Name of the Programme : **Diploma in Life Skills Education**

Programme Code : DLSE

Duration : 12 Months

Credits : 36 (1 Credit = 30 hours)

Eligibility : Graduation

Course / Papers : Theory + Practical Work

Medium of Instruction : English

**Scheme of Evaluation**

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| **Section** | **Contents** | **Credits** | **Type of Assessment** | **Marks** | **Total**  **Marks** |
| **Module 1**  An introduction to Life Skills | Unit 1 Need and Importance of Life Skills  Unit 2 Origin and Development of Life Skills  Unit 3 Definitions and Interpretations of Life Skills | 4 | Theory | 60 | **100** |
| Assignments 3 | 30 |
| Attendance | 10 |
| **Module 2**  Mother Skills | Unit 1 Self Awareness  Unit 2 Empathy | 4 | Theory | 60 | **100** |
| Assignments 3 | 30 |
| Attendance | 10 |
| **Module 3**  Survival Skills | Unit 1 Interpersonal Relationship  Unit 2 Effective Communication | 4 | Theory | 60 | **100** |
| Assignments 3 | 30 |
| Attendance | 10 |
| **Module 4**  Thinking Skills | Unit 1 Critical Thinking  Unit 2 Creative Thinking | 4 | Theory | 60 | **100** |
| Assignments 3 | 30 |
| Attendance | 10 |
| **Module 5**  Negotiating Skills | Unit 1 Decision Making  Unit 2 Problem Solving | 4 | Theory | 60 | **100** |
| Assignments 3 | 30 |
| Attendance | 10 |
| **Module 6**  Coping Skills | Unit 1 Coping with Emotions  Unit 2 Coping with Stress | 4 | Theory | 60 | **100** |
| Assignments 3 | 30 |
| Attendance | 10 |
| **Module 7**  Practical Work | Institution Visit | 12 | Activity | 70 | **400** |
| Teaching (5Hours) | ,, | 70 |
| Case Study | ,, | 70 |
| Report on a video | Report | 70 |
| Presentation (Life Skills) | Activity | 70 |
| Viva | - | 50 |
| **Total** | | **36** | **1000** | | |

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