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	2.5 Hrs.	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

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

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,internal choices are

provided.

Part A	Part B	Total
• 2 Questions from each module. • Total of 8 Questions, each carrying 3 marks **(8x3 =24marks)**	3. Each question carries 9 marks. 4. Two questions will be given from each module, out of which 1 question should be answered. 5. Each question can have a maximum of 2 subdivisions. **(4x9 = 36 marks)**	**60**

3. 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

4. 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

5. Text Books

Sl No	Title of Book	Name of Author/s	Publisher	Edition and Year
1	Emotional Intelligence	Daniel Goleman	Bloomsbury Publishing	25e, 2020
2	Professional Ethics and Human Values	R.S. Naagarazan	New Age International	1e, 2020
3	Foundations of Physical Education, Exercise Science, and Sport	Deborah Wuest, Charles Bucher	McGraw-Hill	21e, 2024

6. Reference Books

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

7. Video Links or any other Reference Materials

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

8. 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**			
Stream A/B/C – Common to All Branches **Semester: S1/S2**			
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 - I		**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 - II		**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 - III		**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 - IV		**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.	CO 4	9

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