

RPS 1232

SOCIAL SKILLS

3 hr / 2 cr

Objective: This course helps the students to develop himself as an individual with the requisite social skills needed for self expression and identification. Included in this course are the teaching and training components of social skills such as assertiveness, emotional intelligence and conflict management.

I – Soft Skills

Introduction to Soft Skills – Types of soft skills – Need for soft skills – Soft Skills training methods – Social skills

II – Assertive Skills

Assertiveness – Elements of assertive behavior – Types of assertion – Importance of assertive skills

III – Emotional Intelligence

Understanding emotions – Emotion management – Emotional Intelligence & IQ – Four branches of Emotional Intelligence – EQ Tests

IV – Social Intelligence

Definition – Elements of Social Intelligence - Awareness of Self – Different types of personality – How to develop social intelligence

V – Conflict Management skills

Understanding Conflicts - Types of conflicts – Conflict stimulation & conflict resolution – Techniques for effective conflict management

Ref:

1. “Introduction to Psychology”, Clifford T. Morgan, Richard A. King, John R. Weisz, John Schopler, Tata McGraw Hill Edition, New Delhi, 1993
2. “Interpersonal Skills Training”, Philip Burnard, Viva Books Ltd., New Delhi, 1999
3. “Personality Development” Hurlock E.,B., Tata McGraw Hill Edition, New Delhi, 2006

YOGA FOR HEALTHY LIVING

RPS 1242

2 Cr / 3 hrs

Objectives: This course aims at 1. To introduce Yoga for total personality development and impart skills in students at U.G level. 2. To promote positive health, prevention of stress related health problems and rehabilitation through Yoga. 3. To inculcate Yoga in order to have a healthy life and also to live in tune with nature (Eco – friendly)

Unit - I Outlines of Yoga

Meaning of Yoga – Importance of Yoga as a science and an art – Types of Yoga - Asthanga Yoga

Unit - II Principles of Yogic Practices

Significance of Asanas, Pranayama, Dhyana, Chakras, Kriyas – its types and principles

Unit - III Suryanamaskara (Sun Salutation)

Dakshasana – Namaskarasana – Parvatasana – Hastapadasana – Ekapadaprasaranana – Bhudharasana – Ashtangapranipatasana – Bhujangasana – Bhudharasana – Ekapadaprasaransana – Hastapadasana – Namaskarasana

Unit - IV Yogasanas for practice

A) Preparatory Exercises: Twisting, Hand, Leg, Eye and Head exercises

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| B) Meditative Asanas: | 1. Padmasana | 2. Vajrasana | 3. Sukhasana |
| C. Standing Position: | 1. Trikonasana | 2. Vrksasana | 3. Utkatasana |
| D. Sitting Position: | 1. Paschimottanasana | 2. Ushtrassana | 3. Ardhamatsyendrasana |
| E. Prone Position: | 1. Bhujangasana | 2. Shalabhasana | 3. Dhanurasana |
| F. Supine Position: | 1. Viparitakarani | 2. Matsyasana | 3. Halasana |
| G. Balancing Asanas: | 1. Chakrasana | 2. Naukasana | 3. Natarajasana |
| H. Twisting Asanas: | 1. Garudasana | 2. Matsyendrasana | 3. Jathara Parivartanasana |
| I. Relaxative Asanas: | 1. Shavasana | 2. Makarasana | 3. Balasana |

Unit - V Other Yogic techniques

Hasya (Laughing) Technique

Pranayama (Breathe) Techniques: Anuloma Viloma – Nadi suttī – Bastrika – Sitali

Dhyana (Meditation) Techniques: Breathing, Mindfulness, Walking, Empty mind

Text:

1. B.K.S Ayyangar. "Light of Yoga", Orient Lormen Pvt. Ltd, New Delhi.

RPS 3232

SKILLS FOR CAREER DEVELOPMENT

3 hr / 2 cr

Objective: This course elicits the importance of learning skills for career development. Also this course aims at training the students with the set of skills needed to shape their personality.

I – Skills required for Career Development

Introduction to skills for career development - Need for career development skills – Learning skills, Communication & Assertive skills, Time management & Team management skills – Preparation for career development

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II – Learning Skills

Understanding & Conceptualization – Reflective thinking – Logical consistency – Setting up arguments – Reading and writing skills – Self learning – Methods of reading books & Notes Taking

III – Communication & Assertive skills

What is communication – Goals and Elements of communication – Types of communication – Barriers of communication – Assertive behavior – Types of assertive behavior – Assertiveness in cultures – Assertive rights

IV – Identifying Career

Resume writing – Understanding HR agencies and portals – Interview skills – Mock Interview – Negotiation – Contracts – Employee rights

V – Time Management & Team management skills

Understanding time management – Reasons for poor time management - Saboteur Time Styles - The 'Five Time Zone' Concept – Elements of effective time management – Essential skills for team management – Understanding the Team & Task - Deliverables

Ref:

1. "Voyages of the Heart: Living on emotionally Creative Life", Averill J. and Nunley E., Free Press, 1992
2. "Creative Leadership: Skills that Drive Change", Gerard J. Puccio, Mary C. Murdock, Marie Mance, SAGE Publications, London, 2006