

SELF ENHANCEMENT ENABLING DEVELOPMENT (SEED): A LIFE SKILL COURSE



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 COURSES SELF ENHANCEMENT ENABLING DEVELOPMENT (SEED):
A LIFE SKILL COURSE - SEPTEMBER 2ND, 2021 TO 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.

Course coordinators for this course were Ms. Nirmala Muralidhar (Department of HDFE), Dr. Ruby Bhardwaj (Department of Sociology) and Ms. Prerna Butta (Department of HDFE).

A total of 100 participants attended this add on course. Keeping the Covid situation in mind, this course was offered free of Cost as an outreach activity.

Duration – 30 hours

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

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

SESSIO N	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 Corporate to	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	-



**Janki Devi Memorial College
University of Delhi**



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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**

**COURSE
FEE- NIL**

**TUESDAY and
THURSDAY
4:00PM**

**FIRST COME
FIRST SERVE**

**Session details
(Sept-Oct 2021)**

Powering Me	Manage Effectively	Time is Money
Success Mantra	Passion at Work	Effectiveness is the key to success
Mindfulness	Nudge Yourself	Campus to Corporate
Plan Your Life	Story Telling	Become a Better YOU
Back to Basics	Analytical Thinking	Assessment and Valedictory Session

Ms. Nirmala Muralidhar
(Department of HDPE)

Dr. Ruby Bhardwaj
(Department of Sociology)

Ms. Perna Butta
(Department of HDPE)

Teacher Coordinators

Anchal Kapoor
(Department of HDPE)

Vidhi Jain
(Department of HDPE)

Student Coordinators

Prof. Swati Pal
Principal, JDMC

Poster-

Main Poster with titles of all the sessions (Add on Course on 'Self Enhancement Enabling

Development: A Life Skill Course')

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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. Prema Butta (Department of HDE)
Teacher Coordinators

Anchal Kapoor (Department of HDE)
Contact no. 8870415345
Vidhi Jain (Department of HDE)
Contact no. 8130082112
Student Coordinators

Prof. Swati Pal
Principal, JDMC

Session 1 Powering me (SEED) September 2nd, 2021

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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. Prema Butta (Department of HDE)
Teacher Coordinators

Anchal Kapoor (Department of HDE)
Contact no. 8870415345
Vidhi Jain (Department of HDE)
Contact no. 8130082112
Student Coordinators

Prof. Swati Pal
Principal, JDMC

Session 2 – Success Mantra (SEED) September 7th, 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 -CPE
Dr. Ruby Bhardwaj
Department of Sociology
Ms. Prema Butta
Department of HRH
Teacher Coordinators

Anchal Kapoor
Department of -CPE
Contact no. 8920415345
Vidhi Jain
Department of -CPE
Contact no. 8150082112
Student Coordinators

Prof. Swati Pal
Principal, JDMC

Session 3: Mindfulness (SEED) – September 9th, 2021

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Presents
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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 -CPE
Dr. Ruby Bhardwaj
Department of Sociology
Ms. Prema Butta
Department of HRH
Teacher Coordinators

Anchal Kapoor
Department of -CPE
Contact no. 8920415345
Vidhi Jain
Department of -CPE
Contact no. 8150082112
Student Coordinators

Prof. Swati Pal
Principal, JDMC

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


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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 HDE) Dr. Ruby Bhardwaj (Department of Sociology) Ms. Purna Butta (Department of HDE) Teacher Coordinators	Anchal Kapoor (Department of HDE) Contact no. 8920415345 Vidhi Jain (Department of HDE) Contact no. 8130082112 Student Coordinators	Prof. Swati Pal Principal, JDMC
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Session 5 – Back to Basics (SEED) – September 16th, 2021


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

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 HDE) Dr. Ruby Bhardwaj (Department of Sociology) Ms. Purna Butta (Department of HDE) Teacher coordinators	Anchal Kapoor (Department of HDE) Contact no.- 8920415345 Vidhi Jain (Department of HDE) Contact no.- 8130082112 Student coordinators	Prof. Swati Pal Principal, JDMC
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Session 6 – Manage Effectively (SEED) – September 21st, 2021

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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

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 HDPE)	Anchal Kapoor (Department of HDPE) Contact no. - 8920415345	Prof. Swati Pal Principal, JDMC
Dr. Ruby Bhardwaj (Department of Sociology)	Vidhi Jain (Department of HDPE)	
Ms. Prerna Butta (Department of HDPE)	Contact no. - 8130082112	
Teacher coordinators	Student coordinators	

Session 7 – Passion at work (SEED) – September 23rd, 2021

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University of Delhi

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Presents

An Add-on course (30 hours)
On
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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)	Anchal Kapoor (Department of HDPE) Contact no. - 8920415345	Prof. Swati Pal Principal, JDMC
Dr. Ruby Bhardwaj (Department of Sociology)	Vidhi Jain (Department of HDPE)	
Ms. Prerna Butta (Department of HDPE)	Contact no. - 8130082112	
Teacher coordinators	Student coordinators	

Session 8 – Nudge Yourself (SEED) – September 28th, 2021



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Presents

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A Life Skill Course

SESSION 9- "STORY TELLING"



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

30th September 2021 ; 4:00 pm

Teacher coordinators

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

Student coordinators

Anchal Kapoor
(Department of HDFE)
 Contact no. : 8920415345
Vidhi Jain
(Department of HDFE)
 Contact no. : 8130082112

Prof. Swati Pal
Principal, JDMC

Session 9 – Story Telling (SEED) – September 30th, 2021



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SESSION 10 - "ANALYTICAL THINKING"



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

5th October 2021 ; 4:00 pm

Teacher coordinators

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

Student coordinators

Anchal Kapoor
(Department of HDFE)
 Contact no. : 8920415345
Vidhi Jain
(Department of HDFE)
 Contact no. : 8130082112

Prof. Swati Pal
Principal, JDMC

Session 10 – Analytical Thinking (SEED) – October 5th, 2021



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Presents

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On
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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 (SEED) – October 7th, 2021



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Presents

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On
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A Life Skill Course

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 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 12 – Effectiveness is the Key to Success (SEED) – October 19th, 2021



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Presents

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

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. 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 13 – Campus to Corporate (SEED) – October 21st, 2021



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Presents

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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. 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 14 – Become a better you (SEED) – October 26th, 2021


Janki Devi Memorial College
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Presents
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)	Anchal Kapoor (Department of HDFE) Contact no.- 8920415345 Vidhi Jain (Department of HDFE) Contact no.- 8130082112	Prof. Swati Pal Principal, JDMC
Teacher coordinators	Student coordinators	

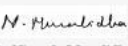
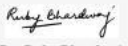
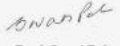
Session 15 – Assessment and Valedictory Session (SEED) – October 28th, 2021


JANKI DEVI MEMORIAL COLLEGE
(University of Delhi)


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CERTIFICATE OF COMPLETION

This is to certify that **ANANYA SHARMA** 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**

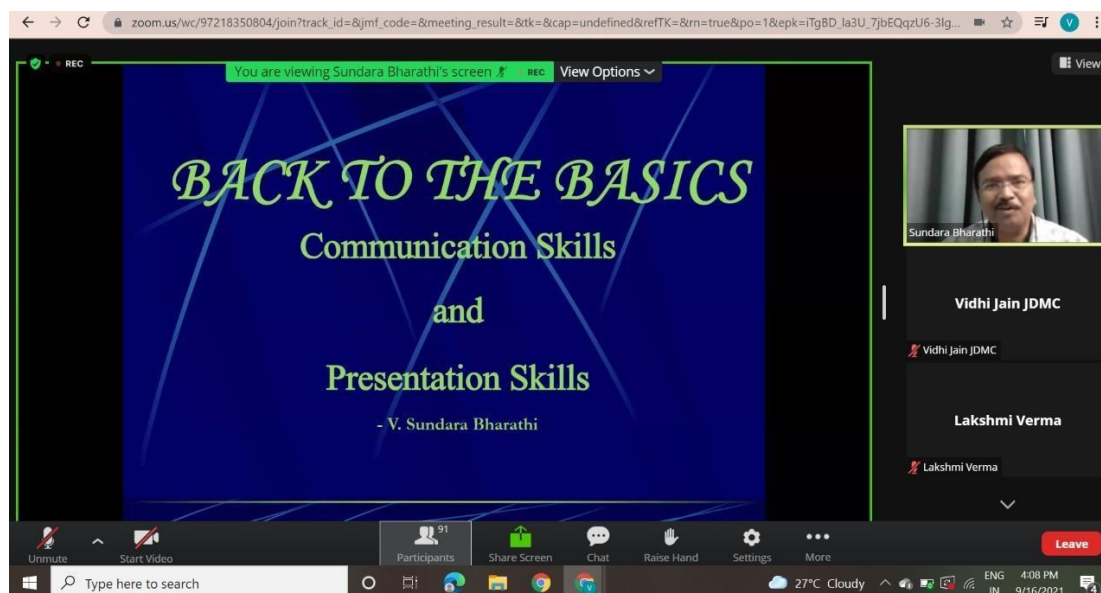
 Ms. Nirmala Muralidhar (Course Coordinator)	 Dr. Ruby Bhardwaj (Course Coordinator)	 Ms. Prerna Butta (Course Coordinator)	 Dr. Jayanti Sahoo (Add-on Course Convenor)	 Dr. Sipu Jayswal (Add-on Course Convenor)	 Dr. Shilpa Chaudhary (IQAC Coordinator)	 Prof. Swati Pal (Principal)
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Certificate for the participants

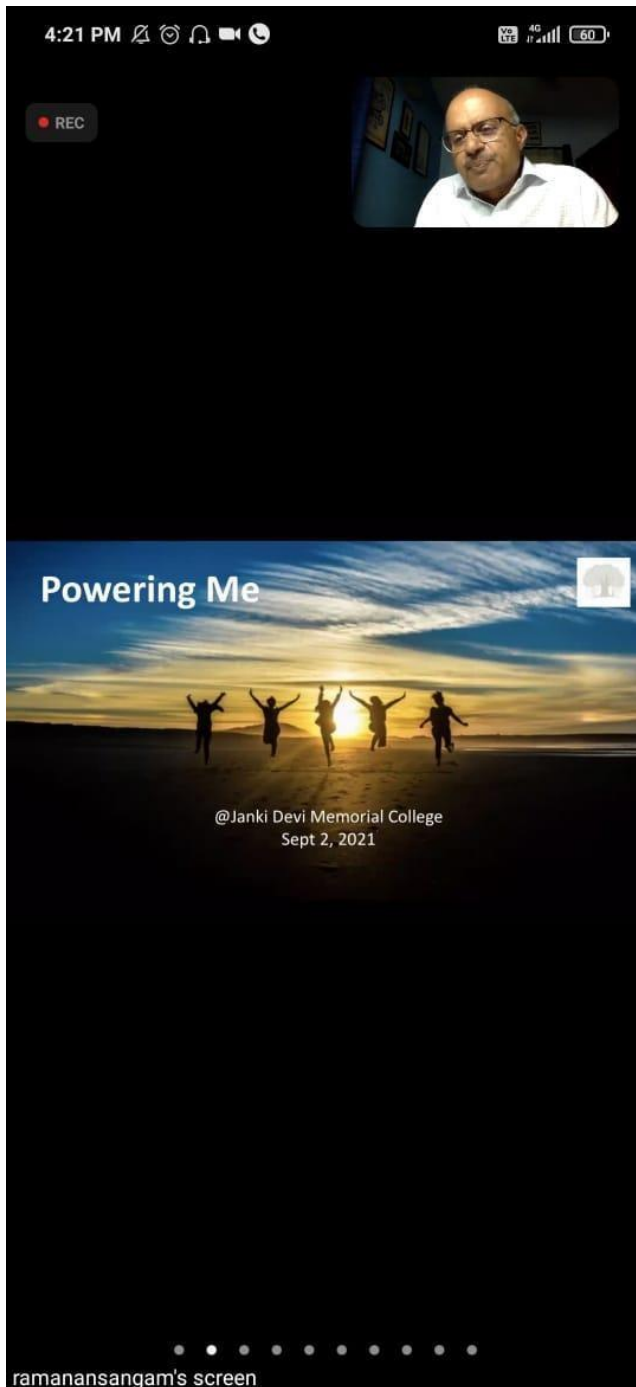


Certificate for the participants

SOME PICTURES



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**: Whats 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 features an illustration of a man in a purple shirt holding a laptop. At the bottom of the slide, it says "www.arra-associates.com" and "Bhanu.kumar@Arra-Associates.com +91-98407-10002".

On the right side of the Zoom window, there is a video feed of Mr. S. Bhanu Kumar, a man with glasses and a beard, wearing a green shirt.

The Zoom toolbar at the bottom includes buttons for 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 bottom right shows the date and time as 5:14 PM on 9/30/2021, along with weather and network icons.

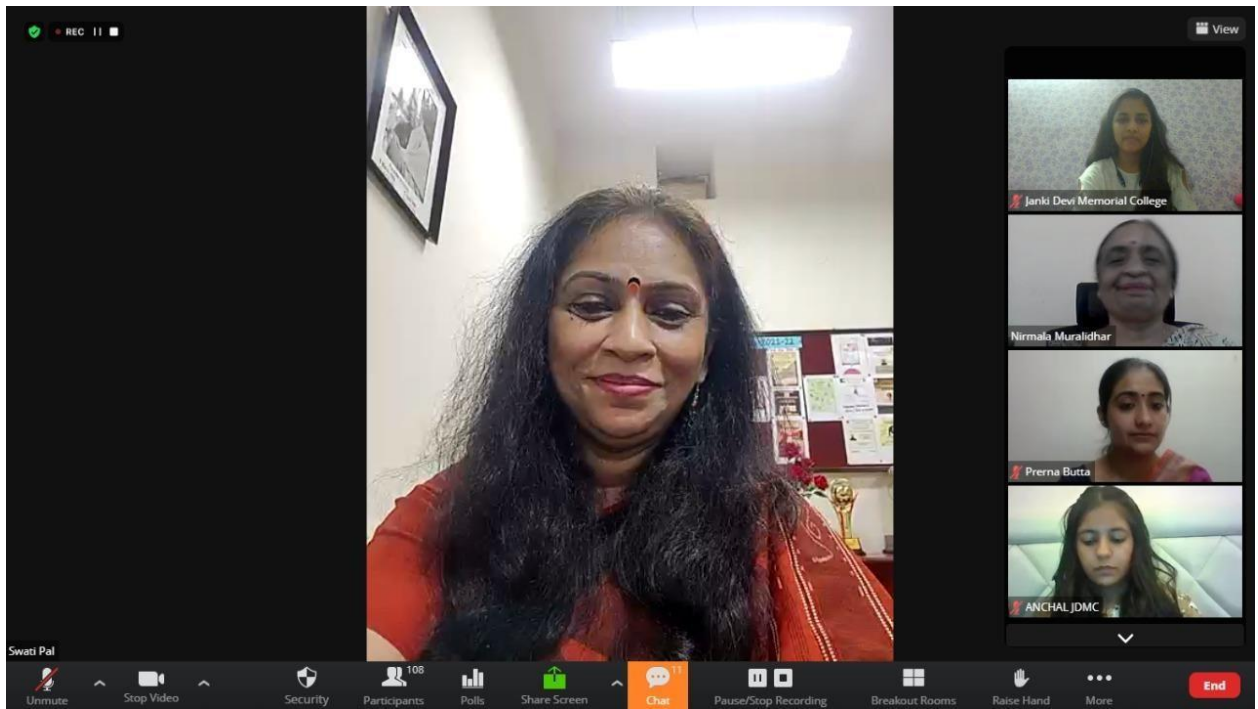
Session 9 - Story Telling by Mr. S. Bhanu Kumar (30th September, 2021)

The screenshot shows a Zoom meeting interface. The main window displays a video feed of Ms. Jayashree Sundaresan, a woman with glasses and dark hair, wearing a blue patterned top. She is positioned in front of a bookshelf.

At the top of the Zoom window, there is a list of participants: Janki Devi Memorial C..., Perna Butta, and Anshika Goyal. Below the names, there are small video thumbnails for each participant.

The Zoom toolbar at the bottom includes buttons for 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 right shows the date and time as 3:42 PM on 10/26/2021, along with weather and network icons.

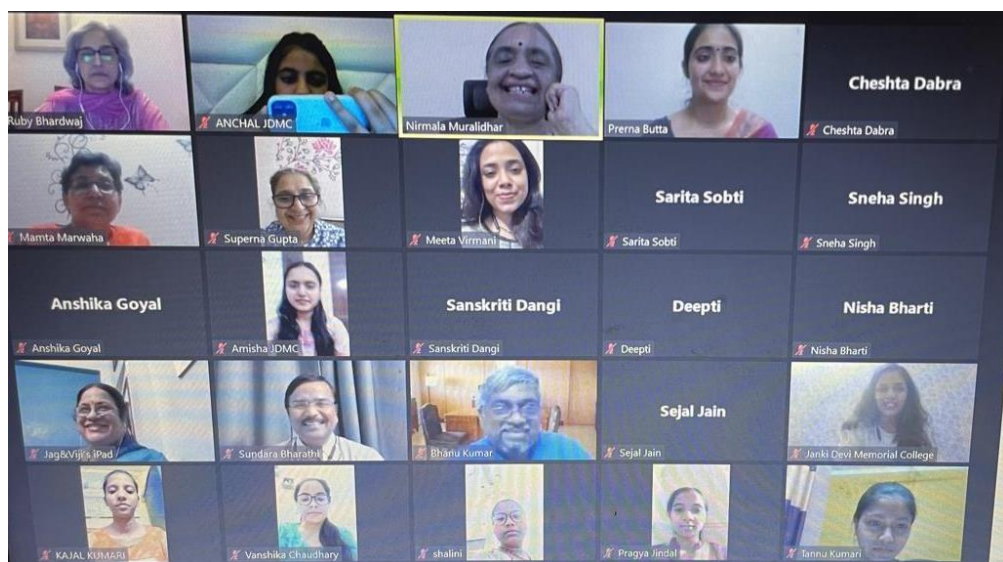
Session 14 - Become a Better YOU by Ms. Jayashree Sundaresan (26th October, 2021)



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)