
Value Enrichment Skills	4	<ul style="list-style-type: none"> ➤ Ideals and Principals of Spiritual Leaders like Swami Vivekananda ➤ Thirukkural as a gift to humanity ➤ Values of Love, Compassion ,caring & sharing, respect and gratitude
Career Skills	8	<ul style="list-style-type: none"> ➤ Teamwork, Leadership and Management Skills ➤ Innovative and Entrepreneurial Skills ➤ Resume, Group Discussion and Interview Skills
Ethics and Integrity	5	<ul style="list-style-type: none"> ➤ Learning through Biographies ➤ Ethical and moral codes of conduct

Semester II

- ❖ Organizing one-day workshop on Career counseling with experts identified from Industries
- ❖ One-day workshop on Communication and soft skills with resource person outsourced