

**FACULTY OF COMPUTER APPLICATIONS**  
**Bachelor of Computer Applications**

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- **Sem.**                               3
- **Subject Code**               : 05CR0301
- **Subject**                         : Life Skill 1 (Universal Human Values)
- **Course Objectives**

This course shall enrich students' value system, creativity, competence and confidence. It will enhance the softer aspects of life skills of students through the games, activities, group interactions and videos.

<b>Unit No</b>	<b>Topics Covered</b>	<b>No of lectures required</b>
<b>1</b>	<p><b>Self Awareness , Commitment towards achieving life goals and Vision of Life</b></p> <p><b>Self Awareness</b></p> <ul style="list-style-type: none"> <li>- Introduction to Self Awareness</li> <li>- Johari Windows Technique</li> <li>- S.W.OT analysis technique,</li> <li>- Self Exploration</li> </ul> <p><b>Commitment towards achieving life goals</b></p> <ul style="list-style-type: none"> <li>- Importance of Commitment in life</li> <li>- Understanding Wheel of Fortune</li> <li>- Kaizen Technique</li> <li>- IKIGAI</li> <li>- WOOP Method</li> </ul> <p><b>Vision of Life</b></p> <ul style="list-style-type: none"> <li>- Creative Visualization Technique</li> <li>- Vision Board</li> </ul>	<b>10</b>
<b>2</b>	<p><b>Emotional Intelligence</b></p> <ul style="list-style-type: none"> <li>- Understanding Power of thoughts</li> <li>- Understanding different types of thoughts</li> <li>- Dr. Emoto experiment on Positivity</li> <li>- Three Positive of the day activity</li> </ul>	<b>10</b>

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	<ul style="list-style-type: none"> <li>- Turning negative into positive</li> <li>- Forgive and Forget</li> <li>- Anger Management</li> <li>- Wheel of Emotions</li> <li>- Positive Affirmation Technique</li> <li>- Circle of Influence Techniques</li> </ul>	
<b>3</b>	<b>Time Management</b> <ul style="list-style-type: none"> <li>- Importance of Time Management</li> <li>- 4 Steps Time Management Technique</li> <li>- ABC Method of Prioritization</li> <li>- Time Management Matrix Technique</li> </ul>	<b>4</b>
<b>4</b>	<b>Body, Mind and Soul</b> <ul style="list-style-type: none"> <li>- Understanding the difference between mind and brain.</li> <li>- Power of Brain</li> <li>- Understanding Brain Waves and its importance</li> <li>- Understanding Brain Lobes and its importance</li> <li>- Sleep Management</li> <li>- Types of Mind</li> <li>- Importance of Sub Conscious Mind</li> <li>- Concept of Flow</li> <li>- Meditation and its importance</li> <li>- Mind- Body Coordination Exercise</li> <li>- Understanding "WHO AM I"</li> <li>- Techniques to maintain Healthy Body</li> </ul>	<b>15</b>
<b>5</b>	<b>Values and Ethics</b> <ul style="list-style-type: none"> <li>- Understanding Values and Ethics</li> <li>- Understanding different Universal Values like honesty, integrity, self discipline etc.</li> <li>- Understanding Creativity and its importance</li> <li>- Delayed Gratification (Marshmallow Test)</li> <li>- Case studies on Values and Ethics</li> </ul>	<b>6</b>

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**Course Outcomes:**

1. Understanding the basics of human values
2. How to stay focused and committed towards achieving academic and career goals.
3. Develop control on emotions and confidence
4. Effective Time Management
5. Inculcate human values to grow as responsible human beings with proper personality

Course Outcomes – Program Outcomes Mapping Table:

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1		L			L			
CO2		L		L	M			
CO3		M			L			
CO4				L				
CO5		L						

**Reference Books:**

1. Creating Values in Life: Personal, Moral, Spiritual, Family and Social Values –  
By Ashok Gulla
2. Stop Worrying & Start Living – By Dale Carnegie
3. Engineering Ethics & Human Values by: M.Govindarajan , S. Natarajan  
&V.S.Senthilkumar PHI Learning Pvt. Ltd.
4. Professional Ethics by- R. Subramanian
5. Body, Mind, and Soul: 365 Mindful Inspirations to Help You Focus Your Day,  
Reduce Stress and Anxiety, and Improve Your Well-Being – By Karen Ficarelli
6. Time Management – ‘Eat that frog” – By Brian Tracy
7. Emotional Intelligence – By Daniel Goleman

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**Web References :**

1. "Dr.Emoto Experiment on Positivity",  
<https://fountainmagazine.com/2019/issue-132-nov-dec-2019/water-the-power-of-positivity-and-education>
2. "Wheel of Emotions"  
<https://www.berkeleywellbeing.com/emotion-wheel.html>
3. "Sleep Management"  
<https://www.sleepfoundation.org/sleep-hygiene/healthy-sleep-tips>
4. "KAIZEN"  
<https://www.techtarget.com/searcherp/definition/kaizen-or-continuous-improvement>
5. "IKIGAI"  
<https://positivepsychology.com/ikigai/>