

**PRESS INFORMATION BUREAU  
GOVERNMENT OF INDIA**

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**UGC has developed Jeevan Kaushal Curriculum to upgrade life skills of undergraduate students-HRD Minister**

New Delhi, 02<sup>nd</sup> February, 2020

The University Grants Commission (UGC) has developed life skills (Jeevan Kaushal) curriculum for undergraduate students at Universities and Colleges. This Curriculum covers the courses on communication skills, professional skills, leadership & management skills and universal human values. The life skills curriculum is available at <https://www.ugc.ac.in/e-book/SKILL%20ENG/mobile/index.html> .

The Jeevan Kaushal curriculum is suggestive. The UGC has requested Vice-Chancellors of all Universities to consider the curriculum for introduction in Universities and affiliated Colleges/institutions at under-graduate level.

The objectives of the Jeevan Kaushal curriculum are:

- (i) to enhance one's ability to be fully self aware by helping oneself to overcome all fears and insecurities and to grow fully from inside out and outside in;
- (ii) to increase one's knowledge and awareness of emotional competency and emotional intelligence at place of study/work;
- (iii) to provide opportunity for realising one's potential through practical experience;
- (iv) to develop interpersonal skills and adopt good leadership behaviour for empowerment of self and others;
- (v) to set appropriate goals, manage stress and time effectively; and
- (vi) to manage competency-mix at all levels for achieving excellence with ethics.

The information was given by the Union Minister for Human Resource Development, Shri Ramesh Pokhriyal 'Nishank' in a written reply in the Lok Sabha today.

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