



केरल केन्द्रीय विश्वविद्यालय  
CENTRAL UNIVERSITY OF KERALA

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Ref: CUK/SW/ BOS/19-20

Date: 03/02/2020

To

**The Assistant Registrar (Academic)**  
Central University of Kerala

Sir,

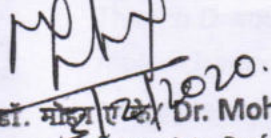
Subject: Submission of BOS Minutes held on 31<sup>st</sup> Jan2020

With reference to the subject, here by I am submitting Minutes of BOS meetings and changed syllabus for the approval of the upcoming AC meeting.

1. MSW syllabus
2. PhD syllabus

This for your further consideration and further process.

Warm regards



डा. मोहन ए.के. Dr. Mohan A K  
उपाचार्य/Associate Professor  
सामाजिक कार्य विभाग/Department of Social Work  
केरल केन्द्रीय विश्वविद्यालय/Central University of Kerala  
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**Minutes of the BOS Meeting Held on 31<sup>st</sup> January 2020**

**Agenda**

1. Ph.D Course Work Syllabus
2. MSW updated syllabus  
SSW 5004  
SSW 5012  
SSW 5103  
SSW 5202  
SSW 5014  
SSW 5016  
Other modification in the syllabus
3. Any other matter

**Resolutions/Decisions taken**

1. The Ph.D course work syllabus PHDSW 101, PHDSW102 and PHD SW103 there was major change in the syllabus and the BOS members with few suggestions accepted the new syllabus prepared by the department.
2. In the MSW syllabus course SSW 5101 the title was changed the new title "Social Work Profession-History and Ideology". Few corrections in the syllabus was proposed and with the suggestion of the BOS the Syllabus was finalized.
3. The course code SSW 5102 title of the paper was changed to "Dynamics of Human Behavior". Major modification as per the new title was made and with the suggestions of the BOS members the syllabus was finalized.
4. The Course SSW 5201 a new paper with the title "Education for Social Transformation" was prepared and submitted. With the suggestions of the BOS members this paper was incorporated in the new syllabus for the academic year 2020 (onwards).
5. The Course SSW 5302 a new paper with the title "Introduction to Life Skills Education" was prepared and submitted. With the suggestions of the BOS members this paper was incorporated in the new syllabus for the academic year 2020 (onwards).

*Mohamed*

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6. The Course SSW 5013 a new paper with the title "Public Health" was prepared and submitted. Major modification as per the new title was made and with the suggestions of the BOS members the syllabus was finalized.
7. The Course SSW 5002, SSW 5004, SSW 5012, SSW 5202, SSW 5014 major correction in the syllabus was proposed and with the suggestion of the BOS members the syllabus was finalized.
8. The Course SSW 5015 the title was changed to "Introduction to Mental Health, the course SSW 5016 the title was changed to "Psychiatric Social Work" based on the revised title correction were made and with the suggestion of the BOS members the syllabus was finalized.

**Signature of the BOS Members**

1. Dr. Mohan A.K (Chairman BOS)

*Mohan A.K*  
31/1/2020

2. Prof.Dr. Lovelina Little Flower (External Expert)

*Lovelina Little Flower*  
31/1/2020

3. Dr. Ashalekshmi (Internal Member, BOS, other department)

*Ashalekshmi*

4. Dr. Dilip Diwakar (Internal Member, BOS)

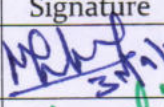


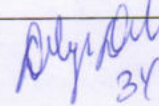
*Dilip Diwakar*  
31/1/2020



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**Attendance of the BOS Meeting Held on 31<sup>st</sup> January 2020**

SL. No	Item of Expenditure	Designation	Signature
01	Dr. Mohan A K, Chairman, BOS, Department of Social Work, Central University of Kerala	Chairman, BOS	 31/1/2020
02	Prof. Lovelena Little Flower, Professor, Bharathiar University, Coimbatore, Tamilnadu	External Subject Expert	 31/1/2020
03	Prof. Shahin Sulthana, Professor, Central University, Pondicherry,	External Subject Expert	Absent
04	Prof. Gunjal Professor, Department of Social Work, Kuvempu University, Shimoga, Karnataka	External Subject Expert	Absent
05	Dr. Ashalekshmi, Asst. Professor, Department of Public Administration and policy studies, Central University of Kerala	Internal Member, BOS, other department	
06	Dr. Dilip Diwakar G Asst. Professor, Department of Social Work, Central University of Kerala, Kasaragod	Internal Member, BOS	 31/1/2020

## **SSW 5302: LIFE SKILLS EDUCATION**

- Course Objectives:**
- Understanding the basic concepts of life skills and its application
  - To learn the strategies for enhancing personality and competency
  - To learn the practice of life Skills for self enhancement and well-being
  - Application of Life Skills in various spheres

### **Course Outline**

#### **UNIT 1 Introduction to Life Skills**

Skills, Livelihood Skills, Survival Skills and Life Skills; Definition and importance of Life Skills; Life Skills: Generic, Problem Specific and Area Specific Skills; Life Skills Approach in Education and Training

Evolution of the Concept of Life Skills: Report of the Education Commissions of UNESCO: Faure Report and Delors' Report; UN Inter-Agency Report; Hamburg Declaration; Dakar Framework: Quality Education and Life Skills; Development of Life Skills in a person: process

#### **UNIT 2 Core Life Skills: Social & Negotiation Skills**

Self-Awareness: Understanding Self, Self-Concept, Body Image, Self Esteem; Techniques for Self-Exploration: Jo-Hari Window, SWOT Analysis, Self-talk, self-motivation

Empathy: Sympathy, Perception, Empathy & Altruism, practicing empathy;

Effective Communication: Types and elements of communication, Assertiveness, Effective Listening, Negotiation Techniques & Process, Barriers of Communication, Presentation Skills, Questioning skills.

Interpersonal Relationship: Definition, Building, Sustaining and Ending Relationships, Factors Affecting Relationships.

#### **UNIT 3 Core Life Skills: Thinking and Coping Skills**

Critical Thinking: Analytical Thinking, Strategies to enhance Critical Thinking

Creative Thinking: Out-of-the box thinking, Stages of Creative Thinking, Factors hindering creative thinking, Characteristics of Creative thinkers

Problem Solving: Definition, Steps in Problem Solving

Decision Making: Definition, Informed Decision Making, Consequences of Decision Making, Ripple Effects of Decision Making, Models of Decision Making: 3C and P.O.W.E.R MODEL

Coping with Emotions: Basic Emotions, Expressing Emotions: Positive and Negative Emotions, ABC Model of Emotions

Coping with Stress: Definition, Types, Sources of Stress, GAS Model of Stress, Strategies to Manage Stress

Life skills work in combination- thinking skills, social skills, and coping skills

#### **UNIT 4      Life Skills for Personality Development**

Life Skills for Personal Effectiveness- Values: Punctuality, Honesty, Loyalty, Dependability, Reliability; Building Self-confidence and Self-Motivation; Goal Setting: Types, Steps, Personal vision and goal; Time Management; Effective Learning: Study Skills and Memory Techniques; Manners and etiquettes

#### **UNIT 5      Practicum- Skill Lab**

**Topics prescribed for workshop/Skill lab-** Group discussion, Team building and team work, Facing Interviews, Creativity, Leadership, Self-Expression, Self-branding, Exercising Thinking Skills through case study analysis/discussions/ debates, Exercising Life Skills in day to day life - Internalizing and experience sharing

- Course Outcome**
- The learners will adopt the necessary Life Skills in their day to day life.
  - The learners will be able to impart life skills education to the various sections of the society.
  - The learner will be able to practice learned life skills in to different section of society.
  - Learners will learn coping skills into practice

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