

# RAM LAL ANAND COLLEGE

(University of Delhi)

## CENTER FOR HUMAN VALUES, ETHICS AND LIFE SKILLS

### Final Report-2018-19

Human values, life skills and ethics play an important role in preparing the foundation of a good character and a robust value system for a well-developed personality. Educational Institutions indeed have a responsibility to build a strong society. Therefore, there is a need to create high quality practices and environment backed with human values and professional ethics in Higher Educational Institutions. Keeping this in mind, our college has started a non-credit course on **Human Values, Ethics and Life Skills** for all the first year students.

This program has been initiated with the vision to enhance the soft skills of the students and to create dedication and cognizance to values and ethics for improving the life through education. The prime objective of this program is to help students develop ability to deal with moral complexity and self-confidence in daunting life situations. This has been our first year of running this course and we received an overwhelming response with a large number of students successfully finishing the course.

To give our students the best of both worlds, we called upon many trainers, educators and experts from diverse fields to conduct sessions and talks with our students on various subjects identified with the course.

The first session that was held for the program was an inaugural session headed by Dr. Rita Jain. Dr. Perna Diwan, Dr. Sajay Kumar and Ms. Deepti Bhardwaj. The session took place on four days i.e. 25<sup>th</sup> February, 27<sup>th</sup> February, 29<sup>th</sup> February and 1<sup>st</sup> March, 2019. The purpose of the session was to give an introduction to the program, share the importance of values and life skills with the students and what they can expect in the upcoming workshops. The session was accompanied with various quizzes and games to make it more interactive and help students identify their core values and skills. A total of 198 students displayed their interest for the course out of which 72 were females by actively participating.

The second session for the course was on the topic of Emotional Intelligence and was held on 11<sup>th</sup> March, 27<sup>th</sup> March, 4<sup>th</sup> April and 12<sup>th</sup> April, 2019. The speaker that was called upon to speak on the topic was Mrs. Meenu Bhargava. She is a psychologist and a senior trainer. The session impacted 167 young adults of our college out of which 67 were females. The session was made more fun for the students by learning through games and quizzes.

The workshop that was next in line for the students was on the topic of Stress and Anger Management. It was carried by Dr. Rajesh Bhatt who's an IIT Professor. The session took place on 13<sup>th</sup> March, 28<sup>th</sup> March, 5<sup>th</sup> April and 8<sup>th</sup> April, 2019. A lot of students could resonate

with the topic of the conversation as stress, anger and high level of mental pressure have taken over our minds and is common these days especially in young adults. Various tips and suggestions were given to students by the speaker on how to tackle stress and anger. The workshop was attended by 185 students out of which 72 were female participants.

Our next speakers were senior trainers Mr. Rajeev Nagpal and Ms. Meera Sud who took a workshop on the topic of Self Esteem and Self Awareness. The workshops were held on 6<sup>th</sup> March, 7<sup>th</sup> March, 8<sup>th</sup> March and 15<sup>th</sup> April, 2019. They made use of audio and visual learning to help students better understand the concept of how our brain works and how we can gain a better sense of control over our thoughts and emotions. The session attracted almost 182 students comprising of 71 females.

***“Self-awareness is the ability to focus on yourself and how your actions, thoughts, or emotions do or don't align with your internal standards.”***

The fifth session planned in this program took place on 14<sup>th</sup> March, 29<sup>th</sup> March, 1<sup>st</sup> April and 10<sup>th</sup> April, 2019. The topic for discussion was Relationship and Equality and was carried by Ram Lal Anand's faculty member, Dr. Alankar. Various short movies and videos were shown to the participants depicting examples of gender inequality and biasness. A total of 215 participants were present out of which 103 were female students. The session was made more interactive as none of them were hesitant to put forward their thoughts.

Our next guest speaker that was invited to conduct the workshop was Dr. Swagata Karmakar who's part of the faculty of Ram Lal Anand College. The session lasted for about an hour and left a positive impact on the minds of 189 students out of which 69 of them were females. The discussion was mainly focused on the significance of professional ethics and etiquettes in the business and the corporate world.

The last workshop that was planned for the course was on the topic of Reading Habits which was led by another faculty of Ram Lal Anand College, Ms. Deepti Bhardwaj. The session was held on 15<sup>th</sup> March, 25<sup>th</sup> March, 3<sup>rd</sup> April and 9<sup>th</sup> April, 2019. The session was mainly held with objective to help students instil the habit of reading in their everyday lives and how it can impact our personality and knowledge. The session was made successful by the participation of 169 students out of which 69 were females.

## **A FEW GLIMPSES FROM THE WORKSHOPS**





**Ram Lal Anand College**  
**A Course on Human**  
**values, Ethics and Life**

### Skill

### SCHEDULE OF THE COURSE-2018-19

Week	Topic	Coordinator
<b>Week 1</b>		
Monday (25.02.19)	Introduction of the Course	Dr. Prerna Diwan
Wednesday (27.02.19)	Introduction of the Course	Dr. Deepti Bhardwaj
Thursday (28.02.19)	Introduction of the Course	Dr. Rita Jain
Friday (01.03.19)	Introduction of the Course	Dr. Sanjay K Sharma
<b>Week 2</b>		
Monday (15.04.19)	Movie/Documentary	Dr. Rita Jain
Wednesday (06.03.19)	Movie/Documentary	Dr. Swagata Karmakar
Thursday (07.03.19)	Movie/Documentary	Dr. Neena Mital
Friday (08.03.19)	Movie/Documentary	Dr. Alankar
<b>Week 3</b>		
Monday (11.03.19)	Workshop on Soft-Skill	
Wednesday (13.03.19)	Talk on Relationship/Tolerance and Equality	Dr. Alankar /Dr. Sanjay K Sharma
Thursday (14.03.19)	Movie	Dr. Neena Mital

Friday (15.03.19)	Talk on Ethics / Talk on Reading Habbits	Dr. Swagata Karmakar/ Dr. Deepti Bhardwaj
<b>Week 4</b>		
Monday (25.03.19)	Talk on Ethics / Talk on Reading Habbits	Dr. Swagata Karmakar/ Dr. Deepti Bhardwaj
Wednesday (27.03.19)	Workshop on Soft-Skill	
Thursday (28.03.19)	Talk on Relationship/Tolerance and Equality	Dr. Alankar /Dr. Sanjay K Sharma
Friday (29.03.19)	Movie	Dr. Neena Mital
<b>Week 5</b>		
Monday (01.04.19)	Movie	Dr. Rita Jain
Wednesday (03.04.19)	Talk on Ethics / Talk on Reading Habbits	Dr. Swagata Karmakar/ Dr. Deepti Bhardwaj
Thursday (04.04.19)	Workshop on Soft-Skill	
Friday (05.04.19)	Talk on Relationship/Tolerance and Equality	Dr. Alankar /Dr. Sanjay K Sharma
<b>Week 6</b>		
Monday (08.04.19)	Talk on Relationship/Tolerance and Equality	Dr. Alankar /Dr. Sanjay K Sharma
Wednesday (10.04.19)	Movie	Dr. Rita Jain
Thursday (11.04.19)	Talk on Ethics / Talk on Reading Habbits	Dr. Swagata Karmakar/ Dr. Deepti Bhardwaj
Friday (12.04.19)	Workshop on Soft-Skill	



Dr Rita Jain  
**Coordinator**



Dr Sanjay Kumar Sharma  
**Co-Coordinator**

**Course on Human Values, Ethics and Life Skills-2018-2019**

The following students of first year of all streams have completed the course on 'Human Values, Ethics and Life Skills' during academic session of 2018-2019

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