



தமிழ்நாடு திறந்தநிலைப் பல்கலைக்கழகம்

Tamil Nadu Open University, Chennai

சென்னை – 15

தொடர் கல்விக்கானப் பள்ளி
School of Continuing Education

குளிர்பதனம் மற்றும் குளிர் சாதனம்
தொழிற்நுட்பாளர் தொழிற்கல்வி பட்டயம்

**Vocational Diploma in Refrigeration and Air
Conditioning Technician (VDRA)**

(From Academic Year 2020-2021 onwards)

பாடத்திட்ட அறிக்கை மற்றும் விரிவான பாடத்திட்டம்

Programme Project Report and Syllabus

Board of Studies [BOS] of School of Continuing Education

1. Director of School-Chairman		
(1)	Dr. P. Thiyagarajan	Professor & Director School of Continuing Education Tamil Nadu Open University, Chennai
2. Internal Faculty Members		
(1)	Er. R. Meenambigai	Assistant Professor School of Continuing Education Tamil Nadu Open University, Chennai
(2)	Dr. I. Ambeth	Assistant Professor & Regional Director i/c Madurai Regional Centre, Tamil Nadu Open University, Madurai
3. Outside Experts		
(1)	Dr. K. Devan	Professor & Centre Head Centre for Adult and Continuing Education, Pondicherry University, R.V. Nagar, Puducherry
(2)	Dr. V.P. Matheswaran	Professor & Head Department of Adult & Continuing Education, University of Madras, Chepauk, Chennai
(3)	Dr. S. Jayalakshmi	Assistant Professor, DDU-KAUSHAL Kendra, Bharathidasan University, Tiruchirappalli
4. Industrialist		
(1)	Mr.S.Vendan	Managing Director, Vendan Visual Effects, Thirvanmiyur, Chennai
(2)	Mrs.C.Rohini Chandrasekaran	Consultant, Fair Labour Associations, Tirupur, Tamil Nadu
5. Alumini		
(1)	Mr. R. Thiyagarajan	Junior Instructor, IIDA Community College, No.38, Bharathi Nagar Main Road, Zamin Pallavaram, Chennai
(2)	Mrs. V. Rubini	Nurse, Health Centre, Tamil Nadu Open University, Chennai
6. Students on Roll		
(1)	Ms.N.Saranya	Student, Nano Nagle Community College, Chennai
(2)	Mr.B.Saravanan	Student, Global Progressive Community College, Chennai

Vice-Chancellor Foreword

My dear Learners, Vanakkam, I deem it a great privilege to extend a hearty welcome to you to the Vocational Diploma Programme being offered by the Tamil Nadu Open University (TNOU). I also appreciate your keen interest of know about the curriculum of the Programme, in which you shall gain an enthralling experience, and pleasurable and beneficial learning. With passing a specific act in the Tamil Nadu Legislative Assembly (TNLA) in 2002, the TNOU came into existence as a State Open University (SOU). It has been offering the socially relevant academic Programmes in diverse disciplines with due approval of the University Grants Commission (UGC) and the Distance Education Bureau (DEB), New Delhi since its inception.

This Vocational Diploma Programme is one among the approved Programmes. The Board of Studies, a statutory academic body of the University, consisting of the versatile scholars, eminent teachers including both internal and external, well acclaimed industrialists, outstanding alumni, and prospective learners as members, has designed the robust curriculum of this Programme.

The curriculum is overhauled to be more suitable to the socio-economic and scientific needs in the modern era based on the emerging trends in the discipline of State and National as well as International level and accordingly, modified to our local context. Moreover, the whole syllabi of this Programme have special focuses on promoting the learners to the modern learning environment. With a Credit System, this Programme is offered in non-semester pattern. The Self-Learning Materials that are the mainstay of pedagogy in the Open and Distance Learning (ODL) have been developed incorporating both the traditional and the modern learning tools, like web-resources, multi-media contents, text books and reference books with a view to providing ample opportunities for sharpening your knowledge in the discipline.

At this juncture, I wish to place on record my deepest appreciations and congratulations to the Chairperson and the Members of the Board of Studies concerned for having framed the curriculum of high standard. I would also like to acknowledge the Director, the Programme Coordinator and the members of staff of the respective School of Studies for their irrevocable contributions towards designing the curriculum of this Programme.

Last but not least, I register my profuse appreciation to the Director (i/c), Curriculum Development Centre (CDC), TNOU, who have compiled this comprehensive Programme Project Report (PPR) that includes the regulations and syllabi of the Programme, and also facilitated the designing in the form of e-book as well as printed book. I am immensely hopeful that your learning at TNOU shall be stupendous, gratifying, and prosperous. Wish you all success in your future endeavours!

Vice-Chancellor

Vocational Diploma in Refrigeration and Air Conditioning Technician (VDART)

Programme Project Report (PPR)

(From Academic Year-2020-2021 onwards)

1. Programme's Mission & Objectives

The main Objectives of the Vocational Diploma in Refrigeration and Air-Conditioning (AC) Technician Programme is to train the learners for the job of a AC Mechanic, AC and Refrigerator maintenance mechanic, AC Servicing technician, Commercial coolers service mechanic and also building the key competencies amongst the learner.

2. Relevance of the Programme with HEI's Mission and Goals

Tamil Nadu Open University one of Mission and Goal is to encourage Skill Development to empower the human resource through Participatory Education System and accordingly the Vocational Diploma Programme has been developed. The Programme is being offered under Flexible Skill Training mode.

3. Instructional Design

The Curriculum and the Syllabi are designed by covering all the aspect of refrigeration and air-conditioning. The duration of the Programme is One Year and it will be offered both English and Tamil Medium. Required Faculties working in the Community Colleges will handle classes for the Vocational Diploma Programme in Refrigeration and AC Technician. The Programme will be delivered through Community Colleges of Tamil Nadu Open University which is having required faculties and support staff. The Credits systems suggested as per UGC-ODL Regulations-2020 has been followed. Accordingly 32 Credits have been assigned for the Vocational Diploma in Refrigeration and Air Conditioning Technician. Print, Audio and Video materials also developed for the Programme.

4. Procedure for Admissions, Curriculum Transaction and Evaluation

The admission for the Refrigeration and AC Technician Programme will be carried out through on-line by Tamil Nadu Open University and the Counselling and Practical classes will be conducted through Constituent Community College and Community Colleges of Tamil Nadu Open University. The hands on training will be provided in the RAC Industries. The evaluation will be carried by Tamil Nadu Open University consists of Continuous Internal Assessment through Assignment and External Assessment through Term End Examination.

(i).Eligibility: Candidates who have passed in the 10th Standard Examinations or its equivalent as per Tamil Nadu Government Order No-163 dated 22-05-2008.

(ii).Fee Structure: Rs.4,200/- plus other Charges.

(iii). Age: 15 Years and above

(iv).Duration of Programme: 1 Year and Maximum of 3 Years

(v).Examination System: Examination to Vocational Diploma Programme in Refrigeration and AC Technician is designed to maintain quality of standard. Theory will be conducted by the University in the identified Examination Centres. For the Assignment students may be permitted to write with the help of books/materials for each Course, which will be evaluated by the Evaluators appointed by the University.

(a) Theory Examinations: The Theory Examinations shall be of three hours duration to each Course and conducted at the end of the year. The candidates who failing in any Course(s) will be permitted to reappear for each failed Course(s) in the subsequent examinations.

(b) Practical Examinations: The practical examinations (if any) shall be of three hours duration to each practical and conducted at the end of each year. The candidates who failing in any practical(s) will be permitted to reappear for each failed practical(s) in the subsequent examinations.

(c).Assignments: The Scheme of Evaluation Includes the Continuous Internal Assessment (Assignment for 25 Marks and attendance for 5 Marks based on percentage of Attendance i.e. 50-60% 1 Mark, 60-70% 2-Marks, 70-80% 3-Marks, 80-90% 4-Marks and Above 90 5-Mraks) and Term End Examination.

(vi). Question Pattern for Theory Examinations

Max. Marks: 70

Time: 3 hours

PART - A ($3 \times 3 = 9$ marks)

Answer any THREE questions out of FIVE questions in 50 words

[All questions carry equal marks]

1. From Block - I
2. From Block - II
3. From Block - III
4. From Block - IV

PART - B ($3 \times 7 = 21$ marks)

Answer any THREE questions out of FIVE questions in 150 words

All questions carry equal marks

1. From Block - I
2. From Block - II
3. From Block - III
4. From Block - IV

PART - C ($4 \times 10 = 40$ marks)

Answer any FOUR questions out of SEVEN questions in 400 words

[All questions carry equal marks]

- 1.From Block - I
- 2.From Block - II
- 3.From Block - III
- 4.From Block - IV

(vii). Passing Minimum

(a).For Theory Examination

The Candidate shall be declared to have passed the examination if the candidate secures not less than 25 marks in the Term End Examinations (TEE) in each theory paper and secures not less than 13 marks in the Continuous Internal Assessment (CIA) and overall aggregated marks is 40 marks in both external and internal taken together.

For the Core Courses such as Communication Skills and Life Coping Skills, the passing minimum is 35 percent in the internal and external/ theory examination taken together for successful completion of each course

Continuous Internal Assessment (CIA)		Term End Examination (TEE)		Overall Aggregated Marks	Maximum Marks
Minimum Pass Mark	Maximum Pass Mark	Minimum Pass Mark	Maximum Pass Mark	CIA + TEE	
10	30	25	70	40	100

(b).For Practical Examination

The candidate shall be declared to have passed the examination if the candidate secures not less than 40 marks out of 100 marks in the University examination and the practical record notebook taken together is required to Pass the examination. There is no passing minimum for record notebook. However submission of record notebook/ Field visit/ Industrial Visit report is a must.

Note: *In case, if a learner failed to secure 40 per cent of aggregate marks, he/she may re-appear in term end examination or re-do the assignments for securing passing minimum.*

(c).Classification of Successful Candidate: Candidates who pass all the Courses and who secure 60 per cent and above in the aggregate of marks will be placed in the First Class. Those securing 50 per cent and above but below 60 per cent in the aggregate will be placed in the Second Class. Those securing 40 per cent and above but below 50 per cent in the aggregate will be placed in the Third Class.

(d). Pattern of Question Paper for Practical Examinations

Each set of question paper should contain questions from the syllabus and the candidate has to choose one by lot.

(e).Awarding of Marks for Practical examinations.

Total Marks: 100 (Practical 70 Marks + Record 30 Marks)

(f). Project(if any)- Choose a Specialized Field Required to be attached.

- i) Project
- ii) Industrial Training
- iii) Case Study etc.

The work will be based upon the study of field based report.

5. Delivery of Programme

Vocational Diploma Programme in Refrigeration and AC Technician will be offered through Community College/ Constituent Community Colleges. The Assistant Professors/Associate Professors/ Professors of relevant faculty employed in Colleges/Universities/Higher Educational Institutions and Industrial Expert are eligible to handle Academic Counselling in TNOU for Diploma Programmes.

6. Financial Assistance

Scholarships for SC/ST category are available as per the norms of the State Government of Tamil Nadu. Complete Admission fee waiver for the Physically Challenged/ Differently abled persons.

7. Policy of Programme Delivery

The Academic Calendar for the Programme will be available for the learners to track down the chronological events/ happenings. The Counselling schedule will be uploaded in the TNOU website and the same will be intimated to the students through SMS.

8. Requirement of the laboratory support and Library Resources

Lab Facilities are made available in Industries, Constituent Community Colleges and Community Colleges of Tamil Nadu Open University as per requirement as given in the National Skill Development Corporation(NSDC), Qualification Pack(QP). Practical Manual developed by the Tamil Nadu Open University will be supplied to the Students apart from Self Learning Materials. Library Books are available at the Headquarters, Regional Centres and Constituent Community Colleges and Community Colleges of TNOU.

9. Ranking

The University Rank shall be offered for the toppers (First Rankers) in the University Examination having passed their examinations in the first appearance within the prescribed duration of the respective programme. Absence from an examination shall not be taken as an attempt.

The top scorers in the University Rank Examination would be declared as University Rank Holders, irrespective of their grades/marks in their respective University Term End Examinations.

Rank Certificate will be issued for a Programme as follows

- a) There is no Rank if the learner strength of concerned programme is below Fifty.
- b) The learners strength of the programme concerned will be indicated in the Rank Certificate.
- c) The first Rank holder (gold medallist) will be eligible to get the rank certificate in the university convocation ceremony.

10. Cancellation of Admission

Admission is liable to be cancelled at any stage on the following grounds.

- A candidate admitted to a programme provisionally without verifying and ascertaining his / her eligibility for admission and found ineligible later through scrutiny of the filled-in admission form.
- Suppression of facts, furnishing incomplete, wrong or false information in filled-in Admission Form.
- Misconduct, Indiscipline and Violation of University Norms, Rules & Regulations.

11. Refund

If found ineligible later on, admission will be cancelled and claim for refund of such fees will be considered by the University after deduction of service charges, as applicable from time to time as per prevailing norms of the University.

12. Cost Estimate of the Programme and the Provisions

The cost estimate for development, delivery and maintenance of the Vocational Diploma in Refrigeration & AC Technician Programme is provided in the following Table.

S.No	Details	Amount in (Rs.)
1	Programme Development, Delivery and Maintenance (Expenditure)	8,56,618
2	Programme Fee Charged for 1 Year (Income)	4700
3	Examination Fee Charged for 1 Year (Income)	1125
4	Examination Expenses Per Student for 1 Year (Expenditure)	900

13. Quality Assurance Mechanism and Expected Programme Outcomes

Tamil Nadu Open University, Centre for Internal Quality Assurance (CIQA) will monitor the delivering aspect of Constituent Community Colleges and community Colleges of TNOU for maintaining quality. Feedback will be collected from the Learners and success story if any will also be shared with learners. After completion of Refrigeration and AC Technician Programme, Learner will acquire the Core Skills, Generic Skills and Professional Skills components and will be employed in the RAC Industry.

14. Legal Issues

Any issue of conflict shall be cleared through mutual representation from both the sides, and in case of conflict of issues still persist, they shall be settled in the Court of Law under the Jurisdiction of Chennai.

15. Programme Structure of Vocational Diploma in Refrigeration & AC Technician

S.No	Course Code	Course Title	Credits	Marks Distribution		
				Internal	External	Total
1	VDRA-11X	Refrigerator and Refrigeration	4	30	70	100
2	VDRA -12X	Air Conditioner and Air Conditioning	4	30	70	100
3	VDRA -13X	Special Cooling Systems	4	30	70	100
4	VDRA -P11X	Refrigerator Servicing (Practical)	4	30	70	100
5	VDRA -P12X	AC Servicing (Practical)	4	30	70	100
6	LCS-1X	Life Coping Skills	6	30	70	100
7	CNS-1X	Communication Skills	6	30	70	100
Total			32	210	490	700

*CIA-Continuous Internal Assessment (Internal): TEE-Term End Exam (External)



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**Name of the Programme– Vocational Diploma in Refrigeration & AC
Technician - Syllabus (Flexible Skill Training Mode)**

Course Title	:	Refrigerator and Refrigeration
Course Code	:	VDRA-11X
Course Credit	:	4

Course Objectives

While studying the **Refrigerator and Refrigeration**, the student shall be able to:

- Explains the basics of refrigeration and the types of refrigeration
 - Elaborates the major components of Refrigerator
 - Describes the types of refrigerants used in refrigerator
 - Elaborates about the maintenance and trouble shooting of refrigerator
 - Enumerates the step by step procedure of repairing and servicing of refrigerator and its parts
-

Course Outcomes

After completion of the **Course Refrigerator and Refrigeration**, the student will be able to:

- Define the laws of Thermodynamics
 - Elaborate the various refrigeration cycles and the process of refrigeration
 - Identify and enumerate about the major parts of refrigerator namely compressor, evaporator, condenser etc.
 - List the characteristics of an ideal refrigerant
 - Demonstrate the procedure of care, maintenance, repair and servicing of various parts of refrigerator
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Block-1: Basics of Refrigeration

Unit-1 – Fundamentals of Refrigeration

Introduction - Basic Terminology – Thermodynamics - Laws of Thermodynamics

Unit-2: Refrigeration Cycles

Process of Refrigeration - Methods of Producing Low Temperature - Air Cycle Refrigeration - Vapour Compression Cycle of Refrigeration - Vapour Absorption Cycle

Block-2: Major Components of Refrigerator

Unit -3: Components of Refrigeration System

Compressor – Condenser – Evaporator - Expansion Devices

Unit -4: Refrigerants

Introduction - Refrigerant Criteria - Designation of Refrigerants - Types of Refrigerants - Properties of Ideal Refrigerant

Block-3: Maintenance and Trouble-Shooting of Refrigerator

Unit -5: Care and Maintenance of Refrigerator

Basic Safety Precautions - External parts of a Refrigerator - Installation Process - Refrigerator with water and Ice Dispenser - Care of Refrigerator - Maintenance of Refrigerator - Maintenance of Freezer

Unit -6: Trouble-Shooting of Refrigerator

Technical Safety - Problems of Refrigerator - Trouble shooting the Refrigerator

Block-4: Testing and Servicing of Refrigerator

Unit -7: Basic Electrical Circuits of Automobile

Testing and Replacing of the Refrigerator Parts - Servicing of Refrigerator Parts

Unit -8: Refrigerant Charging and Leakage Tests

Charging of Refrigerant - Effects of Undercharging the Refrigerant Level in a refrigeration equipment - Refrigerant Leak Test



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Name of the Programme– Vocational Diploma in Refrigeration and AC Technician - Syllabus (Flexible Skill Training Mode)

Course Title	:	Air-Conditioner and Air-Conditioning
Course Code	:	VDRA-12X
Course Credit	:	4

Course Objectives

While studying the **Air-Conditioner and Air-Conditioning**, the student shall be able to:

- Describe the Principle of air-conditioning and the science behind air-conditioning
 - Classify the air-conditioning systems and study the various components of the system
 - Calculate the energy efficiency of the window and split air-conditioner
 - Acquire knowledge about the tools used for copper tubing and installation of AC
 - Demonstrate the duct work of AC, servicing and installation of units
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Course Outcomes

After completion of the **Course Air-Conditioner and Air-Conditioning**, the student will be able to:

- State the need and application of air-conditioning
 - Identify the major control systems of air-conditioner
 - Perform Copper tubing operations including brazing
 - Installation of widow and split ac, ducting work of central AC
 - Perform installation, servicing and maintenance of air-conditioner
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Block-1: Science of Air-Conditioning

Unit -1: Basics of Air-conditioning

Introduction - History of Air-Conditioning - Types of System - Need for Air-Conditioning - Application of Air Conditioning - Principles of Air Conditioning

Unit -2: Air-Conditioning Systems

Introduction to Air-conditioning system - Classification of Air-conditioning system - Types of Coolers - Major system components - Major system controls

Block-2: Working of AC and Copper Tubing

Unit -3: Working of AC and Energy Efficiency

Types of Air-Conditioning unit - Energy Efficiency - Energy Labelling Standard for Air-Conditioner - Working of Window Air Conditioner (WAC) - Working of Split Air Conditioner (SAC)

Unit -4: Tubes, Equipments and Copper Tubing Operations

Hand Tools - Equipments and Devices - Copper Tubing - Copper Tubing Operations

Block-3: Installations and Ducting

Unit -5: Installation of Window and Split Air-Conditioner

General Safety for Installation - Installation of Window AC - Installation of Split AC - Post Installation Check-up

Unit: Duct Work

Types of Duct Work - Components of Duct Work - Balancing the System - Duct Liner - Duct Cleaning

Block-4: Servicing and Maintenance of Air-Conditioner

Unit -7: Servicing of Air-Conditioner

Basic servicing operations of Air-conditioner - Avoiding Contaminants - Good service Practices - General Guidelines for Good Service Practices - Recovery, Recycling and Reclamation of Refrigerants - Cleaning of Water cooled Condensers

Unit -8: Safety and Maintenance of Air-Conditioner

Safety and its Importance - Safety while working on Air-conditioners - First Aid for injuries to Technicians - Quality Maintenance of Tools and Equipments - Preventive Maintenance of Room Air-conditioners - Maintenance of Cooling Coil



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Name of the Programme– Vocational Diploma in Refrigeration and AC Technician - Syllabus (Flexible Skill Training Mode)

Course Title	:	Special Cooling Systems
Course Code	:	VDRA-13X
Course Credit	:	4

Course Objectives

While studying the **Special Cooling Systems**, the student shall be able to:

- Enumerate the types of special cooling system and the refrigerant used
 - Describe about deep freezers, bottle coolers and display cabinets
 - Explain about various refrigerated vehicles and cold storages used for food storage
 - Theorize about ice cream freezers, fish freezers and white ice plant
-

Course Outcomes

After completion of the **Course Special Cooling Systems**, the student will be able to:

- List the various special cooling systems
 - Demonstrate the maintenance of deep freezers
 - Explain the working of white ice plant
 - Detail the application of cold storage and its maintenance
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Block-1: Types Of Special Cooling System and Deep Freezers

Unit -1 – Cooling Systems

Introduction - Special Cooling Systems - Refrigerant

Unit -2: Deep Freezers

History of Freezing - Types of Freezers - Basic Freezerology - Application of Deep Freezer - Maintenance of Freezers

Block-2: Beverage Coolers and Display Cabinets

Unit -3: Bottle Coolers and Chillers

Bottle Coolers and its Types - Components of a Bottle Cooler - Rapid Chillers - Using Rapid Drink Chillers - Blast Chillers - Benefits and Disadvantages of Blast Chillers

Unit -4: Refrigerated Display Cabinets

Display Counters - Multi-deck Refrigerators - Chiller Doors - Care and Maintenance of a Refrigerated Cabinet

Block-3: Cold Storage and Refrigerated Vehicles

Unit -5: Cold Room and Cold Storage

Cold room and its types - Cold storage plant - Working of Cold Storage Plant - Applications of Cold Storage

Unit -6: Transport Refrigeration

Transport Refrigeration Systems - Types of Refrigerated Transport - Refrigerated Containers/ Reefer - Bus Air-Conditioning

Block-4: Consumable Products Freezer

Unit -7: Ice Cream and Fisheries Freezer

Types of Ice Cream Freezers - Freezing Ice Cream - Batch Freezers - Continuous Ice Cream Freezers - Operating the Continuous Freezers - Fisheries Freezers

Unit -8: White Ice Plant

White Ice and its Types - Requirements of Ice Plant - Working Principle - Applications of White Ice



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**Name of the Programme– Vocational Diploma in Refrigeration & AC
Technician - Syllabus (Flexible Skill Training Mode)**

Course Title	:	Refrigerator Servicing(Practical)
Course Code	:	VDRA-P11X
Course Credit	:	4

This practical course deals with the following basic techniques:

1. Tube cutting and bending
2. Flaring, swagging
3. Brazing
4. Wire joining process
5. Connecting load protector and thermostat
6. Dismantling and assembling of different types of compressors
7. Servicing of different types of compressors
8. Servicing of the components of a refrigerator like condenser, receiver, evaporator, lubrication system
9. Maintenance of all the components of a refrigerator like condenser, receiver, evaporator, lubrication system
10. Servicing of water cooler, deep freezer, white ice plant
11. Servicing of cold storage, beverage/ bottle cooler



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**Name of the Programme– Vocational Diploma in Refrigeration & AC
Technician - Syllabus (Flexible Skill Training Mode)**

Course Title	:	AC Servicing(Practical)
Course Code	:	VDRA-P12X
Course Credit	:	4

This practical course deals with the following basic techniques:

1. Servicing of all the components of a air conditioning like condenser, receiver; evaporator, lubrication system
2. Maintenance of all the components of a air conditioning like condenser, receiver; evaporator, lubrication system
3. Servicing of window air conditioning
4. Servicing of split AC
5. Servicing of central plant AC
6. Servicing of Inverter AC
7. Ducting – different types for central plant AC



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**Life Coping Skills (LCS-1X) and Communication Skills (CNS-1X)-
Core Course for all Vocational Diploma Programmes**

Life Coping Skills and Communication Skills have been included to help the students to understand the meaning of life and to understand the meaning of relationship and how we communicate in every day life.

Examination System: Examination to Life Coping Skills and Communication Skills are designed to maintain quality of standard. Theory will be conducted by the University in the identified Examination Centres. For the Assignment students may be permitted to write with the help of books/materials for each Course, which will be evaluated by the Evaluators appointed by the University.

Assignment (Internal): Assignment carries 30 marks, consists of descriptive type of questions for each Course (3 X 10 = 30 Marks). Learners are expected to write 10-15 pages for each assignment. Submission of Assignment is compulsory.

Theory Examination (External): Students shall normally be allowed to appear for Theory Examination by completing Practical and Assignment. The Term-End Examination shall carry Section- A, Section- B and Section- C

Section-A	Three out of Five Short Answer Questions [Each 3- Marks]	3 X 3 = 9 Marks
Section-B	Three out of Five Long Answer Questions [Each 7- Marks]	3 X 7 = 21 Marks
Section-C	Four out of Seven Essay questions of which one will be Multiple Choice Question [Each 10-marks]	4 X 10 = 40 Marks
Total		70 Marks

Passing Minimum: The passing minimum is 35 percent in the internal and external/ theory examination taken together for successful completion of each course.



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Name of the Course – Life Coping Skills - Syllabus (Flexible Skill Training Mode)

Course Title : **Life Coping Skills**
Course Code : **LCS-1X**
Course Credit : **6**

(1).Life Coping Skills : The main objectives of the Life Coping skills is to understand the meaning of life and its challenges, provide skills and knowledge needed to cope with life's problems and challenges, develop a positive attitude, train to be successful and useful citizens through positive thinking, cope with criticism, failure, anger, loneliness, physical and verbal abuse, improve self-esteem, manage time and stress, develop one's personality to its full potential, help the students to become team players, develop personal skills and to provide skill problems solving and decision making.

Block- 1-Self Skills

Unit-1: Self Skill – I

Meaning and Process of Coping- Restructuring the Life Story - External and Internal Influences in One's Life - Messages: Positive and Negative - Life Illustrations - Self Esteem - Self Concept - Self Acceptance - Self Actualisation- Personality Development

Unit-2: Self Skill – II

Positive Thinking - Goal Setting - Problem Solving - Decision Making

Block- 2: Social and Leadership Skills

Unit-3: Social Skills

Social Skills- Motivation- De-motivating Factor- Meaning and Attitude to Success- Time Management -The Management of Time is the Management of Life - How to gain an extra mile every day- Tips for Time Management - Stress Management

Unit-4: Leadership Skills

Emergence of a Leader -Characteristics of Leadership -Various kinds of Leaders -
What should Leader do- The Moulding of a Leader - Characteristics of a Successful
Leader- Team Work - What is it like work in a Team- What is Team Learning

Unit-5: Coping Skills – I

What is Shyness- How to Overcome Shyness- Tips to Overcome Shyness - Coping
with Loneliness-Finding Ways to Change the Feelings of Loneliness-Overcoming
Loneliness - Tips to Overcome Loneliness- Coping with Depression - Coping with
Fear- Coping with Anger and Verbal Abuse -Verbal Abuse- Coping with Failure -
Coping with Criticism

Unit-6: Coping Skills – II

Coping with HIV – AIDS- Coping with Alcoholism - Tobacco and Smoking - Coping
with Substance Abuse

Block -4: Managerial and Entrepreneur Skills

Unit-7: Managerial Skills

Coping with Conflict- Conflict can be Constructive or Destructive- Constructive
Nature of Conflicts- What are the Strategies for Managing Conflicts- Tactics of
Conflict Management- Coping with Change- Twelve Steps to Implement Change

Unit-8: Entrepreneur Skills

Career Guidance - Career Planning- Preparation for Employment- Looking for
Opportunities - Preparation for the Interview - Work Environment - Thriving in
Today's Work Environment .



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Name of the Course – Communication Skills - Syllabus (Flexible Skill Training Mode)

Course Title	:	Communication Skills
Course Code	:	CNS-1X
Course Credit	:	6

(2).Communication Skills: The main objectives of the Communication Skills is to introduce to the students the process and kinds of communication, train the students to code and decode communication effectively, explain the various interpersonal skills required to interact with others and make the students understand the meaning of relationship and how we communicate in every day life.

Block -1: Communication

Unit-1: Introduction to Communication

Communication concept- Process of Communication- Elements of Communication- Types of Messages- Types of Communication- Speech- Different Types of Verbal Communication-Effective Communication-Interpersonal Communication-Communication as Skilled Behaviour-Social Skills Model- Social Skills Model to Interpersonal Communication-Implications of the Approach-Components of Interpersonal Skills-Characteristics of a Good Conversation-Hints for Inter-Personal Relation-Ship

Unit-2: Effective Communication

Definition of Effective Communication- Common Forms of Communication- The Positive Value of Good Communication- Guidelines for Effective Communication- Review Questions- Three Principles of Communication- Communication Strategies

Block- 2:Situational and Behavioural Communication

Unit-3: Situational Language

Greeting and Introducing- Inviting Someone and Making Requests- Offering Help and Seeking Permission- Asking for Advice and Expressing Gratitude-Asking whether Someone Remembers- Persuading, Complimenting and Congratulating- Expressing Sympathy- Complaining and Apologising- Making Suggestions and Warning Someone- Asking for Excuse and Ending a Conversation- Asking for Information and Someone's Opinion- Asking if someone is sure and to Say Something

Again- Checking that you have understood- Asking whether someone knows- Asking About Possibility and Preference- Requesting Someone- Asking if someone Agrees- Asking if someone is Obligated to do something- Some Useful Expressions- Different Models of Situational Conversations

Unit-4: Behavioural Communication

Effective Criticism Made Easy: Basic Rules for Delivering-Negative Feedback to Others- Before Delivering to Negative Feedback- While Delivering Negative Feedback- After Delivering Negative Feedback

Block -3: Types and Modes of Communication

Unit-5: Modes of Communication

Group Discussion- Importance of Group Testing- Factors that Contribute to Group-Worthiness- Guidelines for Group Discussion- Factors that Matter in a Group Discussion- Important Parameters in Group Discussion- Types of Groups- Speech-Speech Distractions- Five ways to make your Audience Sit Up- Successful Public Speaking- Drafting a Speech- Major Pitfalls in Public Speaking- Body Language- The Constituents of Body Language

Unit-6: Leadership and Team Communication

Definition of a Leadership- Types of Leadership- Shared Leadership- Ten Principles for Leadership Communication- Styles of Leadership- Team Communication- Achieving Effectiveness through Team Communication- The Components of Communication- Characteristics of Highly Cohesive Teams

Block- 4: Interview Skills and English Language

Unit-7: Interview Skills

Interview Defined- Kinds of Interviews- Preparation for a Job Interview- Telephonic Interview- Preparation for a Telephonic Interview- Speaking to Foreigners- Success in Interview-Ten Most Frequently Asked Questions- Inter Whew- Inter Phew

Unit-8: English as Spoken and Written Language

Simple Sentence- Word Order- Modals- Passive Voice- Letter Writing-An Informal Letter-Formal Letter-Personal Letters- Official Letters- Paragraph Writing- Essay Writing- Types of Essay- Prose Comprehension- Poetry Comprehension- Precise Writing- Dialogues.