Name of Faculty	:	Faculty of Social Work
Name of Program	:	Bachelor of Social Work (BSW)
Course Code	:	1BSW04
Course Title	:	Life Skills - I
Type of Course	:	Professional Core (PC)
Year of Introduction	:	2023-24

Prerequisite	:	-
Course Objective	:	To orient about set of Human Skills to handle problems and questions, commonly encountered in daily human life
Course Outcomes	:	At the end of this course, students will be able to:
	CO1	Develop a comprehensive understanding of life skills, their meaning, uses, and importance in promoting positive development, as supported by UNICEF
	CO2	Acquire a diverse set of life skills necessary for adult life, including daily living, work-life balance & social relationships
	CO3	Foster moral development, emotional intelligence, empathy, and social intelligence through the application and integration of life skills

Teaching and Examination Scheme

Teaching Scheme (Contact Hours)			Credits	Examination Marks				
				Theory Marks		Practical Marks		Total Marks
L	**T**	**P**	**C**	**SEE**	**CIA**	**SEE**	**CIA**	
2	0	0	2	50	25	0	0	75

*Legends: **L**-Lecture; **T**–Tutorial/Teacher Guided Theory Practice; **P**–Practical,**C** – Credit, **SEE** – Semester End Examination, **CIA** - Continuous Internal Assessment (It consists of Assignments/Seminars/Presentations/MCQ Tests, etc.))*

Course Content

Unit No.	Topics	Teaching Hours	Weightage	Mapping COs
1	Life Skills - Meaning, uses & importance	10	20%	CO1
2	UNICEF and life skills	10	20%	CO1
3	Life skills for youth, behavior, prevention and positive development	10	20%	CO1 CO2
4	Life skills for adult, daily living, housing skill, career planning, work life, social relationship, work and study skill, parenting	10	20%	CO2
5	Moral Development, emotional intelligence, empathy, social intelligence	5	20%	CO3

Suggested Distribution of Theory Marks Using Bloom's Taxonomy						
Level	Remembrance	Understanding	Application	Analyse	Evaluate	Create
Weightage	**25**	**25**	**25**	**25**	**-**	**-**

NOTE: This specification table shall be treated as a general guideline for the students and the teachers. The actual distribution of marks in the question paper may vary slightly from above table.

Reference Books

Sr. No.	Name of Reference Books
1	Desai, M. (2006). Ideologies and social Work: Historical and Contemporary Analyses, New Delhi, Rawat Publication
2	Friedlander, W. (1977) Concepts and Methods of Social Work, New Delhi, Prentice Hall of India Pvt. Ltd
3	Jacob, K. (Ed.) (1994) Social Work Education in India – Retrospect and Prospect, Udaipur, Himansu Publications.
4	Singh, S., (Chief Editor). (2012): Encyclopaedia of Social Work in India. Lucknow; New Royal Book Company.