

UNIVERSITY OF MADRAS  
M.A. DEGREE PROGRAMME IN PHILOSOPHY  
SYLLABUS WITH EFFECT FROM 2023-2024

Subject Code	Subject Name	Category	L	T	P	S	Credits	Inst. Hours	Marks		
									CIA	External	Total
407E2B	Advance Life Skills	Elective - IV	Y	-	-	-	3	4	25	75	100
<b>Learning Objectives</b>											
1	To enhance one's ability to be fully self aware by helping oneself to overcome all fears and insecurities and to grow fully from inside out and outside in.										
2	To increase one's knowledge and awareness of emotional competency and emotional intelligence at place of study/work.										
3	To provide opportunity for realising one's potential through practical experience.										
4	To develop interpersonal skills and adopt good leadership behaviour for empowerment of self and others.										
5	To set appropriate goals, manage stress and time effectively. 6. To manage competency- mix at all levels for achieving excellence with ethics.										
<b>UNIT</b>	<b>Details</b>										
1	<b>Concept, Definition and Categories of Life Skills:</b> Concept and Meaning of Life Skills - Definition and Interpretations of Life Skills by the UN and other Agencies - Generic, Problem Specific and Area Specific Life Skills										
2	<b>Life Skills</b> – Social and Negotiation Skills -Self Awareness and Empathy - Effective Communication and Interpersonal Relationship										
3	<b>Group and Team Dynamics:</b> Introduction to Groups: Composition, formation, Cycle, thinking, Clarifying expectations, Problem Solving, Consensus, Dynamics techniques, Group vs Team, Team Dynamics, and Virtual Teams. Managing team performance and managing conflicts, Entrepreneurship.										
4	<b>21st century skills:</b> Creativity, Critical Thinking, Collaboration, Problem Solving, Decision Making, Need for Creativity in the 21st century, Imagination, Intuition, Experience, Sources of Creativity, Lateral Thinking, Myths of creativity, Critical thinking Vs Creative thinking, Functions of Left Brain & Right brain, Convergent & Divergent Thinking, Critical reading & Multiple Intelligence.										
5	<b>Leadership:</b> Leadership framework, entrepreneurial and moral leadership, vision, cultural dimensions. Growing as a leader, turnaround leadership, managing diverse stakeholders, crisis management. Types of Leadership, Traits, Styles, VUCA Leadership, Levels of Leadership, Transactional vs Transformational Leaders, Leadership Grid, Effective Leaders.										
<b>Course Outcomes</b>											
CO	At the end of the programme learners will be able to										
1	Gain Self Competency and Confidence										
2	Practice Emotional Competency										
3	Gain Intellectual Competency										
4	Gain an edge through Professional Competency										
5	Aim for high sense of Social Competency 6. Be an integral Human Being										
<b>Text Book</b>											
1	Shiv Khera, You Can Win, Macmillan Books, New York, 2003.										
2	Barun K.Mitra, "Personality Development&Soft Skills", Oxford Publishers,Third impression,2017.										
3	ICT Academy of Kerala, "Life Skills for Engineers",McGraw Hill Education (India) Pvt.Ltd., 2016.										

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4	Caruso, D. R. and Salovey P, “The Emotionally Intelligent Manager: How to Develop and Use the Four Key Emotional Skills of Leadership”, John Wiley & Sons, 2004.
5	Kalyana, “Soft Skill for Managers”; First Edition; Wiley Publishing Ltd, 2015.
6	Larry James, “The First Book of Life Skills”; First Edition, Embassy Books, 2016.
7	Shalini Verma, “Development of Life Skills and Professional Practice”; First Edition; Sultan Chand (G/L) & Company, 2014.
<b>Reference Books:</b>	
1	Baron, .A. Robert and Byrne Donn, (2003), (10th edition), Social Psychology, Printice Hall of India, New Delhi.
2	Delors, Jacques (1997), Learning: The Treasure Within, UNESCO, Paris.
3	GoTaylor. E. Shelly. et.al. (2006), Social Psychology, (12th Edi), Sheel Print N Pack, New Delhi.
4	UNESCO and Indian National Commission for Co-operation with UNESCO(2001): Life Skills in Non-formal Education: A review.
5	UNESCO(1997), Adult education : The Hamburg Declaration, UNESCO, Paris.
6	WHO(1999):Partners in Life Skills Education: Conclusions from a United Nations Inter-Agency Meeting, Geneva.
<b>Web source</b>	
UNESCO - <a href="http://www.unesco.org">http://www.unesco.org</a> UNFPA - <a href="http://www.unfpa.org">http://www.unfpa.org</a> UNICEF - <a href="http://www.unicef.org">http://www.unicef.org</a> United Nations - <a href="http://www.un.org">http://www.un.org</a> WHO - <a href="http://www.who.int/en/">http://www.who.int/en/</a>	

**Mapping with Programme Outcomes:**

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
<b>CO 1</b>	1	1	1	1	1	1	1	1	2	1
<b>CO 2</b>	2	2	2	2	2	2	2	2	2	2
<b>CO 3</b>	3	3	3	3	3	3	3	3	3	2
<b>CO 4</b>	2	3	3	3	3	3	3	3	3	2
<b>CO 5</b>	2	3	3	3	3	3	3	3	3	2

**Strong (3)      Medium (2)      Low (1)**

**Mapping with Programme Specific Outcomes:**

	PO 1	PO 2	PO 3	PO 4	PO 5	PO6	PO7	PO8	PO9	PO10
<b>CO 1</b>	1	1	1	1	1	1	1	1	1	1
<b>CO 2</b>	2	2	2	2	2	2	2	2	2	2
<b>CO 3</b>	3	3	3	3	3	3	3	3	3	3
<b>CO 4</b>	3	3	3	3	3	3	3	3	3	3
<b>CO 5</b>	3	3	3	3	3	3	3	3	3	3
<b>Weightage</b>	12	12	12	12	12	12	12	12	12	12
<b>Weighted percentage of course contribution to POS</b>	5-0	5-0	5-0	5-0	5-0	5-0	5-0	5-0	5-0	5-0

**Strong (3)      Medium (2)      Low (1)**