

Paper: OET 3.9 LIFE STYLE EDUCATION

Course description. 'Lifestyle' signifies a set of behavior patterns emerging out of the influence of personal interests, socialization, social network, cultural orientation and media exposure. Social constructs in terms of social statuses such as gender, race/ethnicity, class, marital status, income status, educational status, sexuality and other social categories are indicative of change in lifestyle. It is people who create and enact lifestyles based on their structural position in society, their cultural context, and their social relationships with one another. Therefore the exposure and influence that the students are encountered with result varied lifestyle patterns. The situation arising out of this needs proper orientation to the students for proper management of their lifestyle behavior through a well constructed pedagogy in the form of lifestyle education. This course will enable the students to conceptual framework of lifestyle, how lifestyle can be perceived and measured, and how people create lifestyles through interaction with other people. The course will also help the students to realize how lifestyles vary by social status and examine the implications of these variations for individuals' income, psychological well-being, health, and even mortality.

Course Objectives. By the end of the course the student will:

- Develop adequate understanding about lifestyle and its influence on the well-being of the students in particular and general population in totality.
- Develop appreciation of lifestyles as a product of social inequality and interaction.
- Examine the social and economic consequences of different lifestyles for individuals and society.
- Understand the proper management of consumerist lifestyle related risks.

Course Content

UNIT I

Introduction- Understand the concepts of Basics of Life Skills – Definition – Social Skills - Self Awareness through SWOT Analysis, Johari Window – Empathizing with Others; Lifestyle: Motivation, Needs & Wants; Determinants of lifestyle; Decision Making & Problem Solving – Model for Decision making - Negotiation skills

UNIT II

Life Skills and Employability- Employability Attributes & Skills – Initiative, Self-presentation, Personal responsibility, Self – Management, Sustaining motivation in work, Ability to deal with pressure, Work-Life Balance, Team Work, Integrity

UNIT III

Environment, health and Lifestyle- Relationship between Environment and health; Meaning of health; Determinants of health; Food habits and health; Lifestyle related diseases (stress, depression, hypertension, diabetes, obesity etc) and management.

UNIT IV

Lifestyle and Academics- Study habits; Qualities of a student; Attitudes of a student; Participation of students in academic programs; Leadership in student life: Vision of leadership - Making choices and taking decisions about course, career, marriage, family and life as a whole.

UNIT V

Lifestyle Management- Lifestyle management: Yoga, Meditation, Exercises, Balanced Food; Ways and means of living Fit. Concept and importance of Social wellbeing; Psychological wellbeing; Emotional wellbeing; Physical wellbeing; Coping with social, psychological, economic, academic and market challenges and needs.

Course Evaluation:

There shall be continuous assessment of learning outcome of the course through seminars and assignments. Efforts of the student will be directed for effective understanding of the course so as to equip in terms of knowledge, attitude and skills required promoting lifestyle education among the students.

References:

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