

Life Skills (Jeevan Kaushal) Curriculum

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(Source: PIB & UGC)

The University Grants Commission (UGC) has developed life skills (Jeevan Kaushal) curriculum **for undergraduate (non-technical undergraduate education) students at Universities and Colleges.**

The objectives of the Jeevan Kaushal curriculum are:

- **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**
- To increase one's knowledge and awareness of **emotional competency and emotional intelligence at place of study/work**
- To provide opportunity for **realising one's potential** through practical experience
- To develop **interpersonal skills and adopt good leadership behaviour** for the empowerment of self and others
- To set appropriate **goals, manage stress and time** effectively and
- To manage competency-mix at all levels for **achieving excellence with ethics.**

About Jeevan Kaushal curriculum

- **Courses covered:** This Curriculum covers the courses on communication skills, professional skills, leadership & management skills and universal human values
- The Jeevan Kaushal curriculum is suggestive.
- Courses in the curriculum are:
 - Course 1: Communication Skills

- Course 2: Professional Skills
- Course 3: Leadership Skills
- Course 4: Universal Human Values