

Seva Mandal Education Society's
Dr. B.M.N College of Home Science
(NAAC Re-Accredited 'A+' Grade with CGPA 3.69/4)
SMT.PARMESHWARI DEVI GORDANDAS GARODIA EDUCATIONAL COMPLEX
338, Rafi Ahmed Kidwai Road, Matunga, Mumbai – 400019. Tel No. 24095792

SEMESTER IV (Enrichment – Value Addition)

Course name: Life Skills based on Gandhian Values

Life skills, defined as the psychosocial abilities for adaptive and positive behaviour enable individuals to deal effectively with the demands and challenges of everyday life (UNICEF). These include a range of skills such as those that facilitate the student to know and manage oneself, build interpersonal relationships, think critically, and make effective decisions. In the changing times as now, life skills promote adaptability and dynamism in the student.

Gandhiji's autobiography *My Experiments with Truth* is a revelation of the remarkable journeys, struggles, and qualities that moulded the "Mahatma". The journey of the 'early' Gandhi (the person who has not yet become the 'Mahatma') towards the 'Mahatma in-the-making', and finally the Mahatma as an 'evolved entity' is deeply inspirational.

In this course, students are facilitated to develop life skills based on Gandhian values. A manual has been developed with suggested activities to encourage interactive participation in the program.

Learning Outcomes:

The intended learning outcome of the module is for the student:

- To develop self-awareness about own strengths and limitations, and identify ways to enhance their strengths and to overcome their limitations
- To enhance interpersonal relationships and to forge healthy friendships based on mutual respect
- To acquire skills to manage stress, time, and anger
- To develop positive attributes like tolerance and self-reliance
- To develop effective communication skills

Course Duration: 20 hours

Instructional hours: 12 hours

Student activities: 08 hours

Module	Objectives	Methodology
<p>Module No. 1:</p> <p>Intrapersonal Relationships (Self-awareness, self-esteem, self-confidence, positive thinking, character-building)</p> <p>Excerpts dealing with early Gandhi – the person not yet a <i>Mahatma</i>, will be used to facilitate better understanding of oneself, and to identify ways to work on oneself.</p>	<p>The student will learn how to:</p> <p>a) foster self-esteem and confidence through learning to accept and respect oneself</p> <p>b) understand how positive thinking is integral to the growth of personality</p> <p>c) be aware of one's strengths and limitations and create a willingness to work on these to the best of one's abilities</p>	<p>Classroom activities</p> <p>Group discussions</p> <p>Reading and reflections</p>
<p>Module No. 2:</p> <p>Interpersonal Relationships and Communications Skills</p> <p>The way Mahatma Gandhi connected with others will be examined to facilitate students to work on their interpersonal relationships. Gandhi's gradual progress with effective communication will be discussed to encourage students to develop efficient communication skills.</p>	<p>The student will be</p> <p>a) equipped with effective interpersonal skills</p> <p>b) developing efficient communication skills</p> <p>c) enhancing tolerance, self-reliance, and healthy friendships based on mutual respect</p>	<p>Classroom activities</p> <p>Role plays, skits, E-content usage</p>
<p>Module No 3:</p> <p>Discipline and Effective Habits: Managing Stress, Time, Anger</p> <p>Diet/Exercise</p> <p>Gandhi's health-related habits will be discussed to encourage students to develop a healthy lifestyle. Similarly, other habits (like time management, redirecting anger constructively) will be examined to understand the relationship between discipline and management of stress, anger, and time.</p>	<p>The student will understand</p> <p>a) the reasons for choosing a healthy way to live</p> <p>b) how restraint and discipline are attributes that work best when practised across behaviour patterns</p> <p>c) how disciplining the body, is dependent on disciplining the mind, leading to anger management, stress management and time management</p>	<p>Individual activities</p> <p>Group discussions</p> <p>Creative media</p>

<p>Module No 4:</p> <p>Leadership skills, Team-building, and Conscientious Citizenship</p> <p>Gandhi's unique leadership style which is inclusive and lateral will be explored. His characteristics like leading by example, unflinching loyalty to ethics will be discussed to encourage students to develop leadership, team-building, and conscientious citizenship.</p>	<p>The student will understand</p> <p>a) attributes of effective leadership</p> <p>b) the importance of team work</p> <p>c) the need for ethical parameters</p>	<p>Projects</p> <p>Student-led advocacy (Students take up the task to spread their learnings to others, e.g. sharing learnings based on Gandhian values with Std. 12 students.)</p>
---	---	---

Resources:

- Students' activity book especially created for the course by the Gandhian Studies Centre of Dr. B.M.N. College of Home Science.
- E-content developed by the Gandhian Studies Centre of Dr. B.M.N. College of Home Science.
- Gandhiji's autobiography: *My Experiments with Truth*.
- Hepworth, M. (2017). *The Gandhian Experiment: Teaching our teenagers how to become global citizens*. Rupa Publications: New Delhi.
- Kumar, A. (2009). *The Mahatma and the Monkeys: What Gandhiji Did, What Gandhiji Said*. Hachette India.
- Kumarappa, B. (1995). *The Story of My Life*. Navjivan Publishing House: Ahmedabad.