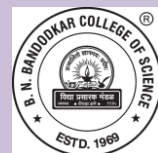


Academic Council Meeting No. and Date : 11 / June 27, 2025
Agenda Number : 3 Resolution Number : 52 / 3.5



**Vidya Prasarak Mandal's
B. N. Bandodkar College of
Science (Autonomous), Thane**



Certificate Course On Life Skills for Self Management and Personal Growth

[With effect from Academic Year 2025-2026]

Preamble

In today's challenging world, students need more than academic knowledge to flourish — they must also understand themselves, build strong values, and develop habits that support a balanced life. In an increasingly complex and fastpaced environment, the ability to manage thoughts and emotions, nurture resilience, practice mindfulness and cultivate meaningful habits has become vital for both personal wellbeing and longterm success.

The “Life Skills for Students: SelfManagement and Personal Growth” course aims to nurture these essentials. Through a focus on understanding the self, mastering the process of thinking, and applying life skills, it empowers participants to build a strong foundation of ethical, social, and spiritual values. By integrating habits of healthy living, regular reflection, and meditation practices, this program empowers participants to navigate life's challenges with clarity, balance, and confidence.

Open to all, it offers practical tools and insights that enable individuals to lead more purposeful, productive, and fulfilling lives. This course will be conducted in collaboration with Brahmakumaris Thane Centre.

OBJECTIVES OF THE COURSE:

- To help students understand themselves, their thinking patterns, and the powers that shape their behaviour
- To enable students to build life skills rooted in ethical, professional, social, and spiritual values
- To educate students on the role of a balanced diet, moderate exercise, and healthy habits in sustaining well-being
- To introduce students to spiritual practices and tools that support mindfulness, resilience, and effective stress management

LEARNING OUTCOMES: Learners would be able to

- Recognize their personal strengths, values, and areas for self-development.
- Apply simple techniques to stay organized, focused, and balanced.
- Build and sustain respectful and constructive relationships with others rooted in ethical, social, and spiritual values
- Practice habits of healthy living that nurture wellbeing and support longterm personal growth.

Eligibility: Open to all interested individuals

Mode of Conduct: Offline /Online

Structure of Programme

Course Code	Course Title	No. of lectures	Credits
BCCLS042	Life Skills for Self Management and Personal Growth	30	2

Syllabus

Unit	Course Title Life Skills for Self Management and Personal Growth	Credits 2	No. of lectures
I	<u>Managing the self and Values for self-management</u> <ul style="list-style-type: none"> Understanding the self Process of thinking Powers of the self Development of life skills Ethical, Professional, Social and spiritual values 		10
II	<u>Healthy lifestyle</u> <ul style="list-style-type: none"> Diet and nutrition Moderate exercise 		10
III	<u>Spirituality in everyday life for stress management</u> <ul style="list-style-type: none"> Spirituality in attitude The missing connection The timeless dimension Spiritual tools: Exercises for practice 		10

Evaluation Scheme: Theory Examination (Total Marks: 50)