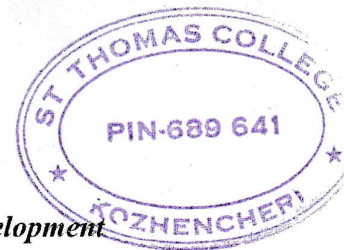


# **St Thomas College, Kozhencherry**

## **Certificate Course in *Value Education and Life Skill Development***



**Coordinated by Tutorial Committee, St Thomas College, Kozhencherry**

**Course Coordinator:** Ms Seeniamma C Chennattucherry

**Duration of the Course:** 30 hours

### **Course Objectives:**

- 1. To enable students to become responsible human beings with values**
- 2. To equip the students with skills to improve their personal, professional and social lives.**

### **Course Outcomes:**

By the end of course students will be able to:

1. Understand themselves and set their goals
2. Manage time effectively
3. Appreciate and imbibe the values needed for a peaceful society
4. Face the challenges of contemporary society effectively
5. Know the importance of value education towards personal, national and global development
6. Respond positively to gender and environmental issues
7. Enrich their lives by effective management of interpersonal relationships through life skills

### **Course Outline**

#### **Module 1: Personality Development (5 hours)**

- Self-analysis
- Self-esteem
- Positive Thinking
- Goal Setting
- Time Management

#### **Module 2: Ethics and Values for Life (10 hours)**

- Basic Human Values
- Challenges of Adolescence

### **Module 3: Value Education towards National and Global Consciousness (5 hours)**

- Constitutional Values
- Social Responsibility

### **Module 4: Life Enrichment Skills (10 Hours)**

- Critical Thinking
- Creative Thinking
- Communication Skills
- Interpersonal Relationships
- Stress Management
- Decision Making

### **Mode of Evaluation:**

Evaluation should include a combination of quantitative and qualitative assessment

Attendance-5

Activity-10

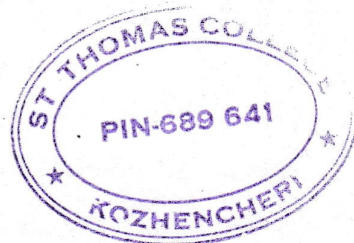
Assignment-5


Total-20

Grade-A(15-20), B(10-14.9), C(5-9.9), D(1-4.9)

### **Recommended Readings:**

1. M.G.Chitakra Education and Human Values New Delhi A PH. 2003
- 2 NCERT Education in Values New Delhi, 1992
3. <http://cbseportal.com/exam/e-books/download-free-ncert-e-book-education-for-values-in-school-a-framework/>
- 4 Life Skills Education for Transformation Chennai World Vision India.
5. Shiva and Balaji Loganathan Value Education Chennai Sree Gomathi Publications, 2011.
6. [http://cbseacademic.in/web\\_material/ValueEdu/Value Education 20Kits.pdf](http://cbseacademic.in/web_material/ValueEdu/Value Education 20Kits.pdf)



  
Principal in Charge  
St. Thomas College  
Kozhencherry