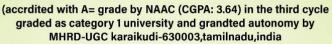


ALAGAPPA UNIVERSITY





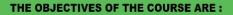


DEPARTMENT OF SOCIAL WORK

Course Code: MSWVAC01

TITLE OF THE VALUBLE-ADDED COURSE

YOUTH EMPOWERMENT & SKILLS



- Improvement In Learning And Research competency
- Increase Student Employability
- Create Opportunities For Youth To Devlop Their Interpersonal
 Collaborative Skills
- Enchance Abilities Of Youth To Handle Stressful Conditions
- Improve Relationship Between Teachers And Students
- Create Responsible Individuals in Society



C.VENGATESHWARAN PROGRAM CO-ORDINATOR M.A.VELUSAMY
ASSOCIATE PROFESSOR AND HEAD I/C

 Improvement in learning and research competen Increase student employability Create opportunities for youth to develop the 	су		
• Create opportunities for youth to develop the	Increase student employability		
• Create opportunities for youth to develop their interpersonal and			
collaborative skills			
• Enhance abilities of youth to handle stressful con	nditions		
• Improve relationship between teachers and stude	ents		
• Create responsible individuals in society.			
MIND, BREATH AND EMOTIONS			
Listening and skilful communication - type	es of listening and		
questioning. Light Yoga. Introduction to the breat	h - a link between the		
mind & emotions. Living in the present moment.	The sources of energy.		
Food Habits. Power breath technique (Ujjayi	Breath). Pranayama		
(Theory, 3-stage 7 pranayama). Intro and Practic	e of Sudarshan Kriya		
®. Meditation.			
MIND MANAGEMENT			
Fundamentals of the mind, the tendencies and ha	bits of the mind. The		
seven levels of our existence. The relationship	between our state of		
mind and happiness. Golden Keys to Mind Man	agement. Light Yoga.		
Power breathing. 3-stage Pranayama & Sudars	han Kriya ®. Home		
Practice of Sudarshan Kriya®. Meditation.			
ACADEMIC EFFECTIVENESS			
Secret of Concentration. Special Pranayama to i	ncrease concentration		
and focus. Home Practice of Sudarshan Kriya®. M	I editation		
i. Anxiety & Confidence, how to feel a	t home with different		
kinds of people and different environ	nments. Technique to		
free oneself of one's ego and inhibition	ons. Home Practice of		
Sudarshan Kriya®. Meditation			
ii. Time Management and Goal Setting	g. Home Practice of		
Sudarshan Kriya®. Meditation.			
	 Enhance abilities of youth to handle stressful construction. Improve relationship between teachers and stude. Create responsible individuals in society. MIND, BREATH AND EMOTIONS Listening and skilful communication – type questioning. Light Yoga. Introduction to the breathmind & emotions. Living in the present moment. The second Habits. Power breath technique (Ujjayi (Theory, 3-stage 7 pranayama). Intro and Practice. Meditation. MIND MANAGEMENT Fundamentals of the mind, the tendencies and has seven levels of our existence. The relationship mind and happiness. Golden Keys to Mind Man Power breathing. 3-stage Pranayama & Sudars Practice of Sudarshan Kriya®. Meditation. ACADEMIC EFFECTIVENESS Secret of Concentration. Special Pranayama to it and focus. Home Practice of Sudarshan Kriya®. Meditation. i. Anxiety & Confidence, how to feel a kinds of people and different environ free oneself of one's ego and inhibition Sudarshan Kriya®. Meditation ii. Time Management and Goal Setting 		

Unit IV	LEADE	RSHIP & TEAMWORK	
	i.	Qualities of a good leader - giving 100%, responding to the	
		needs of a situation, and maintaining enthusiasm. Home	
		Practice of Sudarshan Kriya®. Meditation	
	ii.	Responsibility & Teamwork. Home Practice of Sudarshan	
		Kriya®. Meditation	
	iii.	Time Management and Goal Setting. Home Practice of	
		Sudarshan Kriya®. Meditation.	
		SELF AND SOCIETY	
Unit V	SELF A	ND SOCIETY	
Unit V	SELF Al	ND SOCIETY Interpersonal relations. Maintaining enthusiasm. Keep our	
Unit V			
Unit V		Interpersonal relations. Maintaining enthusiasm. Keep our	
Unit V		Interpersonal relations. Maintaining enthusiasm. Keep our mind free from negativity. Discussion of our roles in society,	
Unit V		Interpersonal relations. Maintaining enthusiasm. Keep our mind free from negativity. Discussion of our roles in society, our responsibility to ourselves and our ability to contribute	
Unit V		Interpersonal relations. Maintaining enthusiasm. Keep our mind free from negativity. Discussion of our roles in society, our responsibility to ourselves and our ability to contribute to our community. Teamwork. Plan campus service project	
Unit V	i.	Interpersonal relations. Maintaining enthusiasm. Keep our mind free from negativity. Discussion of our roles in society, our responsibility to ourselves and our ability to contribute to our community. Teamwork. Plan campus service project in groups. Practice of Home Sudarshan Kriya TM	

OUTCOMES

- Students will understand the mechanics of their emotions and the tendencies of the mind
- They will understand how their own bodies, minds, intellect and emotions interrelate.
- They will learn how to manage their emotions via practical techniques.
- Students will learn different soft skills to enhance their academic effectiveness –
 communication, teamwork, leadership etc.
- Students will improve their confidence and expression.