

**B.A (Prog.) with Human Development and Family Empowerment
(HDFE)**

Category-V

**DISCIPLINE SPECIFIC ELECTIVE-DSE –HDFE- SOFT SKILLS AND SOCIO-
EMOTIONAL WELL-BEING**

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Soft skills and socio-emotional well-being	4	2	-	2	Class XII	Nil

LEARNING OBJECTIVES:

1. To understand the concept of soft skills and its importance.
2. To understand how soft skills promote social and emotional development in individuals.
3. To understand the importance of social and emotional development in life.

LEARNING OUTCOMES:

After completion of the course, the students will be able to:

1. Understand the concept of soft skills.
2. Develop understanding regarding the ways of promoting social and emotional development
3. Learn about the importance of soft skills and social- emotional development

THEORY

(30 hours)

Unit I: Understanding Soft Skills

(12 hours)

Unit Description:

This unit focuses on giving conceptual understanding of soft skills and their importance

Subtopics:

- Concept of Soft Skills: Definition and Need
- Categories of Soft Skills

Unit II: Soft Skills for Social- Emotional development

(8 hours)

Unit Description:

This unit focuses on specific soft skills focusing on promoting social and emotional development in individuals.

Subtopics:

- Communication Skills
- Cross- Cultural skills
- Interpersonal skills/Listening skills
- Empathy

Unit III: Importance of Social-Emotional Well - being (10 hours)

Unit Description:

This unit focuses on the importance of Social and Emotional development in life span.

Subtopics:

- Social and emotional development: Importance in human life.
- Ways to improve social and emotional development.

PRACTICAL (60 hours)

- Plan any two activities to improve social and emotional development
- Review of a movie/documentary/book focusing on one/more soft skills
- Seminar/Webinar/Talk on the importance of soft skills

ESSENTIAL / RECOMMENDED READINGS:

1. Dorch, P. (2013) What are soft skills? How to master essential skills to achieve workplace success. New York: Execu Dress Publisher,
2. Peter S.J., Francis. (2012). Soft Sills and Professional Communication. New Delhi: Tata McGraw –Hill Education.
3. Jadaun, M. (2022). How to improve soft skills in Hindi
<https://www.zindagiwow.com/2022/04/18/improve-soft-skills-hindi/>
4. Communication skill in Hindi, <https://aatmmnthn.in/communication-skills-development/>

SUGGESTIVE READINGS:

1. Sharma, P (2021). Soft Skills 3rd Edition: Personality Development for Life Success, BPB Publication.
2. Mitra, B. (2016). Personality Development and Soft Skills, Oxford University Press.
3. Murty, K. R. G. (2016). Soft Skills for success, Viva Books Originals.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time