

**Schedule for Value Added Course** 

SELF-MANAGEMENT

7-3-2024 to 19-3-2024

Day-1 (7-3-2024)

Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Dr Shally	Introduction about Self
Session -2	1:00-3:00 P.M Dr Shally	Dr Shally	Interactive activities and dialogue on self -awareness

#### Day-2 (9-3-2024)

Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Mrs. Pushpinder	Study session on Self-Motivation
		Kaur	
Session -2	1:00-3:00 P.M Dr Shally	Dr Shally	Questioning and Interactions

### Day-3 (11-3-2024)

Session	Duration	Resource Person	Activities
Session -1 12:00-1:00	- 1	Dr Saravjeet Kaur SWOT Analysis	SWOT Analysis
Session -2	1:00-3:00 P.M	Session -2 1:00-3:00 P.M Dr Saravjeet Kaur	SWOT Activities

Day-4 (12-3-2024)	2024)		
Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Dr Shally	Stress management
Session -2	1:00-3:00 P.M Dr Shally	Dr Shally	Stress management Strategies
	7		
Day-5 (13-3-2024)	2024)		
		Daniel Darson	Activities

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2	Session -1		Session	Day-5 (13-3-2024)	
1.00-3.00 P.M	12:00:1:00		Duration	024)	
1.00-3.00 P.M Dr Sarvjeetkaur		Dreamieetkaur	Resource Person		
Hand on practice		Self-Development through meditation	ACTIVITIES		

Session	Duration	Resource Person	
		-	Self Development through meditation
Session -1	12:00-1:00	DrSarvjeetkaur	Sell-Developmon,
		-	Land on practice
Session -2	1:00-3:00 P.M	1:00-3:00 P.M Dr Sarvjeetkaur	Hallu Oli pravince
Day-6 (14-3-2024)	2024)		
	:	Posource Person	Activities
Session	Duration	Resource Person	
Session -1	12:00-1:00	Dr Manjeet Kaur	Time management and its benefits
		Dr Manieet Kaur	Time management Strategies

Session -2		Session -1 12:00-1:00		Session	Day-6 (14-3-2024)
1:00-3:00 P.M				Duration	2024)
1:00-3:00 P.M Dr Manjeet Kaur		Dr Manjeet Kaur		Resource Person	
lime management on aregies	- Christoniae	I IIII III III III III III III III III	Time management and its henefits	Activities	Activition

Session -1	Session		Day-7 (15-3-2024)	
12:00-1:00	Duration	,	024)	
12:00-1:00 Dr Jagminder Kaur		Becource Person		
Adaptability		Activities		

Day-7 (15-3-2024)	(024)		
Session	Duration	Resource Person	Activities
	1	- Lar Karr	Adantahility
Session -1	12:00-1:00	Dr Jagminder Kaur	Anapaomi
			in the second conflicts
Session -2	1:00-3:00 P.M	1:00-3:00 P.M Dr Jagminder Kaur	Resolving Interpersonal and inclination of the second comments

### Day-8 (16-3-2024)

Session

Duration

Resource Person

Session -2

1:00-3:00 P.M

Dr Geeta Kundi

Creating SMART Goals

Session -1

12:00-1:00

Dr Geeta Kundi

SMART Goals setting techniques

Activities

Session -1 12:00-1:00		Session Duration	Day-9 (18-3-2024)	
Dr Saravjeet Kaur		Resource Person		
Self-Development through Yoga	1 V	Activities		

#### Session -2 1:00-3:00 P.M

Dr Saravjeetkaur

**Practicing Asanas** 

Self-management skills	Dr Shally	12:00-1:00	Session -1
Activities	Resource Person	Duration	Session
		-2024)	Day-10 (19-3-2024)

Session	Day-10 (19-3
Duration	(19-3-2024)

Day-10 (19-3-2024)	3-2024)		
Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Dr Shally	Self-management skills
Session -2	1:00-3:00 P.M Dr Shally	Dr Shally	Dialogue and Interaction on self-management

strategies

Coordinator (Dr Shally)

## G.H.G.Harparkash College of Education for Women Sidhwan Khurd

## Session 2023-2024 Report of Value-Added Course on Self- Management

7<sup>th</sup> March- 19<sup>th</sup> March, 2024

# Report of Value-Added Course on Self- Management

joined this course course. 55 students from B.Ed (Sem-II), M.Ed (SEM II & IV) and PGDGC (SEM-II) classes Professor GHG Harparkash College of Education for Women, was the coordinator of the added courses from 7-3-2024 to 19-3-2024. on Self - management. Dr. Shally, Associate GHG Harparkash College of Education for Women, Sidhwan Khurd, Ludhiana offered value-

activities and dialogue. The resource person of the day was Dr Shally. process. Students were introduced to these concepts through videos, followed by interactive On the first day of this course, students are made aware of self, self- awareness

which was supervised by Dr. Shally. the study materials. This was followed by questioning and interactions in the second session, student read the motivational stories. Mrs. Pushpinder Kaur, Librarian of the college provided the area of self-motivation. Students were provided with the reading materials and each On the second day of this course, activities were planned for the students related to

resource person of the day was Dr. Saravjeet Kaur, Assoc Prof of the college. which was followed by creating individual SWOT profile and discussion on that. The On the third day of this course, the introductory session of SWOT analysis was done

session. Both the sessions were handled by Dr. Shally, Assoc Prof. stress management followed by open dialogue on stress management strategies in the second On the fourth day of this course, students were exposed to an introductory session on

Dr. Sarvjeet Kaur, Assoc prof of the college meditation followed by hands on practice during which meditation session was conducted by the fifth day students were made aware about self- development through

session which was followed by listing and learning time management strategies. The resource person of the day was Dr. Manjeet Kaur, Assoc prof of the college On the sixth day Concept of time management and its benefits were shared in the first

sharing their life stories, fun facts, simulated situations for learning adaptability and resolving interpersonal and intra personal conflicts resolution. Dr. Jagminder Kaur, Astt prof handled followed by creating SMART goals. Dr Geeta Kundi was the resource person of the day the sessions. On eight-day students were made aware about SMART goals setting techniques On the seventh day, students were made to sit in small groups. They practiced

followed by practising yoga asanas and on 10th day of the course both the sessions were decision making, focused on self- management skills such as self-motivation, self-development, adaptability, self-management strategies. The resource person of the day was Dr Shally, Assoc prof of the college. On ninth day session on self-development through Yoga was conducted which was goal alignment etc. which was followed by dialogue and interactions on



(Dr Shalty)

Coordinator

(Dr Amand printipe)
G.H.G. Plansaphash College
of Education for Women
SIDHWAN KHURD (Ldh.)

### ATTENDANCE SHEET

## Value Added Course (17.03.2024)

	Self Management (07.03.2024
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Amandeep Kaur	Gurpreet Kaur	Nisha Kapila	Sandeep Kaur	Dilpreet Kaur	Premjit Kaur	Sandeep Kaur	Sharanjeet Kaur	Manpreet Kaur	Ranju Sobti	Geeta Rani	Prabhjot Kaur	Gagandeep Kaur	Simranjeet Kaur	Maninderpreet Kaur	Gurleen Kaur	Amandeep Kaur	Gurpreet Kaur	Sukhpreet Kaur	Harshdeep Kaur	Gurpreet Kaur	Prabhjot Kaur	Sr. No. Name of the Student
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# GHG Harparkash College of Education for Women

Sidhwan Khurd (Ludhiana), Punjab

(NAAC Re-accredited 'A' Grade College, CGPA 3.38)

Organizes

# Value Added Course

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# Self Management

CERTIFICATE

This is to certify that Ms.

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\_student of

G.H.G. Harparkash College of Education for Women, Sidhwan Khurd (Ludhiana) has successfully

completed Value Added Course on "Self Management"

from 7th Mar, 2024 to 19th March, 2024.

Dr. Amandeep Kaur Principal G.H.G. Raipsinash College of Education for Women SIDHWAN KHURD (Ldh.)

> Dr. Shaffy Coordinator