

UGC's life skills: Internet manners, yoga in syllabus

New Delhi: Ethics and etiquettes of social media, how to use Google search better, yoga and pranayama and resume writing are part of the "life skills" curriculum developed by the University Grants Commission (UGC). The commission had recently launched "Jeevan Kaushal", a life skills programme, in the curriculum for undergraduate courses across the country.

The programme, which carries eight credit points, can be accommodated in any semester and is aimed at inculcating emotional and intellectual competencies in students and develop verbal and non-verbal communication skills.

"Today, when we talk about writing skills and communication skills, we cannot ignore writing on social media. The social media websites are a good medium to connect, but students must know the advantages and disadvantages. There have to be some ethics and etiquettes of social media and the curriculum will teach them the same. There is also a module on how to use Google search better," a senior UGC official said.

The official said often students do not know the difference between a curriculum vitae (CV), resume and a bio-data. Writing a good resume is also a life skill which every student must learn before entering the professional world.

"What will learners gain if they practice love and compassion? What will they lose if they don't? All these skills the students should be trained in," the official said. ■