

Ref.No. SUK/BOS/673

Date: 08/09/2023

To,  
The Head,  
Department of Education.  
Shivaji University, Kolhapur.

**Subject :** Regarding syllabi of (Value Added Course) under the Faculty of Inter-Disciplinary Studies

Sir/Madam,

With reference to the subject mentioned above, I am directed to inform you that the University authorities have accepted and granted approval to the syllabi Value Added Course under the Faculty of Inter- Disciplinary Studies.


Value Added Course	
1	Educatedness and Well – being: A Holistic Approach towards All Round Development

This syllabi and equivalence shall be implemented from the academic year 2023-2024 onwards. A soft copy containing the syllabus is attached herewith and it is also available on university website [www.unishivaji.ac.in](http://www.unishivaji.ac.in)) (Online Syllabus)

You are, therefore, requested to bring this to the notice of all students and teachers concerned.

Thanking you,

Yours faithfully,

  
Dr. S.M.Kubal  
(Dy Registrar)

Copy to:

1	Director, Board of Evaluation and Examination	7	Centre for Distance Education
2	The Dean, Faculty of IDS	8	Computer Centre / I.T.cell
3	The Chairman, Respective Board of Studies	9	Affiliation Section (U.G.) / (P.G.)
4	B.A.,B.Com.,B.Sc. Exam	10	P.G.Admission / P.G.Seminar Section
5	Eligibility Section	11	Appointment Section -A/B
6	O.E. I, II, III, IV Section	12	Dy.registrar (On/ Pre.Exam)

**Department of Education**  
**Shivaji University, Kolhapur (MS)**

**Course Title: Educatedness and Well-being: A Holistic Approach towards All Round Development**

Course Duration: 60 hours (Self Paced)

**Course Description:** This value-added course aims to equip postgraduate students with essential skills and knowledge to foster their educatedness and overall well-being. The course focuses on personal development, critical thinking, emotional intelligence, and strategies for maintaining a healthy work-life balance.

**Learning Objectives:** By the end of the course, students will be able to:

Define and explain the concept of educatedness and its importance in personal and professional growth.

Analyze and apply critical thinking skills to evaluate information, solve problems, and make informed decisions.

Develop emotional intelligence to manage emotions, build effective relationships, and enhance communication.

Implement strategies for time management, stress reduction, and maintaining a healthy work-life balance.

Reflect on personal values, beliefs, and goals to align them with academic and career aspirations.

Demonstrate effective self-care practices that contribute to mental, emotional, and physical well-being.

Evaluate the role of continuous learning in personal and professional development.

Collaborate with peers to enhance collective well-being through mutual support and empathy.

**Course Outline and Topics:**

**Module 1: Introduction to Educatedness and Well-Being**

- Understanding Educatedness and its Components
- Interconnection between Educatedness and Well-Being
- Setting Personal Goals

**Module 2: Critical Thinking and Problem-Solving**

- Developing Critical Thinking Skills
- Analyzing and Evaluating Information
- Problem-Solving Techniques

**Module 3: Emotional Intelligence**

- Introduction to Emotional Intelligence
- Self-awareness and Self-regulation

- Empathy and Effective Communication

#### Module 4: Time Management and Work-Life Balance

- Strategies for Effective Time Management
- Stress Management and Coping Strategies
- Balancing Academic, Professional, and Personal Life

#### Module 5: Personal Values and Alignment

- Identifying Personal Values and Beliefs
- Aligning Values with Academic and Career Goals
- Ethical Decision-Making

#### Module 6: Self-Care and Well-Being Practices

- Mental and Emotional Well-Being
- Physical Health and Exercise
- Mindfulness and Relaxation Techniques

#### Module 7: Continuous Learning and Growth

- Lifelong Learning and its Significance
- Developing a Growth Mindset
- Incorporating Learning into Daily Routine

#### Module 8: Collaboration and Peer Support

- Building Supportive Relationships
- Empathy and Active Listening
- Collective Well-Being

#### Assessment Methods:

##### Formative Evaluation (50 marks):

- Quizzes after each module to assess understanding and retention (10 marks each)
- In-class discussions and group activities (10 marks)
- Reflective journal entries on personal growth and application of course concepts (10 marks)

##### Summative Evaluation (50 marks):

- A final examination covering all modules (40 marks)
- Presentation on a self-selected well-being improvement project (10 marks)

**Course Learning Outcomes:** Upon successful completion of the course, students will be able to:

- Demonstrate a comprehensive understanding of educatedness and its relevance to well-being.
- Apply critical thinking skills to analyze information and make reasoned decisions.
- Exhibit emotional intelligence in interpersonal interactions and communication.
- Implement effective strategies for time management and maintaining work-life balance.
- Align personal values with academic and career aspirations for ethical decision-making.
- Practice self-care techniques to enhance mental, emotional, and physical well-being.
- Recognize the importance of continuous learning and personal growth.

- Collaborate empathetically with peers to foster collective well-being.

**Dr. Vidyanand S. Khandagale and Prof. Dr. Pratibha S. Patanakar**

**Course Coordinators'**

## **Reference**

<https://core.ac.uk/download/pdf/185418225.pdf>

"Mindset: The New Psychology of Success" by Carol S. Dweck

"Make It Stick: The Science of Successful Learning" by Peter C. Brown, Henry L. Roediger III, and Mark A. McDaniel

"The 5-Hour School Week: An Inspirational Guide to Leaving the Classroom to Embrace Learning in a Way You Never Imagined" by Aaron and Kaleena Amuchastegui

"The Relaxation and Stress Reduction Workbook" by Martha Davis, Elizabeth Robbins Eshelman, and Matthew McKay

"Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" by James Clear

"The Miracle of Mindfulness: An Introduction to the Practice of Meditation" by Thich Nhat Hanh

"Thinking, Fast and Slow" by Daniel Kahneman

"Critical Thinking: An Introduction" by Alec Fisher