

MBABACC208 - LIFE SKILLS AND COMMUNICATION

Unit I-Introduction (10 Hours)

Ontological perspective of life; Meaningfulness and mindfulness; Understanding personal and organizational outcomes of meaningfulness and mindfulness; Notion of time; Understanding psychological capital - Hope, efficacy, resilience and optimism; Developing strengths and living well; Happiness and pleasure dialogue.

Unit II- Society Technology Interface (10 hours)

Role of technology in shaping present day society; Role of Digital Literacy in professional life; Trends and opportunities in using digital technology in workplace; Social interaction and changing paradigm of physical, digital and biological world.

Unit III-Effective Communication and Life Skills (10 hours)

Principles of effective communication; Verbal, non- verbal and listening skills; Learning Team skills and Career skills; Creating persuasive communication and avoiding common mistakes in communication at personal interpersonal and organizational level; Understanding role of life skills for increasing employability and entrepreneurship, meaning and significance of good work; Case Studies of Successful Entrepreneurs