



Janki Devi Memorial College, University of Delhi

Human Development and Family Empowerment

Under the Aegis of

**JDMC-IQAC Centre for Career Counselling, Career Opportunity, and Skill Enhancement
and**

JDMC-IQAC Centre for Extension and Outreach Activities

Add on Course Title - Self Enhancement Enabling Development (seed): A Life skill course

Offered by- The Department of Human Development and Family Empowerment under the aegis of JDMC-IQAC Centre for Career Counselling, Career Opportunity, and Skill Enhancement and JDMC-IQAC Centre for Extension and Outreach Activities

Date of Commencement - September 2nd, 2021

Date of Ending of the course - October 28th, 2021

The Department of Human Development and Family Empowerment under the aegis of JDMC-IQAC Centre for Career Counselling, Career Opportunity, and Skill Enhancement and JDMC-IQAC Centre for Extension and Outreach Activities organized an add on course (30hrs) on 'Self Enhancement Enabling Development (SEED) from September 2nd, 2021 to October 28th, 2021. The teacher coordinators for this course were Ms. Nirmala Muralidhar (Department of HDFE), Dr. Ruby Bhardwaj (Department of Sociology) and Ms. Perna Butta (Department of HDFE). The course was designed in consultation with the veterans in the industry with experience in community service. Various topics were covered in this course like, communication skills, positive thinking, stress management, management, Critical thinking, and emotional resilience to name a few. All the sessions were very engaging and informative.

For this Add on course we invited various experts. The details of each session is given below:-

SESSION	DATE	DAY	TITLE	SPEAKER
Session 1	2 nd September,2021	Thursday	Powering Me	K.S. Ramanan
Session 2	7 th September, 2021	Tuesday	Success Mantra	Soma Sajeewan
Session 3	9 th September, 2021	Thursday	Mindfulness	Nakkeeran T, Ramya Menon & Yogesh
Session 4	14 th September, 2021	Tuesday	Plan your life	Nakkeeran T
Session 5	16 th September, 2021	Thursday	Back to Basics	V. Sundara Bharathi
Session 6	21 st September, 2021	Tuesday	Manage Effectively	Soma Sajeewan
Session 7	23 rd September, 2021	Thursday	Passion at Work	S. Bhanu Kumar
Session 8	28 th September, 2021	Tuesday	Nudge Yourself	Nakkeeran T
Session 9	30 th September, 2021	Thursday	Story Telling	S. Bhanu Kumar
Session 10	5 th October, 2021	Tuesday	Analytical thinking	S. Bhanu Kumar
Session 11	7 th October, 2021	Thursday	Time is Money	V. Sundara Bharathi
Session 12	19 th October, 2021	Tuesday	Effectiveness is the key to success	Vijayanthi Jagannathan
Session 13	21 st October, 2021	Thursday	Campus to Corporate	Vijayanthi Jagannathan
Session 14	26 th October, 2021	Tuesday	Become a Better YOU	Jayashree Sundaresan
Session 15	28 th October, 2021	Thursday	Assessment and Valedictory Session	-

Outline and Output of course

Life skills are the skills that an individual requires to deal effectively with the everyday challenges in various domains – be it in school, college, work place, home, community and so on.

This is a Life Skill course was designed and offered with the aim:

- To help each participant know their purpose of living and succeed in their purpose.
- To enable the participants to think logically, learn implementation skills and enable them to succeed.
- To enhance the overall personality of the participants – Communication, Managing Time, Coping with Stress, Positive Thinking, Working with Passion, Branding – all critical aspects for the survival in the industry.
- To give the participants an edge over college education for them to succeed in life – Be Humane with Humans.

It was a successful course.

Evaluation Method

On the last day of the course (Session 15) - an Assessment test, based on various sessions was shared with all the participants (MCQs).

Modules/Units along with Learning Outcomes for each module:

S.No.	TITLE	LEARNING OUTCOMES
1.	Powering Me (Inaugural session)	- An overview of Life skills and its need - focus on taking charge in career and life in general
2.	Success Mantra	- To understand the aspects around Positive thinking, Self confidence
3.	Mindfulness	- To understand the importance of being aware and present in the moment, with acceptance and without judgment.
4.	Plan your life	- To understand the art of Career Sculpting
5.	Back to Basics	- To understand the communication & Presentation Skills and its importance in day to day life
6.	Manage Effectively	- To understand the concept of stress, Stress Management & Road to Success
7.	Passion at Work	- Imparting the criticality of do what you like and like what you do
8.	Nudge Yourself	- To understand How to excel - Emotional Resilience, Problem Solving & Interpersonal Skills
9.	Story Telling	- The Corporate Story telling techniques
10.	Analytical thinking	- To understand the concept of Critical thinking, creative thinking and decision making
11.	Time is Money	- To understand the importance of Time Management – Key to living
12.	Effectiveness is the key to success	- Personal Effectiveness in all areas
13.	Campus to Corporate	- To understand the nuances around corporate life - Transition from student life to corporate
14.	Become a Better YOU	- To understand the ways to become a better version of oneself. - Striving for excellence
15.	Assessment and Valedictory Session	- Participants were given an assessment test based on the various sessions held

		- Feedback was taken from the participants-their takeaways from various session held
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You tube Links of the Sessions (SEED)

Session 1 – Powering me (September 2nd, 2021) by Mr K S Ramanan - <https://youtu.be/YZH7V2k2RHY>

Session 2 - Success Mantra (Sept 7th, 2021) by Mr Soma Sajeevan - <https://youtu.be/Ouy6d6fgROU>

Session 3 – Mindfulness (September 9th, 2021) by Mr Nakkeeran T, Ms. Ramya Menon & Mr Yogesh - <https://youtu.be/55MaSaAdBm4>

Session 4 – Plan Your Life (September 14th, 2021) by Mr Nakkeeran T - <https://youtu.be/2B8SV4DHQYU>

Session 5 – Back to Basics (September 16th, 2021) by Mr V Sundara Bharathi - <https://youtu.be/QfEYTJseqac>

Session 6 – Manage Effectively (September 21st, 2021) by Mr. Soma Sajeevan - <https://youtu.be/4O-rkJtD5a8>

Session 7 - Passion at Work (September 23rd, 2021) by Mr S. Bhanu Kumar - <https://youtu.be/ECw9Rw5vRyw>

Session 8 – Nudge Yourself (September 28th, 2021) by Mr Nakkeeran T - <https://youtu.be/ijebtGyQT1U>

Session 9 - Story Telling (September 30th, 2021) by Mr. Bhanu Kumar - <https://youtu.be/BaQZahSN5FQ>

Session 10 - Analytical Thinking (October 5th, 2021) by Mr Bhanu Kumar - <https://youtu.be/TRvUifC3TT8>

Session 11 - Time is Money (October 7th, 2021) by Mr V. Sundara Bharathi - <https://youtu.be/G0WBt0jLljk>

Session 12 - Effectiveness is the key to success (October 19th, 2021) by Ms. Vijayanthi Jagannathan - <https://youtu.be/ZBjb6uu61d4>

Session 13 - Campus to Corporate (October 21st, 2021) by Ms. Vijayanthi Jagannathan - <https://youtu.be/1GhM06lzCp8>

Session 14 - Become a Better You (October 26th, 2021) by Ms. Jayashree Sundaresan - https://youtu.be/O_OSQpxecmo

Session 15 - Assessment and Valedictory Session (October 28th, 2021) - <https://youtu.be/1qAoYCpgakM>

Strong and weak points of course

Strong Points	Weak Points
- We invited experts having decades of experience in the industry and community service	- The course would have been more effective if it was organized in physical mode
- An attempt: Academia and Industry coming together	
- Keeping the Covid situation in mind, this course was offered free of Cost.	

Number of Participants

NUMBER OF PARTICIPANTS ENROLLED IN THE COURSE			
S.N.O	Name of the Institution	Students	Faculty
1.	Janki Devi Memorial College	85	1
2.	Shyama Prasad Mukherji College	6	3
3.	Indraprastha college for Women	9	1
4.	Chaudhary Charan Singh University	1	0
5.	Jesus and Mary College	1	0
Total	107	102	5

NUMBER OF PARTICIPANTS COMPLETED THE COURSE			
S.N.O	Name of the Institution	Students	Faculty
1.	Janki Devi Memorial College	79	1
2.	Shyama Prasad Mukherji College	5	3
3.	Indraprastha college for Women	9	1
4.	Chaudhary Charan Singh University	1	0
5.	Jesus and Mary College	1	0
TOTAL	100	95	5

Course fee and total amount

Keeping the Covid situation in mind, this course was offered **free of Cost** as an outreach activity.

Brochure



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University of Delhi

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Presents
An Add on course (30 hours)
on
Self Enhancement Enabling Development (SEED)
A Life Skill Course



Ms. Nirmala Muralidhar
(Department of HDPE)
Dr. Ruby Bhardwaj
(Department of Sociology)
Ms. Prerna Butta
(Department of HDPE)
TEACHER COORDINATORS

Anchal Kapoor
(Department of HDPE)
Vidhi Jain
(Department of HDPE)
STUDENT COORDINATORS

Prof. Swati Pal
Principal, JDMC

Course Background

Life skills are the skills that an individual requires to deal effectively with the everyday challenges in various domains – be it in school, college, work place, home, community and so on.

- This is a Life Skill course that will help each participant to know their purpose of living and succeed in their purpose.
- The modules will enable the participants to think logically, learn implementation skills and enable them to succeed.
- The sessions will enhance the overall personality of the participants – Communication, Managing Time, Coping with Stress, Positive Thinking, Working with Passion, Branding – all critical aspects for the survival in the industry.
- The purpose of this value added course is to give the participants an edge over college education for them to succeed in life – *Be Humane with Humans.*

Course Facilitation

Mr. N.C. Balachandran, Senior consultant, corporate relations, Knowledge Institute of Technology, Salem, Tamil Nadu, has meticulously facilitated the initiation of the course by suggesting experts from the industry as resource persons.

Course Designing

Mr. S. Bhanu Kumar, Industry Veteran and Founder Director ARRA Associates has actively guided and supported us in structuring and designing the course content.

The course has been formulated and designed in collaboration with experts having decades of experience in the industry and community service.

Course Coverage (15 Sessions of 2 hours each)

Session 1: Inaugural session, Key note address – Need for Life skills & Powering Me	Sets the tone for the program This is a motivational session which will focus on taking charge in career and life in general
Session 2: Success Mantra	Focus - Aspects around Positive thinking, Self confidence
Session 3: Back to Basics	Focus - Communication & Presentation Skills and its importance in day to day life- Student, Employee, Leader...
Session 4: Plan your life	Focus - Career Sculpting
Session 5: Manage Effectively	Focus - Stress Management & Road to Success
Session 6: Time is Money	Focus - Time Management – Key to living
Session 7: Passion at Work	Focus - Imparting the criticality of do what you like and like what you do
Session 8: Nudge Yourself	Focus - How to excel - Emotional Resilience, Problem Solving & Interpersonal Skills
Session 9: Effectiveness is the key to success	Focus - Personal Effectiveness in all areas
Session 10: Story Telling	Focus - The Corporate Story telling techniques
Session 11: Campus to Corporate	Focus - Nuances around corporate life, transition from student life to corporate
Session 12: Analytical thinking	Focus - Critical thinking, creative thinking and decision making
Session 13: Mindfulness	Focus - Being aware and present in the moment, with acceptance and without judgment.
Session 14: Become a Better YOU	Focus on striving for excellence
Session 15: Assessment and Valedictory Session	An assessment form will be shared. Completion of assessment will be mandatory for all the participants

Resource Persons: Academia and Industry coming together



N.C. BALACHANDRAN
Senior consultant, corporate relations, Knowledge Institute of Technology, Salem, Tamil Nadu
Facilitator for the Course



S. BHANU KUMAR
Founder Director ARRA Associates
An Industry Veteran
Mentor for Structuring and Designing the Course



K.S. RAMANAN
Independent Learning & Development consultant - Facilitator & Coach



SOMA SAJEEVAN
Mentor experience (over 25+ yrs)
Played leadership roles in major organizations. Currently Consulting, Coaching, Mentoring, Training and Counselling individuals & companies.



V. SUNDARA BHARATHI
Currently working as P.G. Assistant in English and Academic Secretary in Velankanni Group of Schools, Chennai and Nellore, Tamilnadu



NAKITERANT
He has 23 years of corporate training, Certified Coach (ICF), Master Facilitator, Mentor, Counsellor, Change Catalyst, Author, Speaker, Thought leader, Community worker, Academic development partner



VIJAYANTHI JAGANNATHAN
HRD Consultant and Soft Skills Trainer



RAMYA MENON & YOGESH
- Certified NLP practitioner, Certified Sound healer, Trained Bharathanatyam dancer.
- Corporate therapist and a Sound Healing trainer



JAYASHREE SUNDARESAN
Director, PayPal, Transformational Servant Leader and a Fearless Optimist

Duration of the course

September, 2021 to October, 2021 (30 hours duration)

Eligibility Criteria

- Undergraduates from all the disciplines and any course can join this course as it is multidisciplinary in nature and focuses on skill enhancement for career and everyday life.
- Attendance in all the sessions will be mandatory.

Course Fees

Keeping the Covid situation in mind, this course is being offered **free of Cost** as an outreach activity

Some Rules for E-certificate

- Attendance in all the sessions will be mandatory
- Attendance and feedback link will be generated for each session. It will be mandatory for all the participants to fill it
- All the participants will be given an e-certificates after the completion of the assessment at the end of the course.



Posters

Janki Devi Memorial College
University of Delhi

Human Development And Family Empowerment
Under the Aegis of
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Presents
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A Life Skill Course

COURSE FEE- NIL	TUESDAY and THURSDAY 4:00PM	FIRST COME FIRST SERVE	
Session details (Sept-Oct 2021)	Powering Me Success Mantra Mindfulness Plan Your Life Back to Basics	Manage Effectively Passion at Work Nudge Yourself Story Telling Analytical Thinking	Time is Money Effectiveness is the key to success Campus to Corporate Become a Better YOU Assessment and Valedictory Session

Ms. Nirmala Muralidhar
(Department of HDE)
Dr. Ruby Bhardwaj
(Department of Sociology)
Ms. Purna Butta
(Department of HDE)
Teacher Coordinators

Anchal Kapoor
(Department of HDE)
Vidhi Jain
(Department of HDE)
Student Coordinators

Prof. Swati Pal
Principal, JDMC

Main Poster with titles of all the sessions

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Session-2 "Success Mantra"

Soma Sajeevan
Mentor, Trainer, Counselor & Coach for
Individuals and Companies
7th September, 2021, 4.00pm

Ms. Nirmala Muralidhar
(Department of HDE)
Dr. Ruby Bhardwaj
(Department of Sociology)
Ms. Purna Butta
(Department of HDE)
Teacher Coordinators

Anchal Kapoor
(Department of HDE)
Vidhi Jain
(Department of HDE)
Student Coordinators

Prof. Swati Pal
Principal, JDMC

Session 2 – Success Mantra – September 7th, 2021

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Session-1 "Powering Me"

K.S. Ramanan
Independent Learning & Development consultant-
Facilitator & Coach.
2nd September, 2021, 4.00pm

Ms. Nirmala Muralidhar
(Department of HDE)
Dr. Ruby Bhardwaj
(Department of Sociology)
Ms. Purna Butta
(Department of HDE)
Teacher Coordinators

Anchal Kapoor
(Department of HDE)
Vidhi Jain
(Department of HDE)
Student Coordinators

Prof. Swati Pal
Principal, JDMC

Session 1 Powering me - September 2nd, 2021

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Session-3 "Mindfulness"

Nakkeeran T
33 years of corporate training, Certified Coach (ICF), Master Facilitator,
Mentor, Counsellor, Change Catalyst, Author, Speaker, Thought
leader, Community worker, Academic development partner

Ramya Menon & Yogesh
- Certified NLP practitioner, Certified Sound healer,
Trained Bharatanatyam dancer,
- Corporate therapist and a SoundHealing trainer

9th September, 2021, 4.00 pm

Ms. Nirmala Muralidhar
(Department of HDE)
Dr. Ruby Bhardwaj
(Department of Sociology)
Ms. Purna Butta
(Department of HDE)
Teacher Coordinators

Anchal Kapoor
(Department of HDE)
Vidhi Jain
(Department of HDE)
Student Coordinators

Prof. Swati Pal
Principal, JDMC

Session 3: Mindfulness– September 9th, 2021


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 University of Delhi
 

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 On
Self Enhancement Enabling Development (SEED)
 A Life Skill Course

Session-4 "Plan Your Life"



Nakkeeran T
33 years of Corporate Training, Certified Coach (ICF),
 Master Facilitator, Mentor, Counsellor, Change Catalyst,
 Author, Speaker, Thought leader, Community worker,
 Academic Development Partner.

14th September, 2021, 4.00 pm

Ms. Nirmala Muralidhar
(Department of -HDFE)
Dr. Ruby Bhardwaj
(Department of Sociology)
Ms. Purna Butta
(Department of HDFE)
Teacher Coordinators

Anchal Kapoor
(Department of -HDFE)
 Contact no. 8920415345
Vidhi Jain
(Department of -HDFE)
 Contact no. 8130082112
Student Coordinators

Prof. Swati Pal
Principal, JDMC

Session 4 - Plan your life – September 14th, 2021


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 A Life Skill Course

Session-5 "Back to Basics"



V. Sundara Bharathi
P.G. Assistant in English, and Academic Secretary in
 Velankanni Group of Schools, Chennai and Nellore,
 Tamilnadu

16th September, 2021, 4.00 pm

Ms. Nirmala Muralidhar
(Department of -HDFE)
Dr. Ruby Bhardwaj
(Department of Sociology)
Ms. Purna Butta
(Department of HDFE)
Teacher Coordinators

Anchal Kapoor
(Department of -HDFE)
 Contact no. 8920415345
Vidhi Jain
(Department of -HDFE)
 Contact no. 8130082112
Student Coordinators

Prof. Swati Pal
Principal, JDMC

Session 5 – Back to Basics – September 16th, 2021


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 On
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Session 6- "Manage Effectively"



Soma Sajeevan
Mentoring, training and counselling individuals and companies,
 Consultant & Coach.

21 SEPTEMBER 2021, 4:00 PM.

Ms. Nirmala Muralidhar
(Department of HDFE)
Dr. Ruby Bhardwaj
(Department of Sociology)
Ms. Purna Butta
(Department of HDFE)
Teacher coordinators

Anchal Kapoor
(Department of HDFE)
 Contact no. - 8920415345
Vidhi Jain
(Department of HDFE)
 Contact no. - 8130082112
Student coordinators

Prof. Swati Pal
Principal, JDMC

Session 6 – Manage Effectively – September 21st, 2021


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 A Life Skill Course

Session 7- "Passion at Work"



S. Bhanu Kumar
Founder Director ARRA Associates,
 Technology Expert, Social Contributor & Mentor.

23 September, 2021: 4:00 pm.

Ms. Nirmala Muralidhar
(Department of HDFE)
Dr. Ruby Bhardwaj
(Department of Sociology)
Ms. Purna Butta
(Department of HDFE)
Teacher coordinators

Anchal Kapoor
(Department of HDFE)
 Contact no. - 8920415345
Vidhi Jain
(Department of HDFE)
 Contact no. - 8130082112
Student coordinators

Prof. Swati Pal
Principal, JDMC

Session 7 – Passion at work – September 23rd, 2021



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Session 8- "Nudge Yourself"



Nakkeeran Thangiah
 Certified coach, Master facilitator, Mentor,
 Counsellor, Author, Speaker & Community worker.

28 September, 2021 ; 4:00pm

Ms. Nirmala Muralidhar
(Department of HDPE)

Dr. Ruby Bhardwaj
(Department of Sociology)

Ms. Purna Butta
(Department of HDPE)

Teacher coordinators

Anchal Kapoor
(Department of HDPE)
Contact no.- 8920415345

Vidhi Jain
(Department of HDPE)
Contact no.- 8130082112

Student coordinators

Prof. Swati Pal
Principal, JDMC

Session 8 – Nudge Yourself – September 28th, 2021



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SESSION 9- "STORY TELLING"



S Bhanu Kumar
 Founder Director ARRA Associates,
 Technology Expert, Social Contributor & Mentor

30th September 2021 ; 4:00 pm

Ms. Nirmala Muralidhar
(Department of HDPE)

Dr. Ruby Bhardwaj
(Department of Sociology)

Ms. Purna Butta
(Department of HDPE)

Teacher coordinators

Anchal Kapoor
(Department of HDPE)
Contact no.- 8920415345

Vidhi Jain
(Department of HDPE)
Contact no.- 8130082112

Student coordinators

Prof. Swati Pal
Principal, JDMC

Session 9 – Story Telling – September 30th, 2021



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SESSION 10 – "ANALYTICAL THINKING"



S Bhanu Kumar
 Founder Director ARRA Associates,
 Technology Expert, Social Contributor & Mentor

5th October 2021 ; 4:00 pm

Ms. Nirmala Muralidhar
(Department of HDPE)

Dr. Ruby Bhardwaj
(Department of Sociology)

Ms. Purna Butta
(Department of HDPE)

Teacher coordinators

Anchal Kapoor
(Department of HDPE)
Contact no.- 8920415345

Vidhi Jain
(Department of HDPE)
Contact no.- 8130082112

Student coordinators

Prof. Swati Pal
Principal, JDMC

Session 10 – Analytical Thinking – October 5th, 2021



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On
Self Enhancement Enabling Development (SEED)
A Life Skill Course

Session 11- "Time is Money"



V. Sundara Bharathi
 P.G. Assistant in English, and Academic Secretary in
 Velankanni Group of Schools, Chennai and Nellore,
 Tamilnadu

7th October 2021 ; 4:00pm

Ms. Nirmala Muralidhar
(Department of HDPE)

Dr. Ruby Bhardwaj
(Department of Sociology)

Ms. Purna Butta
(Department of HDPE)

Teacher coordinators

Anchal Kapoor
(Department of HDPE)
Contact no.- 8920415345

Vidhi Jain
(Department of HDPE)
Contact no.- 8130082112

Student coordinators

Prof. Swati Pal
Principal, JDMC

Session 11 – Time is Money– October 7th, 2021



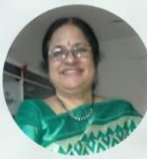
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Session 12- "Effectiveness is the key to success"



Vijayanthi Jagannathan
 HRD Consultant and
 Soft Skills Trainer

19th October, 2021: 4:00 pm.

Ms. Nirmala Muralidhar
(Department of HDFE)

Dr. Ruby Bhardwaj
(Department of Sociology)

Ms. Prerna Butta
(Department of HDFE)

Teacher coordinators

Anchal Kapoor
(Department of HDFE)
Contact no.- 8920415345

Vidhi Jain
(Department of HDFE)
Contact no.- 8130082112

Student coordinators

Prof. Swati Pal
Principal, JDMC

Session 12 – Effectiveness is the Key to Success–October 19th, 2021



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Session 13- "Campus to Corporate"



Vijayanthi Jagannathan
 HRD Consultant and
 Soft Skills Trainer

21ST OCTOBER, 2021: 4:00PM

Ms. Nirmala Muralidhar
(Department of HDFE)

Dr. Ruby Bhardwaj
(Department of Sociology)

Ms. Prerna Butta
(Department of HDFE)

Teacher coordinators

Anchal Kapoor
(Department of HDFE)
Contact no.- 8920415345

Vidhi Jain
(Department of HDFE)
Contact no.- 8130082112

Student coordinators

Prof. Swati Pal
Principal, JDMC

Session 13 – Campus to Corporate – October 21st, 2021



Janki Devi Memorial College
University of Delhi



Human Development and Family Empowerment
under the aegis of
JDMC-IQAC Centre for Career Counselling, Career Opportunity, and Skill Enhancement
and
JDMC-IQAC Centre for Extension and Outreach Activities.

Presents
An Add-on course (30 hours)
On
Self Enhancement Enabling Development (SEED)
A Life Skill Course

Session 14- "Become a Better YOU"



Jayashree Sundaresan
 Director, PayPal,
 Transformational Servant Leader &
 a fearless Optimist

26 OCTOBER 2021, 4:00 PM.

Ms. Nirmala Muralidhar
(Department of HDFE)

Dr. Ruby Bhardwaj
(Department of Sociology)

Ms. Prerna Butta
(Department of HDFE)

Teacher coordinators

Anchal Kapoor
(Department of HDFE)
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Vidhi Jain
(Department of HDFE)
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Student coordinators

Prof. Swati Pal
Principal, JDMC

Session 14–Become a better you– October 26th, 2021



Janki Devi Memorial College
University of Delhi



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An Add-on course (30 hours)
On
Self Enhancement Enabling Development (SEED)
A Life Skill Course

Session 15: "Assessment and Valedictory Session"

28 OCTOBER 2021, 4:00 PM.

Ms. Nirmala Muralidhar
(Department of HDFE)

Dr. Ruby Bhardwaj
(Department of Sociology)

Ms. Prerna Butta
(Department of HDFE)

Teacher coordinators

Anchal Kapoor
(Department of HDFE)
Contact no.- 8920415345

Vidhi Jain
(Department of HDFE)
Contact no.- 8130082112

Student coordinators

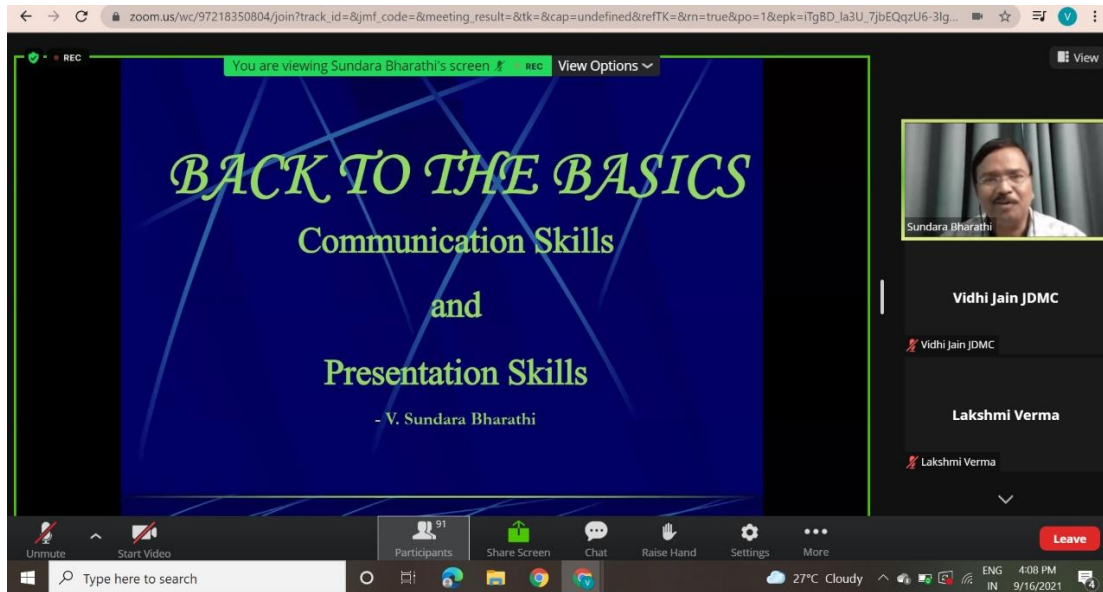
Prof. Swati Pal
Principal, JDMC

Session 15–Assessment and Valedictory Session–October 28th, 2021

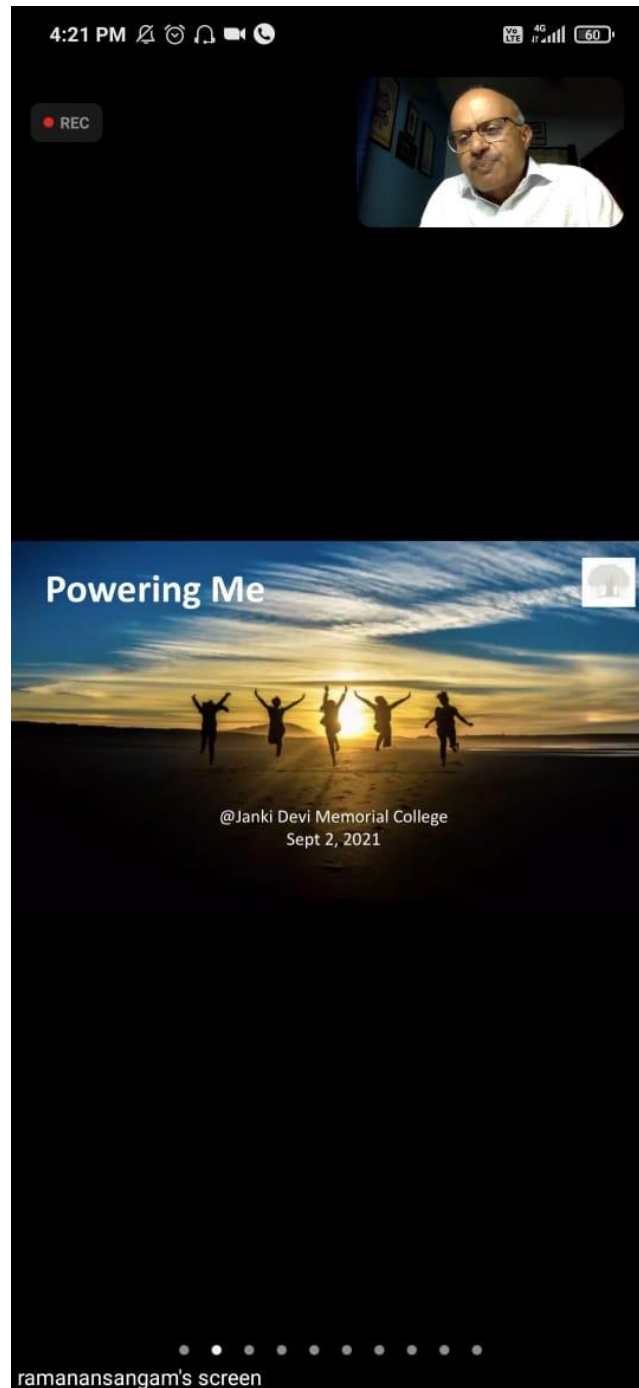
Future planning and Scope

We got a good response from the participants. We may plan to organize something related to Life skills in future.

Some Photographs



Session 5 - Back to Basic by Mr. V. Sundara Bharathi (16th September, 2021)



Session 1 - Powering Me by Mr. K.S. Ramanan (2nd September, 2021)

The screenshot shows a Zoom meeting interface. The main window displays a presentation slide titled "Situation – Opportunity - Resolution". The slide content is as follows:

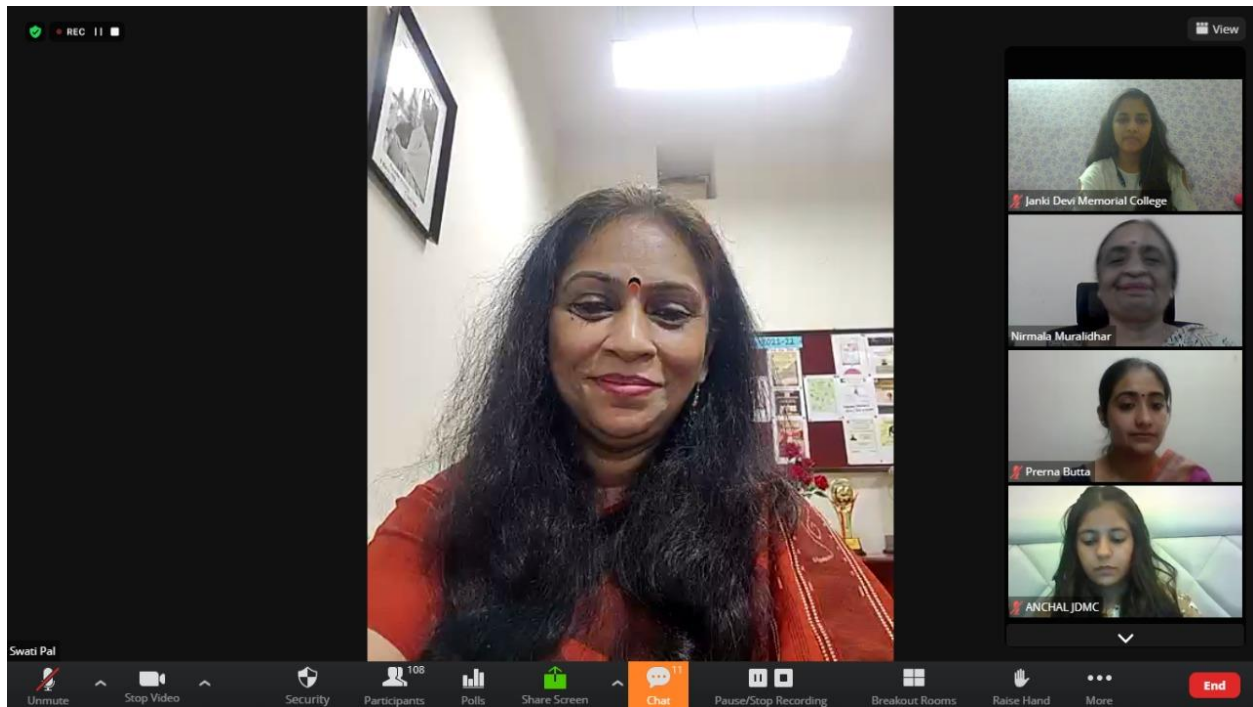
- Situation**: What's happening now. An unbiased view of the current conditions.
- Opportunity**: An alternative path if you wish to cast the presentation in a hopeful light.
- Resolution**: The proposed, product, service or solution that meets the challenges. Make sure you have evidences to add to credibility.

The slide also includes the ARRA logo, the website www.arra-associates.com, and contact information for Bhanu Kumar: Bhanu.kumar@Arra-Associates.com and +91-98407-10002. A video feed of Bhanu Kumar is visible in the top right corner. The Zoom toolbar at the bottom shows various controls like Unmute, Start Video, Security, Participants (110), Share Screen, Chat, Pause/Stop Recording, Raise Hand, Settings, More, and a red "Leave" button. The system tray at the very bottom shows the date and time as 5:14 PM on 9/30/2021.

Session 9 - Story Telling by Mr. S. Bhanu Kumar (30th September, 2021)

The screenshot shows a Zoom meeting interface. The main window displays a video feed of Jayashree Sundareshan, who is wearing glasses and a blue patterned top, sitting in front of a bookshelf. In the top left corner, there is a gallery view showing other participants: Janki Devi Memorial College, Perna Butta, and Anshika Goyal. The Zoom toolbar at the bottom includes controls like Unmute, Start Video, Security, Participants (5), Polls, Share Screen, Chat, Resume/Stop Recording, Raise Hand, More, and a red "End" button. The system tray at the bottom shows the date and time as 3:42 PM on 10/26/2021.

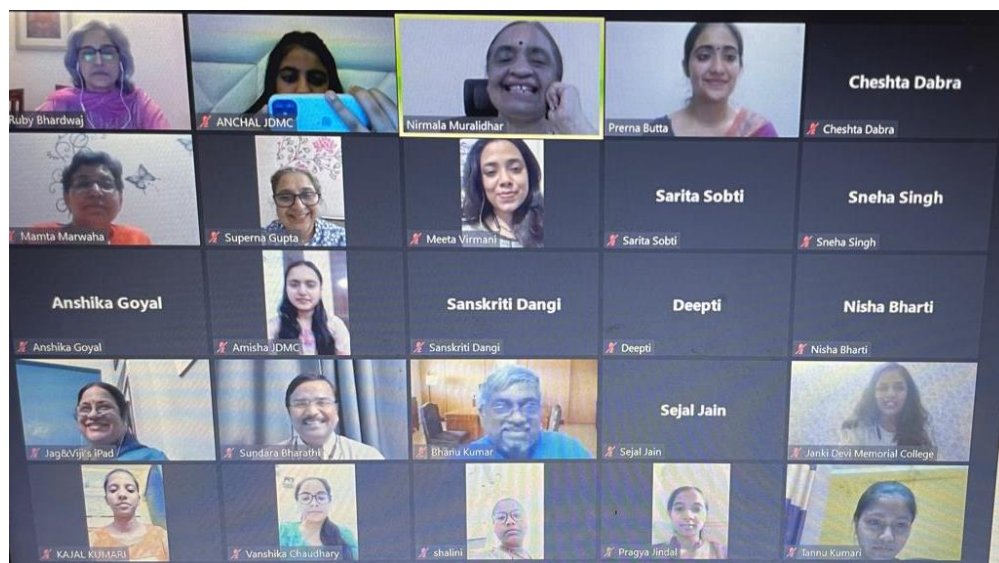
Session 14 - Become a Better YOU by Ms. Jayashree Sundareshan (26th October, 2021)



Session 15 - Assessment and Valedictory Session (28th October, 2021)



Session 15 - Assessment and Valedictory Session (28th October, 2021)



Session 15 - Assessment and Valedictory Session (28th October, 2021)

Sample copy of a Certificate





JANKI DEVI MEMORIAL COLLEGE
(University of Delhi)



Human Development and Family Empowerment

Under the Aegis of

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JDMC-IQAC Centre for Extension and Outreach Activities

CERTIFICATE OF COMPLETION

This is to certify that **SHRUTI** has participated and successfully completed the 30-hour online Add-on Course '**Self Enhancement Enabling Development (SEED): A Life Skill Course**' offered by Department of HDFE, Janki Devi Memorial College. The Course was conducted from 2nd September, 2021- 28th October, 2021.

She has obtained Grade: **A+**

N. Muralidhar

Ms. Nirmala Muralidhar
(Course Coordinator)

Ruby Bhardwaj

Dr. Ruby Bhardwaj
(Course Coordinator)

Prerna Butta

Ms. Prerna Butta
(Course Coordinator)

Jayanti Sahoo

Dr. Jayanti Sahoo
(Add-on Course
Convenor)

Sipu Jayswal

Dr. Sipu Jayswal
(Add-on Course
Convenor)

Shilpa Chaudhary

Dr. Shilpa Chaudhary
(IQAC Coordinator)

Swati Pal

Prof. Swati Pal
(Principal)

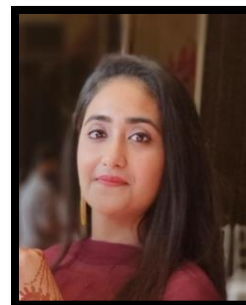
Course Coordinators



MS. NIRMALA MURALIDHAR
DEPARTMENT OF HDFE



DR. RUBY BHARDWAJ
DEPARTMENT OF
SOCIOLOGY



MS. PRERNA BUTTA
DEPARTMENT OF HDFE

Student Coordinators

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Vidhi Jain (Department of HDFE)

Ms. Nirmala Muralidhar
(Department of HDFE)

Dr. Ruby Bhardwaj
(Department of Sociology)

Ms. Perna Butta
(Department of HDFE)

COURSE COORDINATORS

Dr. Jayanti P. Sahoo Dr. Sipu Jayswal
(CONVENORS, ADD-ON COURSE COMMITTEE)

Dr. Shilpa Chaudhary
(IQAC COORDINATOR)

Prof. Swati Pal
(PRINCIPAL, JDMC)