

**Life Skills**

1. Meaning and Nature of Life Skills
2. Importance of Life Skills
3. Problem Solving and Decision-making skill
4. Critical and Creative Thinking Skill
5. Interpersonal skills: Understanding and Cooperating with Others
6. Management of Stress and Emotions

**Life Values**

1. Meaning and Nature of Values
2. Importance of Human Values
3. Moral Values
4. Ethical Values
5. Professional Values
6. Aesthetic Values
7. Psychological Values
8. Self-Awareness and Self-Management