

SARDAR PATEL UNIVERSITY
Programme: Master of Education
Semester: I
Syllabus with effect from: June 2013

Paper Code: PE01FMED01	Total Credits: 3
Title Of Paper: Life Skill Education for Quality of Life	

Unit	Description in detail	Weightage (%)
1	The Concept of Life Skills: Human values and life skills Life skills as proposed and defined by WHO (1990) Indian view of life skills	34 %
2	The Concept of Quality of Life: The ancient and classical view of QoL The contemporary view of QoL (by Amartya sen) Analysis of selected aims and definitions of education in reference to QoL	33 %
3	Practices for Developing Life Skills: Tasks and activities for developing each of the life skills Education for four pillars of Education (Dellor's Report) Formal and informal methods to develop life skills.	33 %

Basic Text & Reference Books:

- જીવનકૌશલ (શિક્ષક માર્ગદર્શિકા) (૨૦૦૬) ગાંધીનગર, એનસીઈઆરટી પ્રકાશન.
- Nussbaum, Martha & Sen, Amartya, (1996). The Quality of life Oxford, Clarendon Press.
- Frankl, Viktor (1959), Man's search for Meaning. London Random House.
- www.unicef.org/life-skills
- www.smilefoundationindia.org
- રાવલ સી.વી. (૨૦૦૧). પારિભાષિક કોશ-તત્ત્વજ્ઞાન. અમદાવાદ યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ.

