

CURRICULUM- FIRST YEAR

The basic life skill curriculum for students are based in evidence based Psycho Social Methodology including Cognitive- Behavioral Therapy, Mindfulness and resilience- Building Activities. These Skills can help students better understand themselves, get along with others and tools to cope with life's inevitable difficulties

SELF AWARENESS:

1. STREES MANAGEMENT
2. EMOTIONAL REGULATION
3. POSITIVE THINKING
4. SELF ESTEEM

INTER- PERSONAL SKILLS:

5. EMPATHY
6. LISTENING SKILLS
7. INTER PERSONAL EFFECTIVENESS
8. HANDLING DISPUTES
9. MANAGING RELATIONSHIPS
10. CONFIDENT COMMUNICATION

THINKING SKILLS: -

11. GOAL SETTING

CURICULLUM 2ND YEAR

MODULE 1- IMPORTANCE OF WOMEN'S EDUCATION

WOMEN'S EDUCATION IS CRUCIAL TO THE COUNTRY'S FUTURE DEVELOPMENT. WELL-EDUCATED WOMEN PROVIDE THE SKILLS, KNOWLEDGE, AND SELF-ASSURANCE NECESSARY TO BE A BETTER MOM, WORKER AND CITIZEN.

MODULE 2 SEXUAL HARASSMENT

IT IS ILLEGAL TO HARASS A PERSON BECAUSE OF THAT PERSON'S SEX. HARASSMENT IS ILLEGAL WHEN IT IS SO FREQUENT OR SEVERE, HARASSMENT CAN INCLUDE SEXUAL ADVANCES, REQUESTS FOR SEXUAL FAVORS AND OTHER VERBAL OR PHYSICAL HARASSMENT.

MODULE 3 MARRIAGE LIVES

THREE IMPORTANT THINGS IN A RELATIONSHIP

1. TRUST
2. COMMITMENT
3. COMMUNICATION

CURICULLUM 3RD YEAR

MODULE: 1 FAMILY LIFE AND PARENTING

FAMILY LIFE

WELCOMING CHILDREN

PARENTING

FAMILY DYNAMICS

CARE GIVING IN SICKNESS AND HEALTH.

MODULE 2. SPENDING MONEY

SPENDING MONEY

SPENDING MONEY WISELY