

## Certification

Two levels of certification are available based on learners' level of participation and completion of tasks/activities:

### ■ Certificate of Participation:

participation in at least 3 discussion forums and completion of each quizzes with 50%

### ■ Certificate of Completion:

requires participation in at least 4 discussion forums and completion of each quizzes with 60%

## Certificate Awarded by



Commonwealth Educational  
Media Centre for Asia,  
COL-CEMCA, New Delhi



Indian Institute of  
Technology (BHU)  
Varanasi, India

## Patrons



**Prof. Pramod Kumar Jain**

*Director*

Indian Institute of Technology (BHU)  
Varanasi, India



**Dr. Basheerhamad Shadrach**

*Director*

Commonwealth Educational Media  
Centre for Asia, COL-CEMCA  
New Delhi

## Course Coordinator



**Dr. Manas Ranjan Panigrahi**

Commonwealth Educational Media  
Centre for Asia, COL-CEMCA  
New Delhi

## Lead Instructor



**Dr. Ajit K Mishra**

Department of Humanistic Studies  
Indian Institute of Technology (BHU)  
Varanasi, India

## Mentors

1. **Ms. Nikita Mittal**, Indian Institute of Technology (BHU) Varanasi
2. **Mr. Soumyakanta Senapati**, Indian Institute of Technology (BHU) Varanasi
3. **Ms. Manvi Pandey**, Indian Institute of Technology (BHU) Varanasi
4. **Ms. Taniya Ghosh**, Indian Institute of Technology (BHU) Varanasi
5. **Mr. Rajit Chakraborty**, Indian Institute of Technology (BHU) Varanasi
6. **Ms. Madhumita Mishra**, Banaras Hindu University, Varanasi

## Contact Us

Commonwealth Educational Media Centre for Asia (CEMCA)  
Commonwealth of Learning (COL)  
7/8 Sarvapriya Vihar, New Delhi - 110016  
[www.cemca.org](http://www.cemca.org) | [www.col.org](http://www.col.org)  
Email: [cemcaelsmooc@gmail.com](mailto:cemcaelsmooc@gmail.com)



Communication  
Leadership  
Wellbeing  
Thinking  
**Essential**  
**LIFE SKILLS**  
Relationship



## Course Description

There is a growing awareness of the rapidly changing social, economic, and political structures among all of us. Simultaneously, there is also a growing need to keep pace with the demands and challenges caused by these transformations. Realising this need for sustainable upskilling, UNICEF, UNESCO and WHO have listed the ten core life skill strategies and techniques that need to be acquired by individuals in order to be confident about their thinking skills, interpersonal skills, and emotional skills leading to their holistic development.

This course has been designed to train participants in a group of psychosocial and interpersonal skills in an experiential setting with a view to developing in them the requisite capacity for optimal living. The core life skills included in the course are essentially those skills that help develop competence and promote mental wellbeing among participants and prepare them for the challenges of personal and professional life.

The course contents will be delivered not through the traditional "information based" approach, but through an experiential and situational approach. The delivery approach will be tailored to address behaviour change through changes in information processing and attitude.

## Course Objectives

The course objectives are to:

1. Help participants understand the importance of life skills for a successful life and career.
2. Equip participants with the essential people and social skills and to enable them to cope with the everyday challenges
3. Help participants build confidence, foster critical and creative thinking, and empower them to develop functional mindsets through leadership skills.
4. Enable participants to manage their holistic wellbeing for sustainable success.
5. Learn to actualise one's potential through engagement and action.

## Course Participants

1. Students in the final year of their respective academic programmes
2. Early-career and mid-career professionals

## Course Details

Course Duration:  **6 Weeks**



**Week-1**  
Module I: Winning Communication Skills-1



**Week-2**  
Module II: Winning Communication Skills-2



**Week-3**  
Module III: Relationship Skills



**Week-4**  
Module IV: Thinking Skills



**Week-5**  
Module V: Leadership Skills



**Week-6**  
Module VI: Wellbeing Skills

**Workload:** 3 to 5 hours per week

**Language:** English

**Level:** Non-Credit

**Prerequisites:** None

**Course Offering:** MOOCs for Development

**Course Fee:** Free

**Registration:**  
<https://www.mooc4dev.org/ELS>

**Registration Start Date:** 25 October 2022

**Course Start Date:** 25 November 2022