Semester: I/II

Life Skills, Ethics & Wellness

Course Code	Teaching hours per week				Credits	Exam Hours	Course Type	CIE Marks	ESE Marks
	L	T	P	R					
26ABCHM101	1	0	1	0	1	2 Hrs. 30 Mins	Theory	40	60

1. **Preamble:**
   This course aims to develop essential life skills, strengthen communication and interpersonal abilities, enhance problem-solving and decision-making skills and nurture ethical responsibility among engineering students.

2. **Prerequisites:** Nil

Syllabus

Module Number	Syllabus Description	Contact Hours
1	Understanding self-concept, self-esteem and identity; Emotional intelligence: self-regulation, empathy, and motivation; Time and stress management strategies; Personal goal-setting and introspection	6
2	Logical and analytical thinking; Steps in problem-solving; Decision-making models; Real-life problem-solving scenarios	6
3	Definition of ethics and importance in professional life; Codes of ethics in engineering and industry; Ethical dilemma, Moral Development. Whistle-blowing; CSR and sustainability ethics. Ethical decision-making in workplace scenarios; Conflict of interest. AI, surveillance, and data ethics; Case studies from engineering failures.	8
4	Health & Wellness Extension: Diet and nutritional balance; Hydration; Sleep and recovery; Behavioral wellness; Preventive health-care practices.	5
	Total Hours	**25**

3. **Course Assessment Method**
   (CIE: 40 marks, ESE: 60 marks)

Continuous Internal Evaluation Marks (CIE):

Attendance	Assignment/ Microproject	Internal Examination-1 (Written)	Internal Examination- 2 (Written)	Total
5	15	10	10	40

End Semester Examination Marks (ESE)

In Part A, all questions need to be answered and in Part B, each student can choose any one full question out of two questions.

Part A	Part B	Total
● 2 Questions from each module. ● Total of 8 Questions, each carrying 3 marks. **(8x3 =24 marks)**	● Each question carries 9 marks. ● Two questions will be given from each module, out of which 1 question should be answered. ● Each question can have a maximum of 3 subdivisions. **(4x9 = 36 marks)**	**60**

4. Course Outcomes

At the end of the course students should be able to:

Course Outcomes		Blooms Taxonomy Level
CO1	Explain self-awareness and emotional regulation techniques .	K2
CO2	Apply logical reasoning and analytical tools to solve problems.	K3
CO3	Apply ethical standards in personal and professional life and in real-world ethical issues and respond with integrity.	K3
CO4	Apply fitness assessment, first aid procedures, and wellness practices aligned with FIT India guidelines.	K3

Note: K1- Remember, K2- Understand, K3- Apply, K4- Analyze, K5- Evaluate, K6- Create

5. Mapping of Course Outcomes with Program Outcomes

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11
CO1	-	-	-	-	-	-	-	3	2	-	3
CO2	-	-	-	-	-	-	-	2	-	2	2
CO3	-	-	-	-	-	2	2	2	-	-	2
CO4	-	-	-	-	-	2	2	2	-	-	3

Note: 1: Slight (Low), 2: Moderate (Medium), 3: Substantial (High), - : No Correlation

6. Text Books

Sl No	Title of Book	Name of Author/s	Publisher	Edition and Year
1	Emotional Intelligence	Daniel Goleman	Bloomsbury Publishing	25/e, 2020
2	Professional Ethics and Human Values	R.S. Naagarazan	New Age International	1/e, 2020

Sl No	Title of Book	Name of Author/s	Publisher	Edition and Year
3	Foundations of Physical Education, Exercise Science, and Sport	Deborah Wuest, Charles Bucher	McGraw-Hill	21/e, 2024

7. Reference Books

Sl No	Title of Book	Name of Author/s	Publisher	Edition and Year
1	Human Values	A.N. Tripathi	New Age International	3/e, 2009

8. Video Links or any other Reference Materials

Sl No	Details Like Weblink, Publication Details	Module
1	https://www.mindtools.com/a4wo118/developing-self-awareness	1
2	https://owl.purdue.edu/owl/subject_specific_writing/professional_technical_writing/index.html	2
3	https://www.criticalthinking.org/	3
4	https://ethics.ieee.org/	3
5	https://www.who.int/health-topics/physical-activity	4
6	https://www.cdc.gov/physicalactivity/index.html	4
7	https://youtu.be/LVb6U6nYq2s	4

9. Model Question Paper

MODEL QUESTION PAPER			
FEDERAL INSTITUTE OF SCIENCE AND TECHNOLOGY(FISAT) (Autonomous) FIRST/SECOND SEMESTER B. TECH DEGREE EXAMINATION (2026 Scheme)			
Course Code : 26ABCHM101 **Course Name : Life Skills, Ethics & Wellness**			
Programme : CE/CSE/CSD/ECE/EEE/EIE/ME			
Max. Marks: 60		**Duration: 2 hours 30 minutes**	
PART A			
	(Answer all questions. Each question carries 3 marks)	**CO**	**Marks**
1	Define self-esteem and explain its role in personal development.	CO1	(3)
2	Differentiate between empathy and sympathy with suitable examples.	CO1	(3)
3	Explain the importance of logical thinking in problem-solving.	CO2	(3)
4	Describe the steps involved in effective decision-making.	CO2	(3)

5	Define professional ethics. Why are ethical standards important in engineering practice?	CO3	(3)
6	What is whistleblowing? Explain its significance in an organization.	CO3	(3)
7	Explain any three preventive healthcare practices that promote a healthy lifestyle.	CO4	(3)
8	Explain the importance of hydration and sleep in maintaining wellness.	CO4	(3)

PART B

(Answer any one full question from each module, each question carries 9 marks)

	Module - 1	**CO**	**Marks**
9	Explain the problem-solving process with the help of a suitable real-life example.	CO1	(9)
10	Discuss different decision-making models and their applications in everyday life.	CO1	(9)
	Module - 2	**CO**	**Marks**
11	Describe the major decision-making models with suitable examples.	CO2	(9)
12	Explain analytical thinking and its application in solving real-life problems.	CO2	(9)
	Module - 3	**CO**	**Marks**
13	Discuss the importance of codes of ethics in engineering professions.	CO3	(9)
14	Explain ethical dilemmas faced by engineers in the workplace	CO3	(9)
	Module - 4	**CO**	**Marks**
15	Explain the principles of a balanced diet and the importance of proper hydration for health and wellness.	CO4	(9)
16	Discuss behavioural wellness and explain how healthy habits contribute to overall well-being.	CO4	(9)

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