



ALAGAPPA UNIVERSITY

(accredited with A= grade by NAAC (CGPA: 3.64) in the third cycle
graded as category 1 university and granted autonomy by
MHRD-UGC karaikudi-630003,tamilnadu,india



DEPARTMENT OF SOCIAL WORK

Course Code: MSWVAC01

Total Hours :30

TITLE OF THE VALUBLE-ADDED COURSE

YOUTH EMPOWERMENT & SKILLS



THE OBJECTIVES OF THE COURSE ARE :

- Improvement In Learning And Research competency
- Increase Student Employability
- Create Opportunities For Youth To Develop Their Interpersonal Collaborative Skills
- Enhance 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

Course code : MSWVAC01	YOUTH EMPOWERMENT AND SKILLS	Hours : 30
Objectives	<ul style="list-style-type: none"> ● Improvement in learning and research competency ● Increase student employability ● Create opportunities for youth to develop their interpersonal and collaborative skills ● Enhance abilities of youth to handle stressful conditions ● Improve relationship between teachers and students ● Create responsible individuals in society. 	
Unit I	<p>MIND, BREATH AND EMOTIONS</p> <p>Listening and skilful communication – types of listening and questioning. Light Yoga. Introduction to the breath - 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 Practice of Sudarshan Kriya ®. Meditation.</p>	
Unit II	<p>MIND MANAGEMENT</p> <p>Fundamentals of the mind, the tendencies and habits of the mind. The seven levels of our existence. The relationship between our state of mind and happiness. Golden Keys to Mind Management. Light Yoga. Power breathing. 3-stage Pranayama & Sudarshan Kriya ®. Home Practice of Sudarshan Kriya®. Meditation.</p>	
Unit III	<p>ACADEMIC EFFECTIVENESS</p> <p>Secret of Concentration. Special Pranayama to increase concentration and focus. Home Practice of Sudarshan Kriya®. Meditation</p> <ol style="list-style-type: none"> i. Anxiety & Confidence, how to feel at home with different kinds of people and different environments. Technique to free oneself of one's ego and inhibitions. Home Practice of Sudarshan Kriya®. Meditation ii. Time Management and Goal Setting. Home Practice of Sudarshan Kriya®. Meditation. 	

Unit IV	<p>LEADERSHIP & TEAMWORK</p> <ul style="list-style-type: none"> 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.
Unit V	<p>SELF AND SOCIETY</p> <ul style="list-style-type: none"> 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™ ii. Implementation of campus service project. iii. Group presentation of service projects. Final Examination.
<p>OUTCOMES</p> <ul style="list-style-type: none"> • 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. 	