

# **Ram Lal Anand College**

(University of Delhi)

## **CENTER FOR HUMAN VALUES, ETHICS AND LIFE SKILLS**

**2019-2020**

With the constantly evolving time, there is an urge for having a strong value system and life skills instilled in us. In order to achieve this, our college has begun with a non-credit course on Human Values, Ethics, and Life Skills for all the first-year students.

The course has been introduced to help the young students develop a positive outlook towards things, have a healthy personality, and bring out their deep-rooted human values. The aim of the program is to raise self-confidence through life skills such as leadership values, stress management, and time management.

Introductory session on Human Values, Ethics and Life Skills was organised on 5<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 21<sup>st</sup>, 22<sup>nd</sup> and 23<sup>rd</sup> August, 2019 for all the six Groups of all the Departments. The Resource person for the session were Dr Rita Jain, Dr Purna Diwan, Dr Sanjay Kumar Sharma, Dr Archana Gaur and Dr S C Dabas. Workshop was conducted to make students aware about different human values, their importance and also about life skills. The session consisted of a good number of participants which made the session more interactive. Students were also given some tests and quiz to understand their core values and create self-awareness. 320(125) students and 10 faculty members attended the sessions.

We call upon experts/educators/trainers to do workshops with our students on different topics related to the course.

The first session in the line was on Emotional Intelligence conducted on 2<sup>nd</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 26<sup>th</sup> September and on 3<sup>rd</sup> and 18<sup>th</sup> October, 2019 for all the six groups. Each group consists of 1<sup>st</sup> Year Students of different stream. The Session was led by Mrs. Meenu Bhargava, Psychologist and a senior trainer. The aim of the session was to understand difference between IQ and EQ. She makes student understand the significance of Emotional Quotient. Session was very interactive involving many games, quizzes and videos to make students aware of their EQ. The Session was impactful and successful, leaving a positive message. 228(82) students and 5 faculty attended these workshops.

It is really important that one should understand what do we mean by responsibility and freedom and what is the difference between the two. The session held on 4<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 27<sup>th</sup>, 30<sup>th</sup> September and 16<sup>th</sup> October, 2019 for the 1<sup>st</sup> Year Students of all the Departments. Ms. Jaya Iyer, Educationist has conducted session. The session was of 2 hours (3 PM – 5PM). She told about how freedom and responsibility are correlated. If freedom is to choose or to make your decisions, responsibility is being accountable for your actions. The session was very interactive as students were involved in various activities. Students really enjoyed the sessions and asked many questions from the speaker. 129(47) students and 2 faculty attended her workshops.

***‘The mental health of young women and men is important for the health of society as a whole. They are a wellspring of ideas for innovation and leaders for positive change. We***

***need to support them in every way in order to build inclusive, just and healthy societies’.***

Mental health and happiness was the main topic and highlight of the session organised on 20th, 22nd, 23rd and 31st January, 2020. Mr. Suneel Keswani was the speaker for the session.. He discussed about Mental health including our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It affects how we think, feel, and act as we cope with life. The session was very interactive and kept students active during the session.. Also, the students were given the chance to share their point of views and ask their doubts. 307(113) students and 5 faculty members attended his workshop.

Morality and ethics play an essential role in our lives. A session on ‘Morality and Ethics’ was organised on 27th January, 2020. Mr. Ashok Arora, Senior Lawyer, Supreme Court and renowned Motivational Speaker was the resource person of the session A discussion about students' morality was initiated and a healthy discussion was held. It is the ability to focus on yourself and how your actions, thoughts, or emotions do or don't align with your internal standards. Mr Ashok Arora mesmerised the audience with his skilful talk laced with many couplets and poems. Doubts of students regarding the topic of the session were cleared by Mr. Arora. 181(59) students and 8 faculty members joined workshop.

Next session was on harmony, organised on 3rd , 6th ,7th and 12th February,2020. Ms Chandani Khanduja, educationist, working as consultant at TISS, was the resource person of the session. She talked about Social Harmony which is nothing but a process of valuing, expressing, and promoting love, trust, admiration, peace, harmony, respect, generosity and equity upon other people in any particular society regardless of their national origin, weight, marital status, ethnicity, colour, gender, race, age and occupation etc. The best way to create harmony by connecting with friends, family, partners, and neighbors. 298(71) students and 2 faculty members attended the workshop.

The next important topic is Tolerance and Equality. The session was organised on four different dates i.e.,5th , 10th , 27th and 28th February for all the groups. Dr. Rita Mishra was the incharge of the session. Dr Rita Mishra talked about capacity to endure pain or hardship, endurance, fortitude and stamina. Students were taught about different aspects of Tolerance and Equality. She showed many short movies related to the topic and made students participate in various activities. Some healthy debates also took place during the session which made it more interesting. 198(100) students and 4 faculty members attended workshop.

Stress is a main issue in youngsters. Advocate Anuj Saxena conducted workshop On 22nd Oct., 2019. 86(36) students attended the workshop. 19 teaching and 10 non-teaching members were also present. Session was very interactive. Mr Anuj engaged the audience and talked about how to manage stress in detail. Through various situations, he explained how a person conceive differently and act differently. Approach to problems may give rise to stress. He demonstrated various techniques of meditations, helpful in reducing stress.

A two day workshop on “Human Values, Ethics and Life Skills” was organized on 21-22 February, 2020 for first and second year students. In the Inauguration Session, Guest Speakers were Mr Amod Kanth, Prayas JAC Society, Dr Devendra Kumar Gupta, Ladli Foundation, Dr. Prasun Chatterjee, Professor AIIMS and Founder, Healthy Aging India, Ms Anupama Dutta, Help Age Foundation. They shared their expertise and personal experiences that motivated students to actively involve themselves for ‘Shram Daan’. They also informed

students about various channels to get associated with the Volunteering Organisations. 206 students participated including 55 female students and 9 faculty members. During this workshop we also had a hands on training for Cardio-Pulmonary Resuscitation (CPR) conducted by team of Doctors from Spinal Injury Center, ISIC, New Delhi for 160 students. Students showed a keen interest in learning and appreciated the training.

On second day, a Hands on Training on Cardio-Pulmonary Resuscitation(CPR) was conducted by team of Doctors from Spinal Injury Center, ISIC, New Delhi students participated including 38 female students and 9 faculty members. Students showed a keen interest in learning and appreciated the training. Ms. Mehak Vaish from TIE learnings delivered a workshop on Stress and Anger Management. Her energy level was amazing and she kept students engaged continuously for 3 hours. Around 150 students participated including 51 female students and 9 faculty members. Dr. T.K Mishra from Ramanujan College, DU held a talk on the topic Happiness around 135 students participated including 43 female students and 9 faculty members. The workshop was ended by the Valedictory Address by Mr P. P. Srivastava, Retd. IAS Officer. A total of 129 includes 43 female students attended this workshop on both days, out of which 64 students were from Second Year and 9 faculty members.



Dr Rita Jain  
**Coordinator**



Dr Sanjay Kumar Sharma  
**Co-Coordinator**

<b>Schedule of workshop 2019-2020</b>				
	<b>Date &amp; Time</b>	<b>Topic</b>	<b>Group</b>	<b>Speaker</b>
<b>August</b>				
Monday	05.8.19 3-5 pm	What are Human Values	G-1	Dr Rita Jain,
Wednesday	07.8.19 3-5 pm	What are Human Values	G-2	Dr Prerna Diwan
Thursday	08.8.19 3-5 pm	What are Human Values	G-3	Dr Sanjay Kumar Sharma
Wednesday	21.8.19 3-5 pm	What are Human Values	G-4	Dr Archna Gaur
Thursday	22.8.19 3-5 pm	What are Human Values	G-5	Dr S C Dabas
Friday	23.8.19	What are Human Values	G-6	Dr Archna Gaur

	3-5 pm			
<b>September and October</b>				
Monday	02.9.19 3-5 pm	Emotional Intelligence	G-1	Mrs Meenu Bhargava
Wednesday	11.9.19 3-5 pm	Emotional Intelligence	G-2	Mrs Meenu Bhargava
Wednesday	18.9.19 3-5 pm	Emotional Intelligence	G-3	Mrs Meenu Bhargava
Thursday	26.9.19 3-5 pm	Emotional Intelligence	G-4	Mrs Meenu Bhargava
Thursday	03.10.19 3-5 pm	Emotional Intelligence	G-5	Mrs Meenu Bhargava
Friday	18.10.19 3-5 pm	Emotional Intelligence	G-6	Mrs Meenu Bhargava
<b>September and October</b>				
Wednesday	04.9.19 3-5 pm	Responsibility and Freedom	G-1	Ms. Jaya Iyer
Thursday	12.9.19 3-5 pm	Responsibility and Freedom	G-2	Ms. Jaya Iyer
Thursday	19.9.19 3-5 pm	Responsibility and Freedom	G-3	Ms. Jaya Iyer
Friday	27.9.19 3-5 pm	Responsibility and Freedom	G-4	Ms. Jaya Iyer
Monday	30.9.19 3-5 pm	Responsibility and Freedom	G-5	Ms. Jaya Iyer
Wednesday	16.10.19 3-5 pm	Responsibility and Freedom	G-6	Ms. Jaya Iyer
<b>January</b>				
Monday	20.01.19 3-5 pm	Mental Health and Happiness	G-1	Mr Suneel Keswani
Wednesday	22.01.19 3-5 pm	Mental Health and Happiness	G-2	Mr Suneel Keswani
Thursday	23.01.19 3-5 pm	Mental Health and Happiness	G-3	Mr Suneel Keswani
Friday	31.01.19 3-5 pm	Mental Health and Happiness	G-4	Mr Suneel Keswani

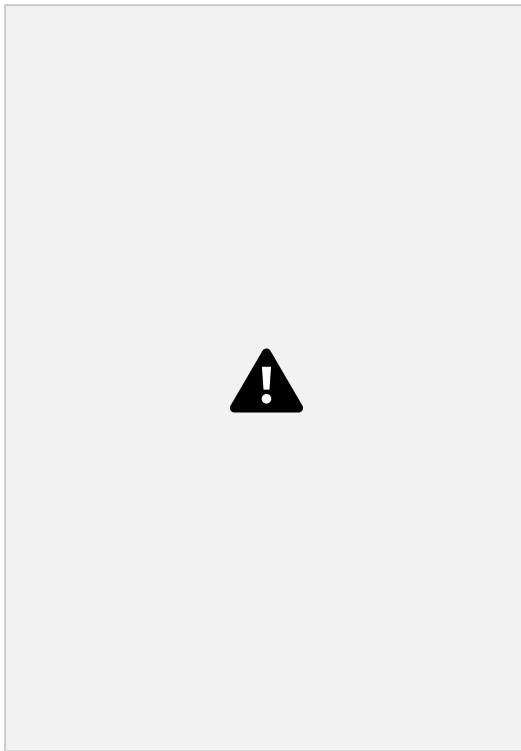
*Rita Jain*

**Dr Rita Jain**  
Co-ordinator

*Rakesh Kumar Gupta*

**Dr Rakesh Kumar Gupta**  
Principal

## Some glimpses



**RAM LAL ANAND COLLEGE**  
DBT STAR COLLEGE  
(University of Delhi)  
Two Day Workshop  
On  
**21<sup>st</sup> FEB DAY - 1 HUMAN VALUES, ETHICS & LIFE SKILLS**

**WORKSHOP**

- ◆ Workshop On Emotional Intelligence / Stress Management
- ◆ Workshop On Happiness And Ethics
- ◆ Workshop On CPR

**22<sup>nd</sup> FEB DAY - 2**

**Dr. Rita Jain** (Coordinator)  
**Ms. Manak Vash** (Selling Officer / Marketing)  
**Dr. T.K. Mishra** (Director, Research & Technology)  
**Mr. P.P. Srivastava** (CFO / Assistant)

**Principal**  
**Dr. Rakesh Kumar Gupta**

**Dr. Devendra K. Gupta** (Director, UGC, Delhi University)  
**Mr. Anand Kaul** (Principal, Ram Lal Anand College, University of Delhi)  
**Dr. Rajan Chaturvedi** (Director, UGC, Delhi University)  
**Ms. Anupama Datta** (Associate Professor)



**Ram Lal Anand College**  
**(University of Delhi)**  
**Course on Human Values, Ethics and Life Skills-2019-2020**

The following students of first year of all streams have completed the course on 'Human Values, Ethics and Life Skills' during academic session of 2019-20

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