



UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A' GRADE' UNIVERSITY)
(Baba Sahib Ambedkar Road, Jammu-180006 (J&K))

Academic Section

Email: academicsectionju14@gmail.com

NOTIFICATION **(24/January/Adp./99)**

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the Syllabi and Courses of studies for **Four Year Under Graduate Programme (Design Your Degree)** of Semester Ist under the **Choice Based Credit System** as per **NEP-2020 (as given in the annexure)** for the examinations to be held in the years as per the details given below:

Programme	Semester	For the examinations to be held in the year
FYUGP (Design Your Degree)	Semester-I	December 2023, 2024 and 2025

The Syllabi of the courses are also available on the University website: www.jammuuniversity.ac.in.

Sd/-
DEAN ACADEMIC AFFAIRS

No. F. Acd/II/24/13276-13286
Dated: 12-01-2024

Copy for information and necessary action to:

1. Director/Convener, Board of Studies in **Design your Degree**
2. Sr. P.A.to the Controller of Examinations
3. All members of the Board of Studies
4. Confidential Assistant to the Controller of Examinations
5. Director, Computer Centre, University of Jammu
6. Deputy Registrar/Asstt. Registrar (Conf. /Exams. UG)
7. Incharge University Website for necessary action please

Sumitashaema
11/1/24
Deputy Registrar (Academic)

[Signature]
11/1/2024

University of Jammu
Four Year Innovative Undergraduate Program
(Design Your Degree)

Semester Ist

Course Code	Course Title	Credits	Contact Hours (per Credit)
UFDDPC101	Understanding the World through Data Lens	04	15
UFDDPC102	Mathematics Without Phobia	04	15
UFDDPC103	IT in Everyday Life	04	15
UFDDPC104	Expressing Creativity	04	15
UFDDPC105	Exploring the Surroundings	04	15
UFDDPC106	Life Skills	02	15



Prof. Alka Sharma
Director, SIIEDC

University of Jammu
Four Year Innovative Undergraduate Program
(Design Your Degree)

Semester: 1st
(For the Session 2023, 2024, 2025)

Course Code: UFDDPC101

**Course Title: Understanding the
World through Data Lens**

Credits: 04

Maximum Marks: 100

Contact Hours: 15 per credit

Internal Evaluation: 30

External Evaluation: 70

Course Objective: Data is a powerful tool for describing the world around us. It allows us to see patterns and make predictions. For example, data can describe demographic information, geographic information, attributes of physical objects, events, how people use technology, social dynamics etc.

Course Outcomes:

- The students will be able to describe the real life problems through data;
- They will be able to analyze Data and make informed decisions.

Unit-I

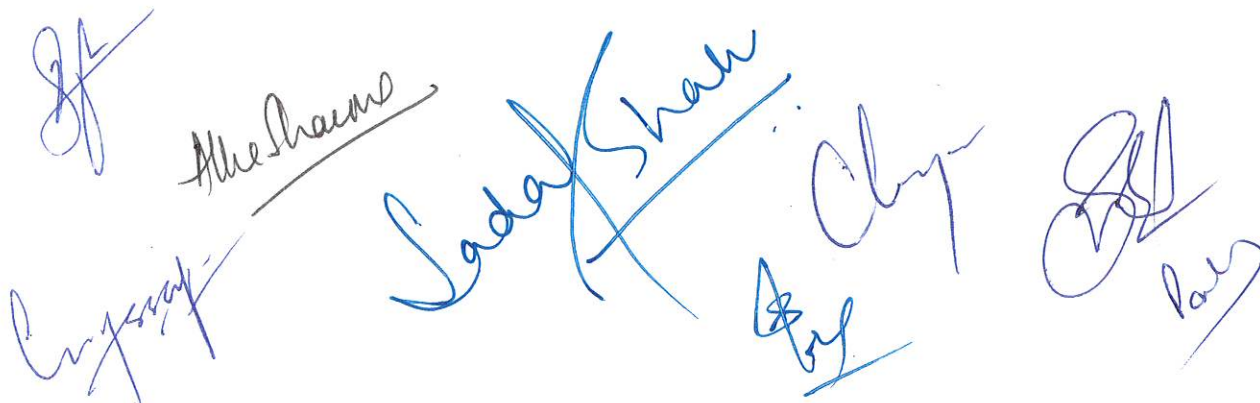
Collection of data (primary/secondary), understanding Data through tables, diagrams with spreadsheets.

Unit-II

Making sense of Data, identifying the variables as quantitative or qualitative, understanding error, accuracy and approximation in the collected Data.

Unit-III

Interpretation of Data, locating the center, mode, median and mean and their calculations with spreadsheets. Percentiles, percentiles in spreadsheets, percent rank, skewness, variance and standard deviation and normal distribution.

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University of Jammu
Four Year Innovative Undergraduate Program
(Design Your Degree)

Semester: 1st
(For the Session 2023, 2024, 2025)

Course Code: UFDDPC101

**Course Title: Understanding the
World through Data Lens**

Unit-IV

Completing the picture through Data: Formulation of the problem statement and decision making

Activity: Data collection for:

- Demographic Information: age, interests, behaviors, social media activities etc.
- Geographic Information: Population Density, Traffic Patterns, Public Transportation Usage etc.
- Attributes of Physical Objects: Product Quality, Sales, Customer Feedback etc.
- Events: Cases of Recent Epidemic (for example, COVID-19), Election Results etc.
- Actions: Player Performance Statistics

Pedagogy: The entire course is a kind of project work excepting a few lectures for introducing statistical concepts which the Mentor must introduce through Data collected from the real life situations in the city of Jammu itself. Different groups of Students be allotted different projects and be allowed to carry out the required task at their own except for general guidance/supervision.

Reference Book for self study:

- Shobha Bagai, Amber Habib and Geetha Venkataraman, *A Bridge to Mathematics*, Sage Publications India PvtLtd., 2017.
- David Spiegelhalter (2019). *The Art of Statistics Learning from Data*, Penguin Books Australia.
- Scott E. Page (2018). *The model thinker: what you need to know to make data work for you*, Basic Books.
- Derek Rowntree (2018). *Statistics without tears An Introduction for Non-Mathematician*, Penguin.

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University of Jammu
Four Year Innovative Undergraduate Program
(Design Your Degree)

Semester: 1st
(For the Session 2023, 2024, 2025)

Course Code: UFDDPC101

**Course Title: Understanding the
World through Data Lens**

Mode of Evaluation:

The assessment structure for this program consists of two components: internal assessment and external assessment. The internal assessment, shall account for 30% of the overall grade, on the basis of continuous performance monitoring through tests/ quizzes/ presentations/ class participation/ small live projects emphasizing on development of skills in application, effective communication, and teamwork.

The remaining 70% of the grade shall be assessed through a transdisciplinary major project, which will span an entire semester.

The evaluation of the major project would be comprehensive, considering various factors including the depth and accuracy of the project's content, the applied methodology, research rigor, the effective use of IT tools and data analysis, as well as the meaningful findings and practical implications derived from the project. The assessment shall also include testing innovativeness, communication and problem solving.

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University of Jammu
Four Year Innovative Undergraduate Program
(Design Your Degree)

Semester: 1st
(For the Session 2023, 2024, 2025)

Course Code: UFDDPC102
Credits: 04
Contact Hours: 15 per credit

Course Title: Mathematics without Phobia
Maximum Marks: 100
Internal Evaluation: 30
External Evaluation: 70

Objectives: The course aims to construct a bridge to the subject by introducing the students to the language of Mathematics. It will help the students develop an understanding about the fundamental role of mathematics in society and develop critical thinking skill.

Course Outcomes:

- Increasing the appreciation of mathematics as an art and a human endeavor.
- Motivating the students to use mathematics by providing them basic tools.
- Evolving mathematical ability to handle real life problems

Unit- I: Critical Thinking and Problem Solving Skills

As we move towards a digitalized world, the societal problems are becoming more complex. Hence, there is a constant need to make decisions. This unit includes:

1. Inductive and deductive reasoning
2. Art of estimation
3. Solving a problem using Polya's Four steps: Understand the problem, Devise a plan, Use the plan to solve the problem, Look back and check the answer

Unit-II: Logic and Reasoning

In order to communicate effectively, make more convincing arguments and develop patterns of reasoning for decision making. Logic is used in the programming of modern devices such as cell phones and digital cameras. This unit shall discuss

1. Syllogistic arguments using Venn Diagrams
2. Understand Logical statement with the help of switching circuits



Amrinder Singh
02.01.2024

Sadaf Shah



University of Jammu
Four Year Innovative Undergraduate Program
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Semester: 1st
(For the Session 2023, 2024, 2025)

Course Code: UFDDPC102

Course Title: Mathematics without Phobia

Unit-III: Mathematics behind Scheduling and Path finding

In order to solve the problems of scheduling, this unit will help in understanding and solving the

1. Street Routing problems
2. Travelling salesman Problems
3. Scheduling Problems

Unit-IV: Art of Encryption

Humans are now using online payment modes. The messages are being sent through electronic platform. In order to maintain privacy and security, the devices use encryption modes based on Mathematics. This unit will familiarize the students to

1. Different enumeration methods (number system in bases other than 10)
2. Modular Arithmetic
3. Prime numbers
4. Application of prime numbers in the RSA procedure

References:

- i. Angel, A.R., Abbott, C.D. and Runde, C.D., A Survey of Mathematics with Applications, Pearson, 11th Ed, 2021.
- ii. Blitzer, R., Thinking Mathematically, Pearson, 8th Ed, 2022.
- iii. Bagai, S., Habib, A. and Venkataraman, G., A Bridge to Mathematics, Sage Publications India Pvt Ltd., 2017.
- iv. Tannenbaum, P., Excursions in Modern mathematics, Pearson, 10th Ed, 2021.
- v. Michael D. Smith, Understanding Mathematics in the Digital Age, Winchelsea Press, 2018.

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University of Jammu
Four Year Innovative Undergraduate Program
(Design Your Degree)

Semester: 1st
(For the Session 2023, 2024, 2025)

Course Code: UFDDPC102

Course Title: Mathematics without Phobia

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University of Jammu
Four Year Innovative Undergraduate Program
(Design Your Degree)

Semester: 1st
(For the Session 2023, 2024, 2025)

Course Code: UFDDPC103
Credits: 04
Contact Hours: 15 per credit

Course Title: IT in Everyday Life
Maximum Marks: 100
Internal Evaluation: 30
External Evaluation: 70

Course Objectives

1. To provide an understanding of the role and impact of information technology (IT) in everyday life
2. To familiarize students with commonly used IT tools and applications
3. To develop essential digital literacy skills for effective use of IT in personal and professional contexts
4. To enhance critical thinking and problem-solving abilities through practical IT exercises

Unit-1: Information Technology and the Communication Revolution

Overview of information technology. Communication prerequisites: Devices and services, Computers, Laptops, Smart phones, smart gadgets, internet, mobile and web applications. Communication channels: email, video conferencing tools, i.e., Zoom, Google Meet, Microsoft Teams, etc., social media platforms, i.e., Facebook, Twitter, LinkedIn etc., their responsible use for personal and professional networking, and their impact on society.

Activity:

- a. Students may create accounts on different social media to create personal and professional networks.
- b. Students may appreciate the impact of these social media technologies in their overall growth. They may try to build up their professional network using these applications.



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Course Title: IT in Everyday Life

- c. Students may identify the risks and safety measures to be followed while using social media application.

Resources:

"What is Information Technology?" by Simplilearn: <https://www.youtube.com/watch?v=-FIWXeURBKs>

"Introduction to Information Systems" by study.com
<https://www.youtube.com/watch?v=VDQsT6XdQyQ>

"Social Media 101: Understanding the Basics"
<https://www.youtube.com/watch?v=3SuNx0UrnEo>

"The Dark Side of Social Media" by Kurzgesagt
https://www.youtube.com/watch?v=d5GECUAdX_k

Unit-II: IT in smart banking and E-commerce:

Online/ net banking, mobile payments, UPIs, other financial transaction methods. Online shopping: e-commerce websites, i.e., GeM, Amazon, Flipkart, eBay, Myntra, etc., their working, customer and product management. Impact of smart banking and e-commerce on the lives of common people. Safety measures to following while doing online financial transactions.

Activity:

- a. Students may explore different online payment methods and identify their pros and cons.
- b. Students may select any e-commerce platform and analyze it's working.

Alie Shams

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Course Code: UFDDPC103

Course Title: IT in Everyday Life

Resources:

1. "What is E-commerce? A Beginner's Guide" by Shopify:
<https://www.youtube.com/watch?v=1hLbH3ZhzJE>
2. Title: "How Online Shopping Works" by Techquicke:
<https://www.youtube.com/watch?v=vc9rYfOYjls>
3. Title: "How to Stay Safe While Shopping Online" by TechGumbo:
<https://www.youtube.com/watch?v=EErkUk3fWYU>

Unit-III: IT in entertainment and productivity


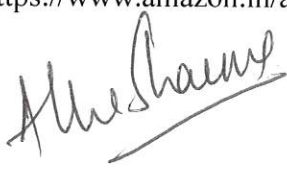
Entertainment: Streaming services, i.e., Netflix, YouTube, Hotstar, Amazon Prime, Spotify, etc. Gaming services, online and console gaming platforms, i.e., Dream11, Call of Duty, Clash of Clans, etc. Productivity tools: Search engines, i.e., google, bing, yahoo, etc. Navigation, i.e., GPS, GLONASS, NAVIC, etc.

Activity:

- a. Students may identify different online entertainment service providing channels and discuss with each other about their mechanism of operating.
- b. Any other activity based on the above topics.

Resources:

1. <https://www.netflix.com/in/>
2. <https://www.youtube.com/>
3. <https://www.amazon.in/amazonprime>



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Course Code: UFDDPC103

Course Title: IT in Everyday Life

4. <https://www.google.co.in/webhp>
5. https://en.wikipedia.org/wiki/Global_Positioning_System

Unit-IV: Other useful and productive online services

Cloud storage: Google drive, Dropbox, iCloud, Microsoft Azure, AWS, IBM Watson, etc., facilities and benefits of cloud services. Online Learning Platforms: Coursera, Edx, Datacamp, Udemy, Khan Academy, etc. pros and cons of e-learning. Smart home devices/services: smart speakers, smart lighting, fans, security cameras, home automation.

Activity:

1. Appreciate the use and benefits of different cloud services.
2. Ask students to identify various e-learning platforms and explore free important courses on them.
3. Students may create a home automation application of their choice as assignment.

Resources:

1. https://en.wikipedia.org/wiki/Cloud_computing
2. <https://www.learnworlds.com/online-learning-platforms/>
3. <https://azure.microsoft.com/en-in/>

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Course Title: IT in Everyday Life

Mode of Evaluation:

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University of Jammu
Four Year Innovative Undergraduate Program
(Design Your Degree)

Semester: 1st
(For the Session 2023, 2024, 2025)

Course Code: UFDDPC104
Credits: 04
Contact Hours: 15 per credit

Course Title: Expressing Creativity
Maximum Marks: 100
Internal Evaluation: 30
External Evaluation: 70

About the Course

The human mind is an amazing machine; it has the unique ability to create. This course will help students to find out what creativity is, how this process works and its vital role in society and the advancement of civilization. Students will learn to express themselves using a variety of artistic and creative methods. They will be exposed to a variety of methods of expression like written, verbal, singing, dancing, painting, traditional art, photography and even playing instruments. They will create their own works of art drawing from their life experiences to express themselves.

Learning Objectives

- To develop and improve creative thinking
- To understand key components/concepts and approaches to creativity
- Develop interpersonal and vocal expression skills
- Develop writing skills
- Create original works of art using original ideas, drafts, and final creations
- Engage in analysis and reflection.

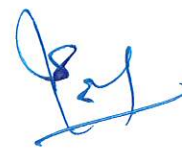
Course Outcomes:

- Understand key components/concepts and approaches to creativity
- Develop interpersonal and expression skills
- Create original works of art using original ideas, drafts, and final creations
- Combine analytical insights with creative subjects
- Collaborate with teams of people from diverse backgrounds and disciplines.



Approved for 2024
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University of Jammu
Four Year Innovative Undergraduate Program
(Design Your Degree)

Semester: 1st
(For the Session 2023, 2024, 2025)

Course Code: UFDDPC104

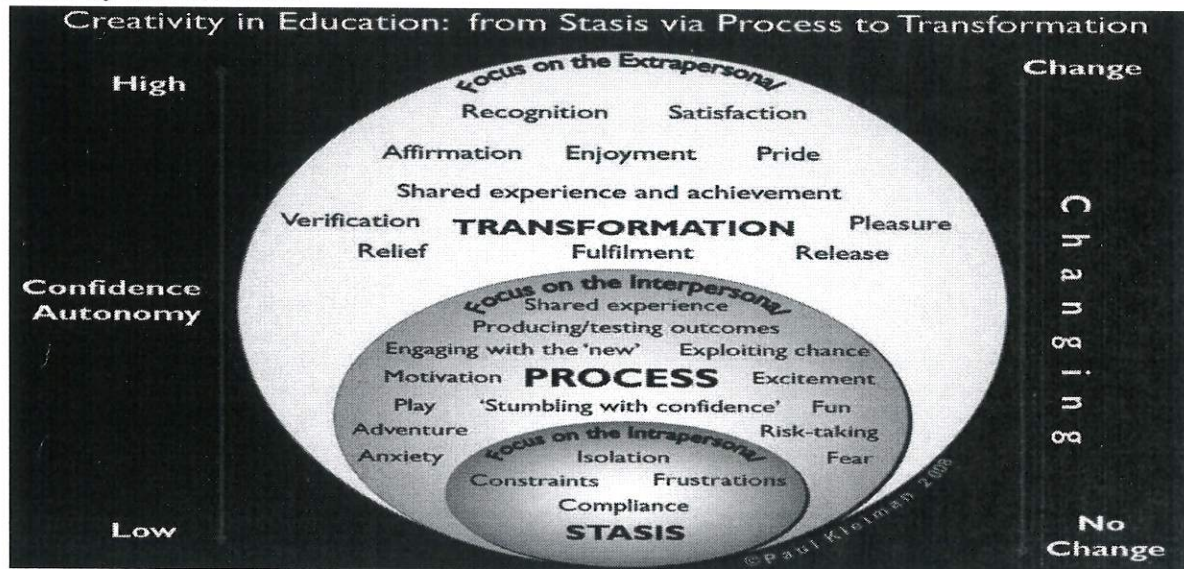
Course Title: Expressing Creativity

Unit-1

Approaches to creativity:

- Confluence approaches or componential theories
- Investment theory of creativity

Creativity and Education:



Unit-II

Fine arts & performance arts:

Music/Visual Art/Crafting/Writing/Photography/Drama/Movement/Choreography

Activity: Students are required to choose any one genre from the above and do one activity on that particular genre.

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University of Jammu
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Course Title: Expressing Creativity

Unit-III

Audio Visual skills Graph:

Photography & video documentary/podcast/ vlogs.

Activity: Students are required to choose one of the above categories and make/create a sample as an expression of their creativity.

Unit-IV

Writing Skills:

Articles/ blogs/ poetry/ script or content writing

Activity: Choosing any form or category given above, demonstrate your writing abilities.

Oral communications:

Debate/ Declamation/ storytelling/ Extempore/ Recitation

- Activity: Students are required to do any one activity on any of the above given genres.

Project:

Transforming the Self

- Activity: Students are required to watch a Mini TEDTalk, analyse it and make a presentation about the learning from the ted talks.



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University of Jammu
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Course Code: UFDDPC104

Course Title: Expressing Creativity

Recommended readings

Amabile, T. (2012), "Componential theory of creativity", No. 12-096, Harvard Business School.
<http://www.hbs.edu/faculty/Publication%20Files/12-096.pdf>

Bennick, G. (2009) We Want Something More. TEDx talk "Creativity and Transformation."
<https://www.youtube.com/watch?v=dnchjo8J8fg>

Cropley, A. (2006), "In Praise of Convergent Thinking", *Creativity Research Journal*, Vol. 18/3, pp. 391-404.

Gajda, A., M. Karwowski and R. Beghetto (2017), "Creativity and academic achievement: A meta-analysis." *Journal of Educational Psychology*, Vol. 109/2, pp. 269-299.
<http://dx.doi.org/10.1037/edu0000133>.

Guastello, S. (2009), "Creativity and personality", in Rickards, T., M. Runco and S. Moger (eds.), *The Routledge Companion to Creativity*, Routledge/Taylor & Francis, New York.
<http://psycnet.apa.org/record/2009-03983-022>

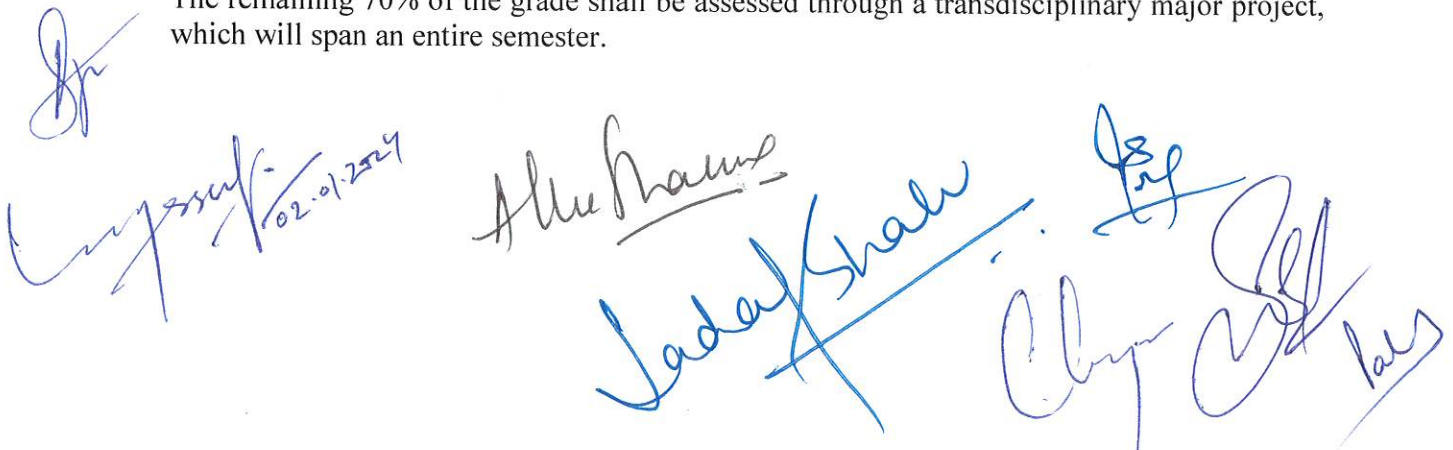
Guilford, J. (1950), "Creativity", *American Psychologist*, Vol. 5/9, pp. 444-454,

<http://dx.doi.org/10.1037/h0063487>.

Mode of Evaluation:

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The bottom of the page features several handwritten signatures in blue ink. On the left, there is a signature with the date '02.01.2024' written next to it. In the center, there are two overlapping signatures, one of which appears to be 'Sadaq Shahu'. On the right, there are two more overlapping signatures, one of which appears to be 'Alu Hameed'.

University of Jammu
Four Year Innovative Undergraduate Program
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Semester: 1st
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Course Code: UFDDPC104

Course Title: Expressing Creativity

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C. J. Singh
02.01.2024

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University of Jammu
Four Year Innovative Undergraduate Program
(Design Your Degree)

Semester: 1st
(For the Session 2023, 2024, 2025)

Course Code: UFDDPC105
Credits: 04

Course Title: Exploring the Surroundings

Contact Hours: 15 per credit

Maximum Marks:100
Internal Evaluation: 30
External Evaluation:70

Objectives

1. To foster a sense of curiosity and life- long learning
2. To deeply engage and explore the surroundings
3. To develop observational skills and cultivate the deep understanding of the surroundings
4. To develop effective communication skills, presentations and documentation of findings
5. To courage creativity and inter-disciplinary thinking in exploring and interpreting the surroundings
6. To promoting interconnectedness between local environment, social dynamics and human activities

Course Outcome/Preamble

The student shall be able to

1. To develop heightened sense of observation of the surroundings and interpret the problems and provide solution to it.
2. To understand the inter-connectedness between various social, economic, cultural and historical dimensions of the surroundings.
3. To identify various flora, fauna and ecological systems present in the surroundings and their roles and contributions
4. To foster a deeper understanding and appreciations of local community and its diversity
5. To apply research skills in order to investigate their surroundings

Course Content

Unit-1. Understanding the Cultural and historical aspects

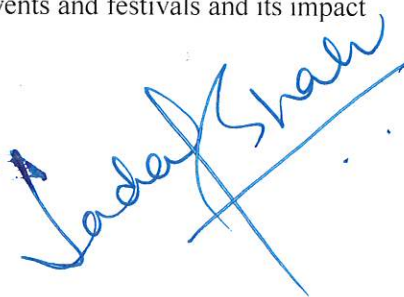
- Exploring the historical and cultural significance of the area
- Exploring events and festivals and its impact on local community

Activity

1. Make a documentary and group Presentation on any historical landmarks, museums and cultural sites of your area with geo-tag pictures
2. Prepare a presentation on events and festivals and its impact



02-01-2024



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Course Code: UFDDPC105

Course Title: Exploring the Surroundings

Unit-II Understanding the geography of the area

- Studying the ecosystem and their intersection
- Exploring the biodiversity and natural resources

Activity

1. Debate on issues related to Biodiversity and natural resources
2. Prepare a presentation on ecosystem and their intersection

Unit-III Understanding the social fabrics

- Studying the demographic data and diversity
- Identification and analysis of social issues and dynamics within the community

Activity

1. Studying the demographic data of your area
2. Prepare a presentation/ report on identification and analysis of social issues of your area

Unit-IV Understanding the economic fabric

- Exploring economic fabric of the local area
- Exploring the economy and its associated issues and challenges

Activity

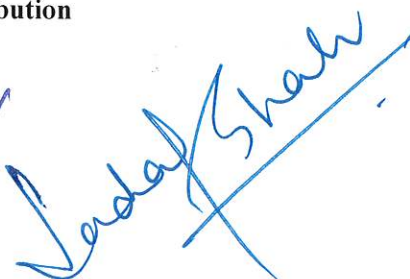
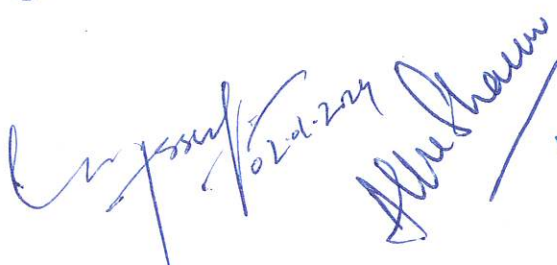
1. Make a group presentation on any economic issue and its challenges
2. SWOT analysis of any economic sector of country/region/area

Unit -V Major Project and Reflection

Students develop a final project based on their exploration
Presentation and sharing experiences

❖ **Continuous Assessment**

1. **Participation in field visits and different activities**
2. **Final project report and presentation**
3. **Class engagement and contribution**



University of Jammu
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Semester: 1st
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Course Code: UFDDPC105


Course Title: Exploring the Surroundings

References

I. Books

- "The Nature Principle: Reconnecting with Life in a Virtual Age" by Richard Louv
- "Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder" by Richard Louv
- "A Sand County Almanac" by Aldo Leopold

- "The Hidden Life of Trees: What They Feel, How They Communicate—Discoveries from a Secret World" by Peter Wohlleben
- "The Geography of Nowhere: The Rise and Decline of America's Man-Made Landscape" by James Howard Kunstler
- "Exploring Nature in Your Neighborhood: An Inspirational Guide to Discovering the Outdoors" by Jennifer Ward
- "A Short History of Nearly Everything" by Bill Bryson
- "Sapiens: A Brief History of Humankind" by Yuval Noah Harari
- "The Smithsonian's History of America in 101 Objects" by Richard Kurin
- "The Meaning of Things: Applying Philosophy to Life" by A.C. Grayling
- "The Historical Atlas of New York City: A Visual Celebration of Nearly 400 Years of New York City's History" by Eric Homberger
- "A History of the World in 100 Objects" by Neil MacGregor "The Atlas of World Heritage: Mapping Earth's Cultural and Natural Treasures" by Lonely Planet "100 Landmarks of the World: A Journey to the Most Fascinating Landmarks around the Globe" by ted talks
- "A History of the World in 100 Objects" by Neil MacGregor
- "The Atlas of World Heritage: Mapping Earth's Cultural and Natural Treasures" by UNESCO (published by Lonely Planet)
- "Tourism: Principles, Practices, Philosophies" by Charles R. Goeldner and J. R. Brent Ritchie
- "Cultural Tourism: The Partnership between Tourism and Cultural Heritage Management" by Bob McKercher and Hilary du Cros
- "Heritage: Critical Approaches" edited by Rodney Harrison, Helaine Silverman, and Deborah C. Vischak
- "Evicted: Poverty and Profit in the American City" by Matthew Desmond
- "Bowling Alone: The Collapse and Revival of American Community" by Robert D. Putnam
- "The Spirit Level: Why Greater Equality Makes Societies Stronger" by Richard Wilkinson and Kate Pickett



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Course Code: UFDDPC105

Course Title: Exploring the Surroundings

- "The New Urban Crisis: How Our Cities Are Increasing Inequality, Deepening Segregation, and Failing the Middle Class—and What We Can Do About It" by Richard Florida
- "The Death and Life of Great American Cities" by Jane Jacobs

II. Ted Talks

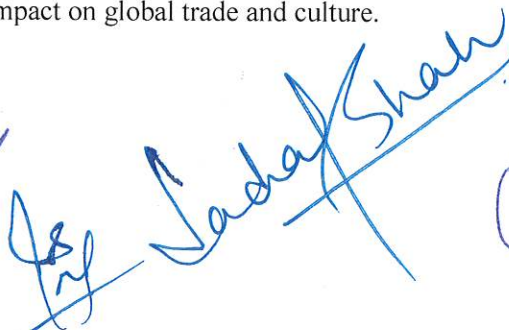
- "The Power of Vulnerability" by Brené Brown
- "The Danger of a Single Story" by Chimamanda Ngozi Adichie
- "The Hidden Influence of Social Networks" by Nicholas Christakis
- "How We Can Face the Future Without Fear, Together" by Rabbi Lord Jonathan Sacks
- "The Surprising Habits of Original Thinkers" by Adam Grant

III. Websites and Online Resources:

- National Geographic Education: <https://www.nationalgeographic.org/education/>
- Project Learning Tree: <https://www.plt.org/>
- National Park Service: <https://www.nps.gov/>
- Audubon Society: <https://www.audubon.org/>
- iNaturalist: <https://www.inaturalist.org/>
- Online Courses and MOOCs:
- Coursera (<https://www.coursera.org>)
- edX (<https://www.edx.org>)
- Khan Academy (<https://www.khanacademy.org>)

IV. Documentaries:

- "Civilizations" - A nine-part documentary series that explores the history of art, culture, and civilization across different regions and time periods.
- "Secrets of the Smithsonian" - A series that uncovers the fascinating stories behind the artifacts and exhibitions in the Smithsonian museums.
- "The Story of India" - A documentary series presented by historian Michael Wood, which delves into the rich history and cultural heritage of India.
- "World Heritage: The Panama Route" - A documentary that explores the historical significance of the Panama Canal and its impact on global trade and culture.



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- "Carnival!" - A documentary that takes you behind the scenes of various carnival celebrations around the world, showcasing the vibrant cultures and traditions associated with these events.
- "The Power of Vulnerability" by Brené Brown
- "The Danger of a Single Story" by Chimamanda Ngozi Adichie
- "The Hidden Influence of Social Networks" by Nicholas Christakis
- "How We Can Face the Future Without Fear, Together" by Rabbi Lord Jonathan Sacks
- "The Surprising Habits of Original Thinkers" by Adam Grant
- "Man on Wire" - This documentary tells the story of Philippe Petit, a high-wire artist who walked between the Twin Towers of the World Trade Center in 1974, exploring themes of determination, fear, and personal growth.
- "Jiro Dreams of Sushi" - This documentary delves into the life and work of Jiro Ono, an 85-year-old sushi master in Japan, who embodies dedication, perfectionism, and continuous personal growth in his pursuit of culinary excellence.

Mode of Evaluation:

The assessment structure for this program consists of two components: internal assessment and external assessment. The internal assessment, shall account for 30% of the overall grade, on the basis of continuous performance monitoring through tests/ quizzes/ presentations/ class participation/ small live projects emphasizing on development of skills in application, effective communication, and teamwork.

The remaining 70% of the grade shall be assessed through a transdisciplinary major project, which will span an entire semester.

The evaluation of the major project would be comprehensive, considering various factors including the depth and accuracy of the project's content, the applied methodology, research rigor, the effective use of IT tools and data analysis, as well as the meaningful findings and practical implications derived from the project. The assessment shall also include testing innovativeness, communication and problem solving.

Handwritten signatures in blue ink at the bottom of the page, including names like 'Jin', 'Arun', 'Sudaf Shah', 'Chy', and 'Ravi'.

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Semester: 1st
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Course Code: UFDDPC106
Credits: 02
Contact Hours: 15 per credit

Course Title: Life Skills
Maximum Marks: 50
Internal Evaluation: 20
External Evaluation: 30

Course Objectives:

1. To provide knowledge about new skills and an opportunity to apply these skills.
2. To help learners shape their attitudes and beliefs in a positive manner by making productive life choices, managing their well-being, and achieving personal success.

Course Outcomes:

By the end of the course, students will be able to:

1. Develop an understanding of themselves, including their emotions, thoughts, and behavior.
2. Establish healthy relationships skillfully with others through assertiveness and conflict resolution.
3. Exhibit effective decision making by using creative thinking and effective execution skills.

Unit 1: Self Awareness

1. Stress Management
2. Emotions & Feelings
3. Positive Thinking
4. Self Esteem

Activities and Assessment:

Conduct activities and role plays to provide hands-on learning experiences for stress management, emotional awareness, positive thinking, and enhancing self-esteem.



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Course Title: Life Skills

Resources:

How to Manage Stress: <https://www.youtube.com/watch?v=HB1snh5ArVw> by HealthyPlace.

The Power of Positive Thinking: <https://www.youtube.com/watch?v=pPrEHa5K4AI> by Brian Tracy

How to Build Self-Esteem: <https://www.youtube.com/watch?v=MbF5dyU96CE> by The School of Life

The Basic Emotions: What They Are and How They Work:

<https://www.youtube.com/watch?v=y0Ko3aWihGQ>

by Simply Psychology

Unit II: Interpersonal Skills

1. Empathy
2. Listening Skills
3. Interpersonal Effectiveness
4. Handling Disputes
5. Managing Relationships
6. Confident Communication

Activities and Assessment:

1. Engage in activities, role plays, and discussions to develop and enhance empathy, active listening skills, interpersonal effectiveness, conflict resolution, relationship management, and confident communication.

Resources:

Empathetic Listening Skills: <https://www.youtube.com/watch?v=IO1gpzakkik> by Charisma On Command

How to Listen Actively: <https://www.youtube.com/watch?v=SnCJlQxbeY> by Emerald Works

How to Handle Conflict Effectively: <https://www.youtube.com/watch?v=jyFYcQkduco> by Charisma on Command

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Course Title: Life Skills

How to Communicate with Confidence: <https://www.youtube.com/watch?v=EBU8biGibZU> by Fast Track Your Career

Unit-III: Thinking Skills

1. Goal Setting (Setting SMART goals)
2. Decision Making
3. Problem Solving
4. Critical and Creative Thinking
5. Executive Functioning Skills
6. Resilience

Activities and Assessment:

1. Participate in activities, exercises, and discussions to develop and enhance goal-setting skills, decision-making abilities, problem-solving techniques, critical and creative thinking, executive functioning skills, and resilience.

Resources:

How to Set SMART Goals | Goal Setting for Students by Achieve Your Goals : <https://www.youtube.com/watch?v=i0QfCZjASX8>

Decision Making and Problem Solving: <https://www.youtube.com/watch?v=vUSqnzieiY4> by Smarter Every Day

The 7 Steps of Problem Solving: <https://www.youtube.com/watch?v=iQtnggDMfqE> by Business Infographics

How to Make Better Decisions: <https://www.youtube.com/watch?v=VPkj7BJ-noc> by TED-Ed

Critical Thinking vs. Creative Thinking: <https://www.youtube.com/watch?v=MDdK4diviSA> by Chandler Bolt

How to Improve Your Critical Thinking Skills: <https://www.youtube.com/watch?v=I50YRzeMzZwby> Khan Academy

How to Build Resilience: 5 Practices That Work: https://www.youtube.com/watch?v=36terqkUD_c by Verywell Mind

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Course Title: Life Skills

Executive Function Skills are the Roots of Success | Stephanie Carlson | TEDxMinneapolis:
https://www.youtube.com/watch?v=BvyTiC_byOo

Project:

Engage in a group project focused on addressing a real-life problem faced by people in a specific area or locality. The project will involve the following steps:

1. Identify a problem of relevance.
2. Build a perspective on the identified problem through research and analysis.
3. Discuss possible solutions and their implications.

Resources:

1. "Emotional Intelligence: Why It Can Matter More Than IQ" by Daniel Goleman
2. "The Power of Positive Thinking" by Norman Vincent Peale
3. "Mindset: The New Psychology of Success" by Carol S. Dweck
4. "Crucial Conversations: Tools for Talking When Stakes Are High" by Kerry Patterson, Joseph Grenny, Ron McMillan, and Al Switzler
5. "Decision Making for Dummies" by Dawna Jones
6. "Creative Confidence: Unleashing the Creative Potential Within Us All" by Tom Kelley and David Kelley
7. "The 7 Habits of Highly Effective People" by Stephen R. Covey
8. "Grit: The Power of Passion and Perseverance"

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Course Code: UFDDPC106

Course Title: Life Skills

Mode of Evaluation:

The assessment structure for this program consists of two components: internal assessment and external assessment. The internal assessment, shall account for 20 marks of the total of 50 shall be on the basis of continuous performance monitoring through tests/ quizzes/ presentations/ class participation/ small live projects emphasizing on development of skills in application, effective communication, and teamwork.

The remaining 30 shall be assessed through a transdisciplinary major project, which will span an entire semester.

The evaluation of the major project would be comprehensive, considering various factors including the depth and accuracy of the project's content, the applied methodology, research rigor, the effective use of IT tools and data analysis, as well as the meaningful findings and practical implications derived from the project. The assessment shall also include testing innovativeness, communication and problem solving.

