CENTER FOR HUMAN VALUES, ETHICS AND LIFE SKILLS 2021-22

In the dynamic and evolving environment where students are preparing to survive and compete in the corporate world, the merit of having a strong values system and life skills is often overlooked, **Ram Lal Anand College** took the initiative of prioritizing such an important aspect of student's individual growth by introducing a non-credit course on **Human Values, Ethics and Life Skills** for first year students of all courses.

The program pivots around the goal of guiding and helping young students entering adulthood in establishing vital human skills and lifelong perspective for growth at individual level and further evolving into a rational member of the society. The topics covered during the session are very relevant to students: time management, leadership skills, stress management to name a few.

We, at Ram Lal Anand College invite educators and trainers excelling in their respective fields to have workshops and guide our students about various topics. This year's session had an auspicious beginning, a renowned social worker and founder of Ladli foundation, Dr Devendra Kumar Gupta inaugurated the course with his wise words on 4th December, 2021. He discussed his life experience with students and conveyed how having a bright outlook towards society can change one's life even after starting a life in deprivation. He talked about the basic quality of goodness in the materialistic world, inspiring students to join his NGO. The session was attended by 355 students(84 females). The next session was held on 8th,9th & 10th December by Mr Govind Kumar Mishra, a success coach, public speaker and founder of "Leaders Avenue", covering the topic "Self-awareness and self-esteem". The session turned out to be a very interactive one. Students were glued to their screen, enjoying his session from the very first shloka he shared till the end of the session. He used videos and his incredible storytelling skills to keep the students entertained while simultaneously teaching them the importance of self-analysis and being confident about our own abilities in these dynamic times. The session was attended by 432 students(185 females).

The third session was held on 22nd, 23rd and 24th of December with the topic being "Critical & Creative Thinking". The session was led by public speaker and successful coach Mrs. Meenu Bhargava. Students immediately connected with her as she spoke about fairly relevant topics like mental health and depression and even reviewed flaws of the education system. She had visual and practical exercises

throughout the session teaching the students about the role of analysing the situation through different perspectives for developing critical and creative thinking. The session was attended by 407 students(300 females). The next session was conducted by **Dr Ajay Sharma**, a prolific author and senior trainer, on 5th, 6th and 7th January with the topic being "Social and Political responsibility". The theme of the session was quite relevant and important for students; they were introduced to their newly attained responsibility towards society as they entered adulthood. The students had tons of questions as the topics were quite compelling revolved around their day-to-day practices. He also gave room for discussion for students' personal political interests making the session connect with students at a personal level. The session was attended by 386 students(270 females).

The next session was held on 19th, 20th and 21st of January. The talking point of the session was "Emotional Intelligence". The session was administered by Mr. Suneel Keswani, a versatile scholar and an experienced trainer. His frank and approachable personality along with the interactive videos he presented made the whole session delight for the students. He showed how emotional intelligence plays a more important role in the development of a person than his IQ. He was a keen listener and aptly satisfied students' queries. The session was attended by 429 students(280 females). The Session was held on 2nd, 3rd and 4th February on the topic "Tolerance and Equality" conducted by educator and founder of NGO Patang, Dr Rita Mishra. The session took off on a serious note with data showing rise in violence against women where she insisted on blaming the patriarchal society and not "Men" or "women". Many female students also shared their personal experience regarding discrimination they faced. She even raised her voice against the lesser talked form of discrimination: discrimination against Men, by showing a documentary, "The Lesser Man". The session was attended by 430 students(280 females).

The last session of the first half of the course was held on 16th,17th and 18th February by motivational speaker and trainer **Mahak Vaish** and covered the topic " **Anger and stress Management**" one of the most relevant topics for young mind, many easy and simple practices were instructed to students by her to cope up with stress and anger. She made us realise how a little change in perspective about a situation can result in drastic reduction in stress and panic. She gave the stress Management formula of O.P.T.I.M.I.S.T.I.C. The session was attended by 421 students(190 females).

The second phase of the session commenced with **Dr Bhavana Barmi**, a clinical psychologist, leader, speaker, motivator, guide with over twenty-five-year experience leading the opening session on the topic "Choices and Decisions" on 9th and 16th April. The session justified its objective of making young students, who are at the crossroads while making important decisions, understand the complexity of being

rational and logical while making indispensable choices and decisions which will shape their future. Students connected with her instantly. They found the session was interactive and expressed their opinions freely. The session was attended by 327 students(230 females). The succeeding session was held on 23rd and 30th April with the talking point being "Harmony in Society" under the supervision of Mrs Anuja Roy, an NLP practitioner, visual thinker and corporate trainer. She gave the mantra of "Mind, Body, Emotions and Energy" as the four components that make up us humans and how the harmony within one self can be achieved via the alignment of the four and only through self-harmony harmony in society can be achieved. She urged students to stop relying on "Certain Criteria" for our happiness and try to develop the perspective of inner happiness free from external influence. The session was attended by 382 students(128 females).

On 26th April, 2022 NSS RLA organized a workshop on Emotional Well Being: KEY TO SUCCESS where Dr. Sanjeev Siddharth, the COS & HOD Psychiatry at Miramichi Regional Hospital, Canada and Air Marshal Naresh Verma delivered insightful lecture on the significant yet seldom addressed issue of mental health. The session was attended by 85(44) volunteers.

The next session was held on 7th and 14th May by Mr. Avijit, a certified trainer, with over 14 years of training experience across automobile, manufacturing and FMCG industries with the topic being "Conflict Resolution and Empathy". He asked students to add an adjective to their name to kick off the session with his idea of making learning fun. He shared questions on www.menti.com to record and facilitate students' response. And posted questions for students to answer like "what do you wish to understand by empathy?". He showed many interactive videos to understand how to become empathetic and also talked about four ways of conflict resolution. The next session was conducted on 21st and 28th, May by Ms. Divya Shah, Founder of Happify U, Social Entrepreneur, Journalist & Influencer. She asked the students what they meant by "Happiness" after receiving multiple responses and different views. She gave her idea about the same, suggesting a book "Girl Of Prodigy". She paid a lot of attention while discussing the ill effects of social media and discussed with an example of how one of her acquaintances fell into the trap and had adverse effects on her mental health. Ms Shah gave a mantra of "happy gets lucky" urging us to stay happy while having zero expectations from others as they are the main source of unhappiness among the people. The session was attended by 367 students(225 females).

Senior Trainer, Rahul Kapoor took sessions on 'Communications and Negotiations' 4th and 11th June. He narrated various real life stories and examples how communication is vital in our daily life. He also explained how negotiation and communication can be tools to avoid conflicts and eventually save relationships. At first, students were a bit hesitant about interacting but soon got enthralled by his

personality and the session ended up being very interactive. Students shared their personal experience about how lack of communication gave birth to misunderstanding among their peers. The session was attended by 328 students (165 females

Dr Seema Gupta, Associate Professor took sessions on 'Ethics' on 18th and 25th June. She asked the students about their perception on Ethics as she thinks the youth finds it impractical and irreverent nowadays. She explained "Ethics" as a perception of knowing when you are doing right or wrong. Mummy Test - she explained if we are about to do something in our consciousness we should imagine our mother standing in front of us and only do the things we would have done on her watch. Tummy Test - it's our own body's physiological reaction about the anxiety of doing something right or wrong in the form of rumbling in the stomach. The session was attended by 385 students(178 females).

A very interesting session on 'Storytelling' was conducted by Ms. Amita Khare on 2nd and 9th July. The session begins with words of wisdom that "The world is made up of stories and not atoms". She believed that everyone is a storyteller, and we should understand the impact and influence of storytelling in our everyday life. She then displayed a picture of watermelon in a tub and asked the students to interpret the scene and make up stories. We had an ice breaking activity in which we raised our Right hand and said "suno kahani buno kahani Ek tha raja Ek thi rani". Followed by another activity where we made a butterfly using our hands and sang "Ek thi titli". She urged us to always listen and tell our own stories as it will play a vital role in our personal development. We even discussed matriarchal society practiced in various states of India like Kerala and other northwestern states and how literacy rates are higher in such regions. The session was attended by 329 students(199 females).

On 23 September, 2022 a special session was conducted by Mr. Romey Kumar on the topic "Using criticism in a positive manner". Mr. Romey very conveniently made students understand how to use criticism in a positive manner, how not to get too much affected by it. Students discussed with him how they can stay calm if they are facing constant criticism from everywhere and how this criticism is good for them. The session was attended by 73 students (22 Females).

Dr. Rita Jain

Dr. Sanjay Kumar Sharma

Coordinator

Co-Coordinator

Dr. Pooja Bansal

Ms. Neera Pal

Member

Member

A GLANCE INTO THE SESSIONS:

Orientation by Dr Devender Kumar Gupta:



"Self-Awareness & Self Esteem" by Mr Govind Mishra:



"Critical / Creative thinking" by Ms Meenu Bhargava:



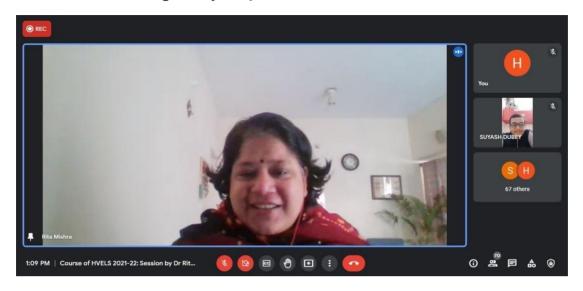
"Social & Political Responsibility" by Dr Ajay Kumar Sharma:



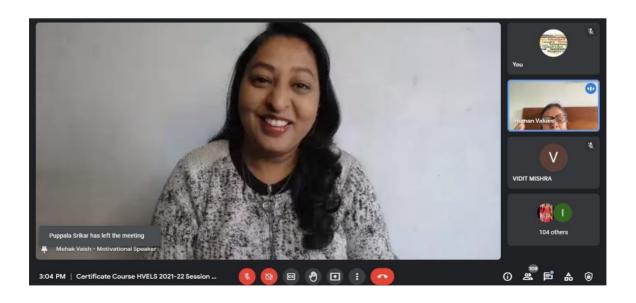
"Emotional Intelligence" by Mr Suneel Keswani:



"Tolerance & Equality" by Rita Mishra:



"Anger & Stress Management" by Ms Mahak Vaish:



"Choices and decisions"



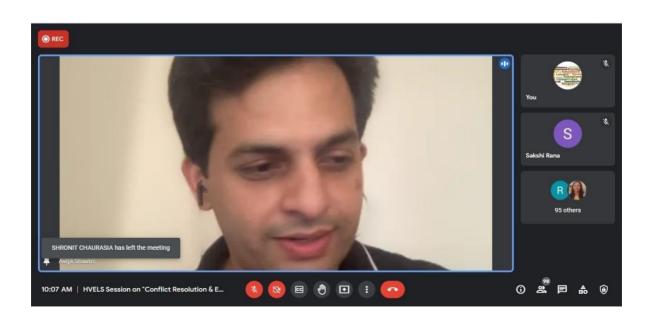
"Harmony in society"



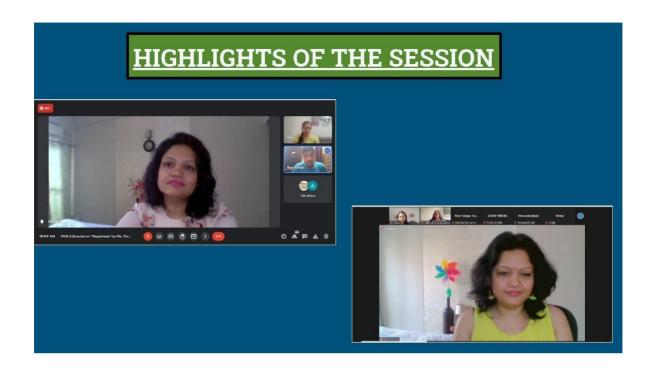
"EMOTIONAL WELL BEING: KEY TO SUCCESS"



"CONFLICT RESOLUTION AND EMPATHY"



"Happiness"



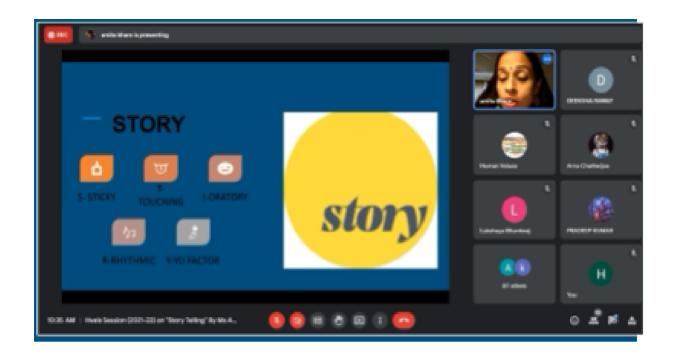
"Communication & Negotiations"



"Ethics"



"Story Telling"



"USING CRITICISM IN A POSITIVE MANNER"



Ram Lal Anand College

University of Delhi Centre for Human values, Ethics and Life Skill

Schedule: 2021-2022

Semester 1

	Date & Time	Topic	Group	Speaker
December				
Saturday	04.12.21 3-5 pm	Orientation Human Values	For Students of all courses	Dr Devender Kumar Gupta, Founder Ladli foundation

Wednesday	08.12.21 3-5 pm	Self-Awareness & Self Esteem	G-1	Mr Govind Mishra
Thursday	09.12.21 3-5 pm	Self-Awareness & Self Esteem	G-2	Mr Govind Mishra
Friday	10.12.21 1-3 pm	Self-Awareness & Self Esteem	G-3	Mr Govind Mishra
Wednesday	22.12.21 3-5 pm	Critical Thinking/Creative Thinking	G-1	Ms Meenu Bhargava
Thursday	23.12.21 3-5 pm	Critical Thinking/Creative Thinking	G-2	Ms Meenu Bhargava
Friday	24.12.21 1-3 pm	Critical Thinking/Creative Thinking	G-3	Ms Meenu Bhargava
January				
Wednesday	05.01.22 3-5 pm	Social & Political Responsibility	G-1	Dr Ajay Kumar Sharma
Thursday	06.01.22 3-5 pm	Social & Political Responsibility	G-2	Dr Ajay Kumar Sharma
Friday	07.01.22 1-3 pm	Social & Political Responsibility	G-3	Dr Ajay Kumar Sharma
Wednesday	19.01.22 3-5 pm	Emotional Intelligence	G-1	Mr Suneel Keswani
Thursday	20.01.22 3-5 pm	Emotional Intelligence	G-2	Mr Suneel Keswani
Friday	21.01.22 1-3 pm	Emotional Intelligence	G-3	Mr Suneel Keswani
February				
Wednesday	02.02.22 3-5 pm	Tolerance & Equality	G-1	Dr Rita Misra
Thursday	03.02.22 3-5 pm	Tolerance & Equality	G-2	Dr Rita Misra
Friday	04.02.22 1-3 pm	Tolerance & Equality	G-3	Dr Rita Misra
Wednesday	16.02.22 3-5 pm	Anger and Stress Management	G-1	Ms Mahak Vaish
Thursday	17.02.22 3-5 pm	Anger and Stress Management	G-2	Ms Mahak Vaish
Friday	18.02.22 1-3 pm	Anger and Stress Management	G-3	Ms Mahak Vaish

G-1: B. A. (P) / History/ B. Com. (H) / English / BMS/ Statistics/ Geology (Wednesday: 3-5 pm) G-2: Computer Science / Mathematics/ Microbiology / Political Science (Thursday: 3-5 pm)

G-3: B. Com. (P) / BJMC/ Hindi (**Friday: 1-3 pm**)

	Date & Time	Topic	Group	Speaker
April				
Saturday	09.04.22 10-12 noon	Choices and Decisions	G-1	Dr Bhavna Barmi
Saturday	16.04.22 10-12 noon	Choices and Decisions	G-2	Dr Bhavna Barmi
Saturday	23.04.22 10-12 noon	Harmony in Society	G-1	Ms Anuja Roy
Saturday	30.04.22 10-12 noon	Harmony in Society	G-2	Ms Anuja Roy
May				
Saturday	07.05.22 10-12 noon	Conflict Resolution and empathy	G-1	Mr Abhijit
Saturday	14.05.22 10-12 noon	Conflict Resolution and empathy	G-2	Mr Abhijit
Saturday	21.05.22 10-12 noon	Happiness	G-1	Ms Divya Shah
Saturday	28.05.22 10-12 noon	Happiness	G-2	Ms Divya Shah
June				
Saturday	04.06.22 10-12 noon	Communication & Negotiations	G-1	Mr Rahul Kapoor
Saturday	11.06.22 10-12 noon	Communication & Negotiations	G-2	Mr Rahul Kapoor
Saturday	18.06.22 10-12 noon	Ethics	G-1	Dr Seema Gupta
Saturday	25.06.22 10-12 noon	Ethics	G-2	Dr Seema Gupta
July				
Saturday	02.07.22	Story Telling	G-1	Ms Amita Khare
Saturday	09.07.22	Story Telling	G-2	Ms Amita Khare

G-1: B. A. (P) / History /English / BMS/ Statistics/ Computer Science / BJMC

G-2: B. Com. (P) / Hindi / Mathematics/ Microbiology / Political Science / B. Com. (H) / Geology

Beligher

Dr Rita Jain Co-ordinator Dr Rakesh Kumar Gupta Principal

Rought 2

Course on Human Values, Ethics and Life Skills-2021-22

List of students completed Course

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