

## **Course Content – Art of Living**

### Lesson- 1: Coming Out of the BOX

This chapter helps the students to step out of the comfort zone and discovering self, knowing how life is faster than theories, coming out of the box. It aims to motivate student's mind for cherishing a new way of thinking for better living.

### Lesson - 2: Learning to Learn

This chapter helps the students to find the key concept/tools to learn and unlearn, developmental learning for continuous growth. It aims to prepare students ready to learn meaningfully with a proper understanding about importance of unlearning in learning for continuous growth besides traditional learning. It also aims to create synergy of learning and unlearning for effective development and living and to create ability to glean knowledge and skills from reading, watching and analyzing to make learning circuit functional.

### Lesson – 3: Parents, Life and Living

Contents will cover basics of parenting, relationship and values of empathy, relationship that we can't ignore in living in this beautiful world. Moreover, socio-economic condition of the country where opportunity cost is very high for many of the parents in creating children's future will be focused. It aims to understand parenting and their empathetic bondage by extracting from past, bearing present and exploring future by involving them directly. It also aims to uphold self-esteem, confidence and self-driven quality for evolving leadership quality.

### Lesson – 4: Etiquette, Personal Behavior and Professionalism

Contents will cover learning basics about behavioral sciences in relation to humanitarian quality which finally contribute in exploring successes. Moreover, learning and practicing different tips about etiquette, behavior and professionalism. I aims to understand society and its role in developing behavioral and humanitarian quality at individual level. It also aims to create synergy among personal, social and global professionalism in relation to etiquette and behavior.

### Lesson - 5: Self Esteem and You

Contents will cover learning on how we are performing unpredictable life, what kind of self-guardianship is mandatory to develop, how to create history of living in this beautiful world. It aims to learn efficient lifetime performance by developing social, ethical and intellectual abilities depending on practical need. Moreover, this chapter will explore

possibility for becoming self-guardian or director to face unpredictable or unscripted life and living.

#### Lesson - 6: Essential Skills for 21<sup>st</sup> Century

The chapter will cover mostly future study on Use & abuse of ICT, Social Network Analysis, Common Senses, Reproductive Health, Stress from Market Economy, Real Relationship vs Virtual Relationship and Becoming Global. It aims to reform essential skills for 21<sup>st</sup> century survival by young people and community.

#### Lesson - 7: Impression Management: *Who I am and how people know me!*

Contents will cover role play from selected character and continuing at classroom, home and community by choice. It will cover skills for lifetime performance considering life as longest unscripted performance. It aims to achieve quality for becoming “Ideal Self” or “how you would like to be” in real life setting and to become a self-evaluation expert and developmental

#### Lesson - 8: Style of Living; *Youthful living, Balanced living, Meditation and Holistic mindfulness*

Contents will cover different era's styles of living, tips for youthful living, managing stress, meditation and holistic mindfulness for joyous living. It aims to develop effective style of living skills among young people for lifetime growth and to achieve self-guardianship

#### Lesson - 9: Mind Mapping and its Impact on Life and Living.

Contents will cover learning

- WHAT IS A MIND MAP?
- WHY MIND MAPS WORK?
- HOW TO DO A MIND MAP

It aims to learn about mind mapping and practice in daily life and living with an objective to think and remember better and to learn about creative problem solving and action in need

Lesson - 10:	Transforming Failure into Success.
Lesson - 11:	Psychosocial Support, Emotional growth and Personality.
Lesson - 12:	Benefits of Ethical Living.
Lesson - 13:	Transforming Conceptual Learning into Action.
Lesson - 14:	Time and Financial Management.

- Lesson - 15: Career Plan.
- Lesson - 16: Presentation Skills Anywhere: *job interviews or for becoming entrepreneur.*
- Lesson - 17: Job, Work and Business Search Techniques in the 21<sup>st</sup> Century