

**DEPARTMENT OF COMMUNITY MEDICINE**  
**Rajarajeswari Medical College & Hospital, Kambipura**  
**Bangalore-560060**

**Certificate course**

Title	Life Skills Course
Target group	MBBS Students, PG Students
Goals & objective of the Course	<p>Life skills are “living skills” or abilities for adaptive and positive behavior that enable individuals to deal effectively with demands and challenges of everyday life (WHO, 1993). Life skills training imparts knowledge and develops attitudes and skills that support adoption of healthy behaviors.</p> <p>Objectives of the course:</p> <ul style="list-style-type: none"><li>• The promotion of overall development of Life Skills.</li><li>• Socialization i.e., interpersonal skills. Effective communication, empathy, decision making will help an individual to socialize better and lead an effective life in a society</li></ul> <p>Course outcome: Life skills education is known to contribute to Basic education, gender equality, democracy, good citizenship, youth care and protection, quality and efficiency of the education system, promotion of lifelong learning, quality of life and promotion of peace.</p>
Course content:	<p>Duration of course: 16 hours</p> <p>Eligibility for admission: All under-graduate and post-graduate students</p> <p>Medium of teaching and examination.</p> <ul style="list-style-type: none"><li>• Medium of instruction will be in English</li><li>• Evaluation of course will be on the basis of attendance, behavior and discipline, practical knowledge obtained during the course period.</li></ul> <p>After completion of evaluation/examination, certificate will be issued by RRMCH, Dr. MGR University.</p> <p>For the details of the course content(syllabus),refer annexure -1</p>
Planned Method of teaching-learning	<p>This course will be conducted based on the subject areas as described in the syllabus. Each topic will be introduced with lecture and videos following which a group activity will be conducted to inculcate the Life Skill and increase the understanding of the same.</p>
Planned Method of assessment:	Examination: Theory and Practical

Infrastructure	Lecture hall
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#### ANNEXURE I: SYLLABUS

Sl. No.	Content	hours
1	Week 1:-1 <sup>st</sup> hour: - Introduction 2 <sup>nd</sup> hour: - Self awareness Group Activity	2 hours
2	Week 2:- Empathy, Group Activity	2 hours
3	Weeks 3:- Effective communication Group Activity	2 hours
4	Week 4:- Interpersonal relationship skills Group Activity	2 hours
5	Week 5:- Coping with emotions Group Activity Coping with stress Group Activity	2 hours
6	Week 6:- Creative thinking Group Activity Critical thinking Group Activity	2 hours
7	Week 7:- Problem solving Group Activity	2 hours
8	Week 8:- Decision making Group Activity	2 hours

Course Co-ordinator  
Dr.Monica Krishnappa