

S-01 & 02 June, 2016 AC after Circulars from Circular No.100 & onwards+ - 39 -  
**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY**

**CIRCULAR NO. SU/Service Course/30/2016**

It is hereby inform to all concerned that, the Choice Based Credit and Grading System have been implemented to the affiliated colleges from the academic year 2015-16 at Post Graduate level for the all Faculties. According to the guidelines of C.B.C. & G.S. it is essential to teach the Service Course to students. The authorities of the university has decided that the service courses run at University Campus and Sub-Center, Osmanabad be apply to the college level. The concerns are inform that to instruct to the students to Choice any one Service Course as per their willingness. Where only one post graduate course they can take the service course of the concerned subject. The syllabi of the service courses are uploaded with the circular on the University website [www.bamu.ac.in](http://www.bamu.ac.in)

The service courses be teach to the students with the **syllabus of IVth-Semester for this year only and hereafter** to tech with the syllabus of III-Semester as per their relevant courses.

This is effective from the academic year 2016-17.

All concerned are requested to note the contents of this circular and bring notice to the students, teachers and staff for their information and necessary action.

University Campus,  
Aurangabad-431 004.  
REF.NO. SU/SERVICE COURSE /  
SYLLA./2016/5117-516  
Date:- 02-09-2016.

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*Director,*  
*Board of College and*  
*University Development.*

**Copy forwarded with compliments to:-**

**1] The Principals of concerned Colleges,  
Dr. Babasaheb Ambedkar Marathwada University.**

**Copy to :-**

- 1] The Controller of Examinations,
  - 6] The Section Officer, [ M.A. Unit ],
  - 7] The Section Officer, [ M.Sc. Unit ],
  - 8] The Section Officer, [ M.Com. Unit ],
  - 9] The Section Officer, [ Management Unit ],
  - 10] The Section Officer, [ Professional Unit ],
  - 11] The Section Officer, [ Engineering Unit ],
  - 3] The Programmer [Computer Unit-1] Examinations,
  - 4] The Programmer [Computer Unit-2] Examinations,
  - 5] The Public Relation Officer,
  - 6] The Co-ordinator, E-Suvidha Kendra, [Rajarshi Shahu Maharaj Pariksha Bhavan,
  - 7] The Record Keeper.
- Dr. Babasaheb Ambedkar Marathwada University,  
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**DR. BABASAHEB AMBEDKAR  
MARATHWADA UNIVERSITY,  
AURANGABAD.**



**M. ED:**

**Service Course**

**[ Academic Year 2016-17 & onwards ]**

**Dr. Babasaheb Ambedkar Marathwada University, Aurangabad**  
**DEPARTMENT OF EDUCATION**

**SERVICE COURSE - EDUSERC-3 : LIFE SKILL EDUCATION**

<b>Duration- 1 Semester</b>	<b>Total credits- 04</b>	<b>Total Marks- 100</b>
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**Objectives :** To enable the students to -

1. Know about life skills & it's importance in today's age.
2. Develop and maintain Interpersonal relationship.
3. Manage emotions & stress.
4. Take decisions effectively.
5. Manage individual Health management.
6. Understand and practice of techniques of Asanas.

**Unit wise Distribution of Credits:**

Unit	Theory hours	Practical hours	Total credits
1	07	16	01
2	07	16	01
3	07	16	01
4	07	16	01
<b>Total</b>	<b>28</b>	<b>64</b>	<b>04</b>

**Evaluation :** A) **Theory Exam:** Multiple Choice Questions - 40 for 40 Marks

B) **Internal Assessment**

1. **Projects - 04** (Each 10 Marks) - **Total 40 Marks**

2. **Assignments - 04** (Each 5 Marks) - **Total 20 Marks**

**Unit - 1) Meaning, Nature and Importance of Life Skills.**

- a. Meaning & Nature of Life skills
- b. 10 Life skills According to WHO
- c. Importance of Life skills

**Practical Work:** - Make a survey of any Five persons & find out the life skills in their personality.

**Unit - 2) Interpersonal Relationships & Decision Making**

- a. Relationship with family, Peers, Teachers
- b. Resolving conflicts
- c. Decision making – factors affected on decision

**Practical Work:-** Write detailed report of 10 students about their decisions. Or Write a short project report on one successful personality about developing Healthy Relationship.

**Unit - 3) Management of emotions & stress**

- a. Managing emotions and stress
- b. Use of yogic practices For controlling emotions and stress
- c. Types and Advantages of Pranayama

**Practical Work:-** Make a list of things in your own life which are creating stress & get feedback from others how to solve these problems.

**Unit - 4) Health Management**

- a. Health –Good & Bad Habits
- b. Types of PraKrut
- c. Ahara ( Food yoga)
- d. Practices & importance of Asanas

**Practical Work:** - Collect various YOU TUBE & Videos of Asanas and practice it. Write its importance in your own language. Or Make Balance Ahara chart with scientific base according to Health management and compare with your own food and habits.