### **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

### <del>《</del>/-3 (11-3-2024)

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

### y-4 (12-3-2024)

ession	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	DrSarvjeetkaur	Self-Development through meditation
Session -2	1:00-3:00 P.M	Dr Sarvjeetkaur	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

<sub>BY</sub>-8 (16-3-2024)

May Co			Activities
session	Duration	Resource Person	
5633.			SMART Goals setting techniques
session -1	12:00-1:00	Dr Geeta Kundi	SIVIAICI Godina and a
300			Creating SMART Goals
Session -2	1:00-3:00 P.M	Dr Geeta Kundi	Creating Siviration Course

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 Amandeep Kaufipal
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 PGDGC (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. Saravjeet 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, Astt 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.



Coordinator

(Dr Amandeprincipal G.H.G. Hampphash College of Education for Women SIDHWAN KHURD (Ldh.)

### ATTENDANCE SHEET Value Added Course

Self Management (07.03.2024-19.03.2024)

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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.\_

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.

Coordinator

Dr. Amandeep Kaur G.H.G. Harpsinash College of Education for Way