

**Samvedna Counselling Centre**  
**Lifeskills Programme**  
**Syllabus Content**

**Objectives:**

- To equip students with the social and interpersonal skills that enable them to cope with the demands of everyday life.
- To help them become healthy, independent and responsible members of the society.

**First year:**

- **Nutrition, Health and Hygiene**  
To teach and encourage personal hygiene and disease prevention by talking about symptoms of Malnutrition and the need for Healthy food choices and practices. It also focuses on teaching students the importance of taking care of one's body and maintain sanitation during menstruation
- **Stress Management**  
To teach students in understanding stress and its harmful effects on our physical and mental Health, while providing suggestions for managing individual stresses more effectively as a way to deal with its effects and improve their performance and the quality of their lives.
- **Anger Management**  
To help the students understand that Anger could be a healthy and normal emotion and to recognize frustrations and triggers early and resolve them in a way that allows them to express their needs non aggressively and keeps themselves calm and in control.
- **Dealing with Negative Emotions**  
To teach the students to understand various negative emotions and the effect they have on their health and behavior, and ways to accept and embrace them and use them positively to lead a more fulfilled life.
- **Confidence and Social Skills**  
to promote confidence and well-being in the students by teaching them to become more assertive, to communicate effectively with others by developing good listening and other social skills and explore their attitudes and beliefs using writing activities and creative visualizations.
- **Presentation Skills and Stage Fear**  
To teach the students to plan their presentation well using appropriate tools, and focusing on structuring it well, use non verbal communication like their body language, tone, emphasis and pacing. To help them Identify what makes a good presenter and analysing the skills required, and works on techniques to help them feel more confident about presenting, and becoming an effective presenter.
- **Study Skills**  
To help the students identify common study problems and to overcome them using the SQ3R method, along with the importance of using strategies for managing , prioritizing and dealing with time It also includes discussing tips like for storing retrieving information, use of mnemonics, etc.

## **Second Years:**

- **Communication Skills**  
To teach important concepts related to communication like channels, interpretation and barriers. It also focuses on helping students understand the importance of body language, verbal and non verbal communication, context, silence, etc that affect communication and techniques to effective communication to guides them to speak assertively, politely and clearly.
- **Self Esteem**  
To understand what is high and low self esteem is and how it affects our mental health, beliefs and attitudes, performance and well being. The workshop also focuses on tips to build on self esteem for a more fulfilling life.
- **Self Acceptance**  
To teach the students to be aware of their faults and potentials, and thereby be able to choose to be their best possible self by being able to let go of self criticisms and burdens and working on their strengths to make them more effective.
- **Dealing with Negative Emotions**  
To teach the students to understand various negative emotions and the effect they have on their health and behavior, and ways to accept and embrace them and use them positively to lead a more fulfilled life.
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## **Third Year:**

- **Time Management**  
To help the students analyze how they spend their time, and to teach them to prioritize and use time more effectively by making definite goals with deadlines for themselves, to avoid procrastination and to use planning and organization effectively

- **Goal Setting and Planning**  
To help the students understand the need for setting goals by analyzing what they want to achieve and creating a personal plan for themselves. It also focuses on the importance of systematic setting of SMART goals and achievement through completion.
- **Motivation and Success**  
To understand what motivates different people and the importance of using positive and negative motivators, incentives and reinforcements for increased productivity and achievement of success
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