



# G.H.G. HARPARKASH COLLEGE OF EDUCATION FOR WOMEN

NAAC RE ACCREDITED 'A' GRADE COLLEGE WITH CGPA 3.38

VPO Sidhwan Khurd, Teh. Jagraon, Dist. Ldh, PB- 142024, IN

## 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	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 Kaur	Study session on Self-Motivation
Session -2	1:00-3:00 P.M	Dr. Shally	Questioning and Interactions

Day-3 (11-3-2024)

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

Day-4 (12-3-2024)

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	Stress management Strategies

Day-5 (13-3-2024)

Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Dr Sarjveetkaur	Self-Development through meditation
Session -2	1:00-3:00 P.M	Dr Sarjveetkaur	Hand on practice

Day-6 (14-3-2024)

Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Dr Manjeet Kaur	Time management and its benefits
Session -2	1:00-3:00 P.M	Dr Manjeet Kaur	Time management Strategies

Day-7 (15-3-2024)

Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Dr Jagminder Kaur	Adaptability
Session -2	1:00-3:00 P.M	Dr Jagminder Kaur	Resolving Interpersonal and Intra personal Conflicts

Day-8 (16-3-2024)

Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Dr Geeta Kundi	SMART Goals setting techniques
Session -2	1:00-3:00 P.M	Dr Geeta Kundi	Creating SMART Goals

Day-9 (18-3-2024)

Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Dr Saravjeet Kaur	Self-Development through Yoga
Session -2	1:00-3:00 P.M	Dr Saravjeetkaur	Practicing Asanas

Day-10 (19-3-2024)

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	Dialogue and Interaction on self-management strategies

Coordinator  
(Dr Shally)



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



# **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**

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

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

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

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

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

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

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

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



(Dr Shally)

Coordinator

(Dr Armandeep Kaur)

**G.H.G. Parvateefash College  
of Education for Women  
SIDHWAN KHURD (Ldh.)**











# GHG Harparkash College of Education for Women

Sidhwan Khurd (Ludhiana), Punjab

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

*Organizes*

**Value Added Course**

on

***Self Management***

**CERTIFICATE**

This is to certify that Ms.

*Sonia*

student of

*G.H.G. Harparkash College of Education for Women, Sidhwan Khurd (Ludhiana) has successfully completed Value Added Course on "Self Management"*

*from 7<sup>th</sup> Mar, 2024 to 19<sup>th</sup> March, 2024.*

Dr. Amandeep Kaur

Principal

G.H.G. Harparkash College

of Education for Women

SIDHWAN KHURD (Ldh.)

Dr. Shally

Coordinator