

## SEMESTER –V

*For those who joined in 2020-2021 onwards*

COURSE CODE	COURSE TITLE	CATEGORY	HRS/WEEK	CREDITS
21UAD5ES	Family Life Education	Lecture	1	1

### COURSE DESCRIPTION

This course enables the students to understand the recipe for healthy marriage. It also deals with stress management.

### COURSE OBJECTIVES

1. To understand the value and importance of family
2. To prepare mentally for marriage and family life
3. To learn to manage stress

### UNITS

#### UNIT –I THE STUDENT AND HER FAMILY (3 HRS)

A student's right to healthy parental attitudes-freedom, responsibility and maturity- self sacrificing parents- maintaining balance.

#### UNIT –II MARRIAGE, HEALTH AND WELLNESS (3 HRS)

General principles about choosing a partner -positive reasons for marrying- qualities required to ensure a good relationship- important elements in a healthy marriage relationship- friendship in marriage- secrets of success in marriage- prevention of breakdown- a recipe for healthy marriage

#### UNIT –III STRESS MANAGEMENT (3 HRS)

What is stress- causes of stress- importance of coping with stress- symptoms of stress- right ways to keep stress away.

#### UNIT –IV CASE STUDIES (3 HRS)

Case study of authoritative, permissive and democratic parental styles, healthy and successful marriages and Comparison between effective and poor stress management

#### UNIT –V EXERCISE (3 HRS)

- Individual: 1.Prepare an Advertisement- "Wanted Bridegroom" with qualities type of family you expect.
2. Freedom and responsibility

Group: Cause of Stress & Solution suggested by the peer group in the following format.

#### REFERENCES:

1. Mascarenhas, Marie.(1999). **Family Life Education** . CREST Inc,Bangalore.
2. Krishnamacharyulu C.S.G. & Lalitha Ramakrishnan.(2012). **Personality Development, Interpersonal Skills and Career Management**.Himalaya Publishing House,New Delhi.

#### COURSE CONTENTS & LECTURE SCHEDULE:

Module No.	Topic	No. of Lectures	Teaching Pedagogy	Teaching Aids
<b>UNIT -1 THE STUDENT AND HER FAMILY</b>				
1.1	A student's right to healthy parental attitudes-	1	Lecture	LCD
1.2	Freedom, responsibility and maturity-	1	Lecture	LCD
1.3	Self sacrificing parents-maintaining balance	1	Lecture	LCD
<b>UNIT -2 MARRIAGE, HEALTH AND WELLNESS</b>				
2.1	General principles about choosing a partner -positive reasons for marrying	1	Lecture	Smart Board
2.2	Qualities required to ensure a good relationship- important elements in a healthy marriage relationship- friendship in marriage	1	Lecture	Smart Board
2.3	Secrets of success in marriage, prevention of breakdown, a recipe for healthy marriage	1	Lecture	Smart Board
<b>UNIT- 3 STRESS MANAGEMENT</b>				
3.1	Meaning, causes and symptoms of stress	1	Lecture	LCD
3.2	Importance of coping with stress	1	Lecture	LCD
3.3	Right ways to keep stress at	1	Lecture	LCD

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<b>UNIT – 4 CASE STUDIES</b>				
4.1	Case study of authoritative, permissive and democratic parental styles	1	Discussion	Smart Board
4.2	Cases of healthy and successful marriages	1	Discussion	Smart Board
4.3	Comparison between effective and poor stress management	1	Discussion	Smart Board
<b>UNIT – 5 EXERCISES</b>				
5.1	Individual: Prepare an advertisement –“Wanted Bridegroom” with qualities and type of family you expect	1	Discussion	Chart
5.2	Freedom and responsibility	1	Presentation	LCD
5.3	Group: Cause of stress and solution suggested by peer group	1	Discussion	PPT

	<b>C1</b>	<b>C2</b>	<b>C3</b>	<b>Total Scholastic Marks</b>	<b>Non Scholastic Marks C4</b>	<b>CIA Total</b>	<b>% of Assessment</b>
<b>Levels</b>	Individual Assignment	Individual Assignment	Group Discussion & Presentation				
	<b>10Mks.</b>	<b>10Mks</b>	<b>15Mks.</b>	<b>35 Mks.</b>	<b>5 Mks.</b>	<b>40Mks.</b>	
<b>K2</b>	10	-	-	10	-	10	25 %
<b>K2</b>	-	10	-	10	-	10	25 %
<b>K3</b>	-	-	15	15	-	15	37.5 %

<b>Non Scholastic</b>	-	-	-		<b>5</b>	<b>5</b>	12.5 %
<b>Total</b>	10	10	<b>15</b>	<b>35</b>	<b>5</b>	<b>40</b>	<b>100 %</b>

CIA

Scholastic **35**

Non Scholastic **5**

**40**

- **All the course outcomes are to be assessed in the various CIA components.**
- **The levels of CIA Assessment based on Revised Bloom's Taxonomy are :**  
**K2-Understand, K3-Apply, K4 - Analyse**
- **The course teachers are requested to start conducting C1, C2 and C3 at due intervals of time.**

## EVALUATION PATTERN

NON - SCHOLASTIC			MARKS			
C1	C2	C3	C4	CIA	ESE	Total
10	10	15	5	40	60	100

**C1** – Individual Assignment

**C2** – Individual Assignment

**C3**–Group Discussion and Presentation

**C4** – Non - Scholastic

## COURSE OUTCOMES

On the successful completion of the course, students will be able to:

CO 1. To illustrate and give examples for various parental attitudes.

CO 2. To summarize the factors required for healthy marriage.

CO 3. To organize their emotions to cope up with stress.

CO 4. To organize their emotions to cope up with stress.

CO 5. To choose the right ways to keep stress away.

## COURSE DESIGNER:

**1. Dr.R.Latha**

**2.Dr.K.Sangeetha**