

CENTER FOR HUMAN VALUES, ETHICS AND LIFE SKILLS 2020-21

In a constantly changing environment, a strong value system and life skills are an essential part of being able to meet the challenges of everyday life. Keeping this in mind, our college has started a non-credit course on **Human Values, Ethics and Life Skills** for all the first year students.

The objective of this program is to help young students to develop wholesome personalities, positive attitudes and to bring out their inherent human values. Through this program we want to raise their self-confidence with development of life skills, such as leadership, stress management, and time management. We are running this course for the third consecutive year with an increasing number of participants completing the course.

Center recruited its office bearers this year following duly selection procedure. Pratham, B Sc (H) Microbiology as **President**, Chesta, B A (Prog) as **Vice-President** and Santushti B Sc (Computer Science) as **Secretary** formed the official team of the course.

We call upon experts/educators/trainers to do workshops with our students on different topics related to the course. This year our session was inaugurated by well-known social worker, national youth award winner, founder of Ladli foundations, **Dr Devendra Kumar Gupta** on 5th December, 2020. He shared his life experiences with students about how he was born with no means but with a positive attitude and humanitarian values helped him to become a successful leader. His talk motivated students so much that more than 40 students joined his NGO and are now working, under his guidance, for the underprivileged ones. Approximately 245 students with 183 female students attended his session. Our next speaker was **Mr Govind Mishra**, a senior trainer, who conducted a workshop on '**Self-awareness and Self-Esteem**'. He took four sessions for all students of different streams on 7th, 9th, 10th and 11th of December, 2020. Students were very impressed by his vocal abilities and the manner he conducted the workshop. Through videos and activities, he made students' conscious of their own character, nature, feelings, as well as strengths and weaknesses. And also talked about the constantly changing and updating environment, how we can remain confident and keep faith and belief in our own abilities. In all 426 students attended his sessions from different streams. 194 female students participated.

'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'.

Our next Speaker was **Ms Mahak Vaish**, of Tie Learning. Her session was on mental '**Health and Happiness**' 9th december, 2020. Energetic Ms Vaish did many activities to make students aware that each individual thinks, behaves and acts in a different manner. She gave many mantras for being positive under stress and ways to handle various difficult or challenging situations. Session was attended by 427 students with 178 female students.

Our next Guest **Mr Rajiv Shaw** took a session on '**Substance abuse awareness and prevention**' on 2nd January, 2021. 412 attended the session where 151 were female students. It was a very interactive session where students shared their personal experience about their acquaintances that were addicted

and talked about their behavior with others. Through this discussion students get the opportunity to discuss a taboo topic. Sir talked about the repercussions of drug abuse and ways for rehabilitation. **Dr Rita Mishra**, an educator and founder of NGO Patang, talked at length about **‘Tolerance and Equality’**. She showed many short movies and conducted many activities with students to sensitize them toward gender inequality. In all 480 students attended her sessions in which 256 were female students.

Next, a **‘Storytelling’** session was conducted for the pupils on January 23, 2021. The session was led by **Ms Indu Punj** and attended by 518 students with 187 female students. The goal of the workshop was how to inculcate habits of reading. She kept students engaged and provided them with useful knowledge in a fun way. Ethics and morals play a crucial role in keeping a person on the right road in life. The term "ethics" refers to a set of rules for behavior that deal with moral issues. Value is described as a set of rules and values that guide people in deciding what is more essential. As a result, the topic of our following session was on **‘Ethics and Morals’** held on February 6, 2021 by the resource person **Dr. Swagata Karmakar** of Ram Lal Anand College and it was attended by 391 students in all with 157 female students. A session on **‘Creative and critical thinking’** was held on four distinct days, on the 8th, 10th, 11th, and 12th of February 2021 for GROUPS 1, 2, 3, and 4, respectively. **Mrs. Meenu Bhargava**, a senior trainer, talked about new ideas, better ways of doing things under creative thinking. She showed the importance of this life skill and through activities she made students learn how to take decisions under stress. This skill helps for personal development, generates confidence and builds leadership traits. Her well organized sessions were attended by 401 students in which 189 were female students.

Next session was on **‘Relationship towards family & society’** held on 20th February, 2021 and the 6th of March 2021. **Mr. Suneel Keswani**, experienced and senior trainer, held the workshop. The Session was well-organized, with a focus on family ties and self-improvement. The lesson began with a series of questions that forced around 450 students with 302 female students to reflect on themselves and to their surroundings. He motivated students to build strong relationships with family and society.

The second half of the journey began on April 10th, 2021 with an opening session led by Mr. Ashok Arora, a motivational speaker, senior lawyer, and a former Secretary of the Supreme Court Bar, on the theme **"Failures- Pillars for Success"**. Over 461 students joined the session and proactively participated where 257 were female participants. The morale of the session was **‘Never be afraid of Failure’**. Next session was on **‘Freedom and Responsibility’** which continued on three distinct days, on the 14th, 15th and 16th of April 2021 led by the Guest speaker **Dr. Ajay Kumar Sharma**. Over 417 students attended the sessions where 174 were females. Ms. Anuja Roy, our next speaker who has an experience of over 17 years as an accomplished professional with valuable expertise in delivering management education, training, communication and relationship management spanning across business development, operations and client interactions delivered a session on April 24, 2021 on the topic **‘Personal grooming and Professional etiquettes’**. The session was to help students learn the significance of personal grooming and how it plays an integral role to carry out smart conversation and through their confident attitude and professional dressing etiquettes can work to their success. 426 students with 207 female students participated in her session.

Then, on the 8th of May 2021, **Mr. Rahul Kapoor**, a Senior Skill Trainer took a session on very important and healthy topic '**Emotional Intelligence**'. The session focused on how to control and manage your emotions so that you could be very much expressible in appropriate conditions. He also mentioned STOPP as the lesson progressed, a term with a deep meaning "Stop-Take a breath-Observe-Pull Back-Practice". 310 students attended the session where 89 were female participants. Next continuous sessions for three days were delivered by **Mr. Brajesh Sharma**, a Naturopathy Proponent, Consultant of Aeran Labs and a Life Member of Indian Red Cross, took a session on the topic of '**Healthy Lungs for Life**' on 12th, 13th, and 14th of May, 2021. 321 students with 192 females had participated in these sessions. The last session of the month of May was delivered by a CBSE Educator, Researcher, Content Developer, and QMS Lead Auditor for the Quality Management System none other than **Mrs. Rita P Taneja** on 22nd May, 2021 on the topic of '**Choices and Decisions**' which play a crucial role in one's life because they determine one's fate and future, and so these two aspects of one's personality must be strong enough. The session correctly delivered what was needed, that is how one should make his/her decisions wisely and how he/she should make their choices. The session based on "Choose what is right and live in the present" was very interactive and over 281 students with 121 females attended it.

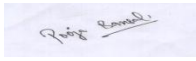
The next session, on the topic of '**Women Issues and Legal Rights**' held on June 5, 2021 by **Ms Anmol Kohli**, a public speaker and educator. She gave her guidance with her wise remarks on this particular subject. Over 336 students with 140 females have participated. Next continuous sessions on the topic of '**Harmony in Society**' dated 16th, 17th, and 18th June, 2021 were presented by **Ms Praggatti Rao**, a Principal consultant and Founder Director at EduConcepts India Initiatives. She is a psychologist, personal growth and transformation Master Coach. She organized all sessions very well, communicating the concepts of peace and harmony with examples. An individual can be at peace when their body and mind are in balance. Session was attended by 373 students where 135 were females. **Ms Mahak Vaish** from TIE learning did the workshop on '**Stress and anger Management**' on 26th June, 2021. It was a very engaging session which was attended by 197 students where 94 were females. She talked about stress in great detail. Also gave useful tips to manage it. She also told about ways through which one can manage anger. Last session of the course was conducted by Ms Anuja Roy on **Self-Management** on 3rd July, 2021 which was attended by 174 with 81 female participants.



Dr Rita Jain
Coordinator



Dr Sanjay Kumar Sharma
Co-Coordinator

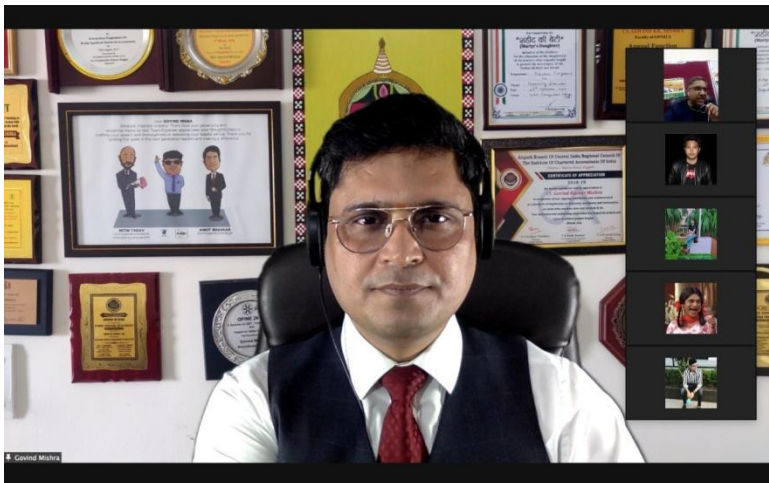


Dr Pooja Bansal

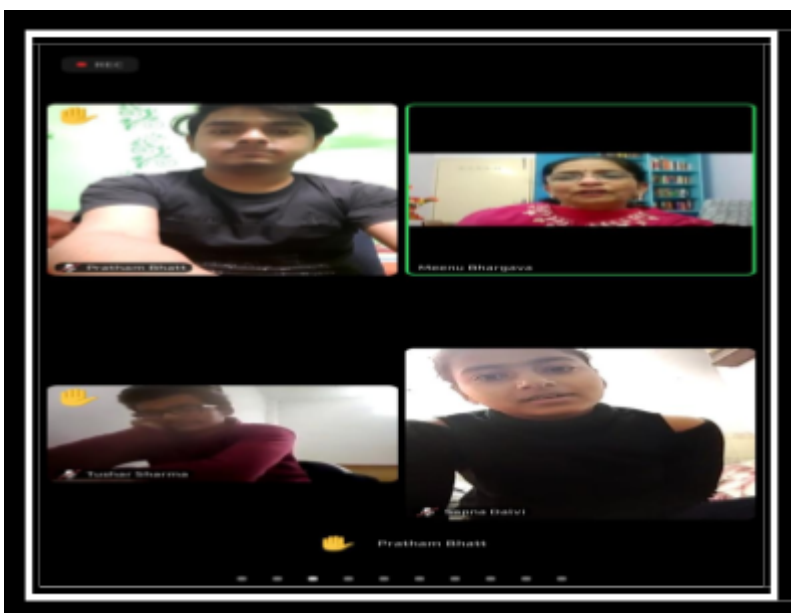
Member

Few Glimpses

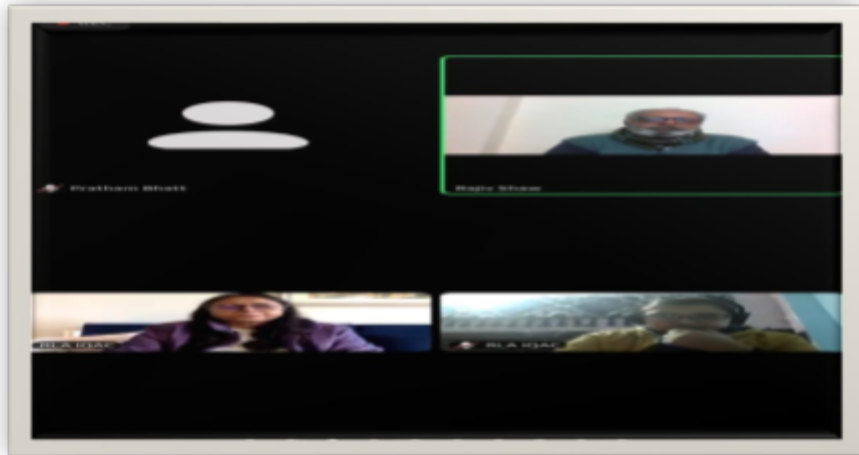
Mr Govind Mishra-‘Self awareness and Self esteem’



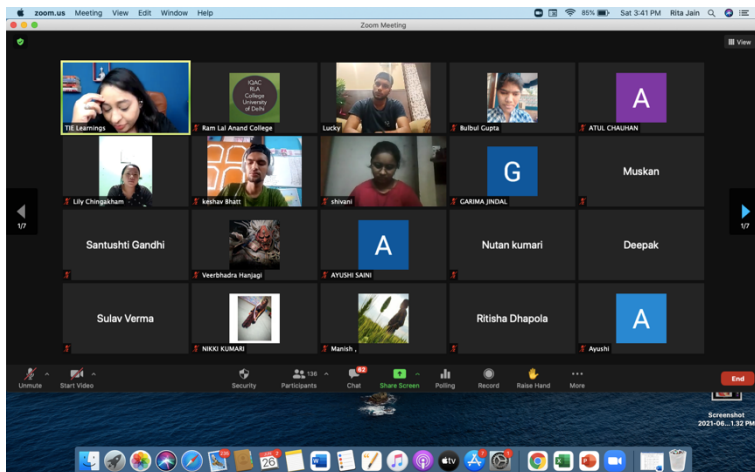
Mrs Meenu Bhargava- Creative and Critical thinking’



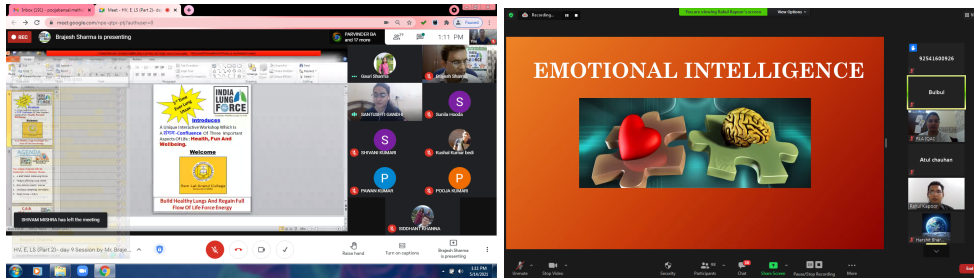
Mr Rajeev Shaw- “Awareness for Substance Abuse’



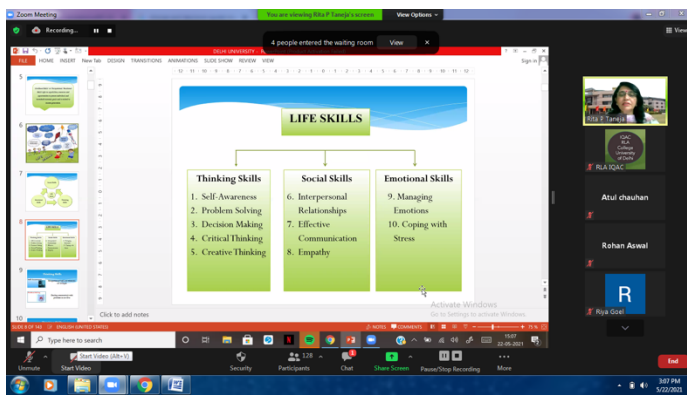
Ms Mahak Vaish- ‘Mental Health and Happitude’



Mr Rahul Kapoor- Emotional Intelligence



Ms Rita P Taneja-‘Choices and Decisions’



Schedule of workshops

**Ram Lal Anand College
University of Delhi
Centre for Human values, Ethics and Life Skill**

Schedule: 2020-2021-Part1

	Date & Time	Topic	Group	Speaker
December				
Saturday	05.12.20 3-5 pm	What are Human Values	For Students of all courses	Dr Devender Kumar Gupta
Monday	07.12.20 3-5 pm	Self-Awareness & Self Esteem	G-1	Mr Govind Mishra
Wednesday	09.12.20 2-4 pm	Self-Awareness & Self Esteem	G-2	Mr Govind Mishra

Thursday	10.12.20 3-5 pm	Self-Awareness & Self Esteem	G-3	Mr Govind Mishra
Friday	11.12.20 3-5 pm	Self-Awareness & Self Esteem	G-4	Mr Govind Mishra
Saturday	19.12.20 3-5 pm	Health and Hygiene-1	For Students of all courses	Ms Mahak Vaish
January				
Saturday	02.01.21 3-5 pm	Health and Hygiene-2	For Students of all courses	Mr Rajiv Shaw
Monday	11.01.21 3-5 pm	Tolerance & Equality	G-1	Dr Rita Misra
Wednesday	13.01.21 2-4 pm	Tolerance & Equality	G-2	Dr Rita Misra
Thursday	14.01.21 3-5 pm	Tolerance & Equality	G-3	Dr Rita Misra
Friday	15.01.21 3-5 pm	Tolerance & Equality	G-4	Dr Rita Misra
Saturday	23.01.21 3-5 pm	Reading Habits	For Students of all courses	Ms Indu Punj
February				
Saturday	06.02.21 3-5 pm	Ethics	For Students of all courses	Dr S Karmaker
Monday	08.02.21 3-5 pm	Critical Thinking/Creative Thinking	G-1	Ms Meenu Bhargava
Wednesday	10.02.21 2-4 pm	Critical Thinking/Creative Thinking	G-2	Ms Meenu Bhargava
Thursday	11.02.21 3-5 pm	Critical Thinking/Creative Thinking	G-3	Ms Meenu Bhargava
Friday	12.02.21 3-5 pm	Critical Thinking/Creative Thinking	G-4	Ms Meenu Bhargava
Saturday	20.02.2012 3-5 pm	Relationship towards family and Society-1	For Students of all courses	Mr Suneel Keswani
March				
Saturday	06.03.21 3-5 pm	Relationship towards family and Society-2	For Students of all courses	Mr Suneel Keswani
Monday	15.03.21 3-5 pm	Social & Political Responsibility	G-1	Dr Ajay Kumar Sharma
Wednesday	17.03.21 2-4 pm	Social & Political Responsibility	G-2	Dr Ajay Kumar Sharma

Thursday	18.03.21 3-5 pm	Social & Political Responsibility	G-3	Dr Ajay Kumar Sharma
Friday	19.03.21 3-5 pm	Social & Political Responsibility	G-4	Dr Ajay Kumar Sharma

G-1 : History/Microbiology/BJMC/Mathematics/Geology (**Monday, Time: 3-5 pm**)

G-2: B. Com. (H) / BMS / Hindi / Statistics. (**Wednesday, Time: 2-4 pm**)

G-3: English / Computer Science / Political Science (**Thursday, Time: 3-5 pm**)

G-4: B. A. (P) / B. Com. (P) (**Friday, Time: 3-5 pm**)



Dr Rita Jain
Co-ordinator



Dr Rakesh Kumar Gupta
Principal

Centre for Human values, Ethics and Life Skill
Schedule: 2020-2021-Part2

	Date & Time	Topic	Group
April			
Saturday	10.04.21 3-5 pm	Failures- pillars for Success	For Students of all courses
Wednesday	14.04.21 3-5 pm	Social & Political Responsibility	G-1
Thursday	15.04.21 3-5 pm	Social & Political Responsibility	G-2
Friday	16.04.21 1-3 pm	Social & Political Responsibility	G-3

Saturday	24.04.21 3-5 pm	Women Issues and Legal Rights	For Students of all courses
May			
Saturday	08.05.21 3-5 pm	Emotional Intelligence	For Students of all courses
Wednesday	12.05.21 3-5 pm	Healthy Lungs for Life	G-1
Thursday	13.05.21 3-5 pm	Healthy Lungs for Life	G-2
Friday	14.05.21 1-3 pm	Healthy Lungs for Life	G-3
Saturday	22.05.21 3-5 pm	Choices and Decisions	For Students of all courses
June			
Saturday	05.06.21 3-5 pm	Personal Grooming	For Students of all courses
Wednesday	16.06.21 3-5 pm	Harmony in Society	G-1
Thursday	17.06.21 3-5 pm	Harmony in Society	G-2
Friday	18.06.21 1-3 pm	Harmony in Society	G-3
Saturday	26.06.21 3-5 pm	Anger and stress Management	For Students of all courses
July			
Saturday	03.07.21 3-5 pm	Self-Management	For Students of all courses

G-1 : B. Com. (H) / B. Com. (P) / English / BJMC / Geology

(Wednesday, Time: 3-5 pm)

G-2: Mathematics/ Microbiology/ Political Science / Computer Science/ Statistics

(Thursday, Time: 3-5pm)

G-3: B. A. (P) / BMS / Hindi / History

(Friday, Time: 1-3 pm)



Dr Rita Jain
Co-ordinator



Dr Rakesh Kumar Gupta
Principal

Course on Human Values, Ethics and Life Skills-2020-21

The following students of first year of all streams have completed the course on 'Human Values, Ethics and Life Skills' during academic session of 2020-21

Attendance-HVLES-2020-21

S.No.	Roll No	Name	E-Mail Id
B A (PROG)			
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107	5539	Amit Choupal	Amit.geo5539@rla.du.ac.in
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