

**JYOTI NIVAS COLLEGE AUTONOMOUS
SYLLABUS FOR 2018 BATCH AND THEREAFTER**

Programme: B.A. / B.Sc. / B.C.A. / B.Sc. / B.B.A. / B.Com. / B.Com. (BL) / B.Com. (TM) /

Int. B.Sc.-M.Sc./Int.B.Com.-M.Com.

Semester: I/II/III/IV

SKILL DEVELOPMENT

Course Code: 18SD

No. of Hours: 45

Self Awareness

1. Self Awareness
2. My Values
3. Self Esteem
4. Self Worth
5. Body Image, Self Image

Communication, Empathy and Interpersonal Relationships

6. Communication
7. Interpersonal Relationships

Coping With Emotions, Anger and Conflict

8. Coping with emotions
9. Anger management
10. Conflict resolution
11. Stress
12. Time management

Decision Making and Problem Solving

13. Decision making
14. Problem solving

Creative Thinking and Critical Thinking

15. Critical thinking
16. Creative thinking

Personal Safety and Sexuality

17. Optimum nutrition
18. HIV and AIDS
19. Let's have fun
20. Gender and sexuality
21. Child sexual abuse
