



HUMAN VALUES, ETHICS AND LIFE SKILLS

RAM LAL ANAND COLLEGE ,DELHI
UNIVERSITY.



INAUGURAL SESSION

Center of Human Values, Ethics and Life Skills



Ram Lal Anand College

(University of Delhi)



ORIENTATION & INAUGURAL SESSION

The
Cultivation
of Human
Values
Alone is
Education

By Shri Devendra Kumar
Founder and CEO of
LADLI Foundation Trust

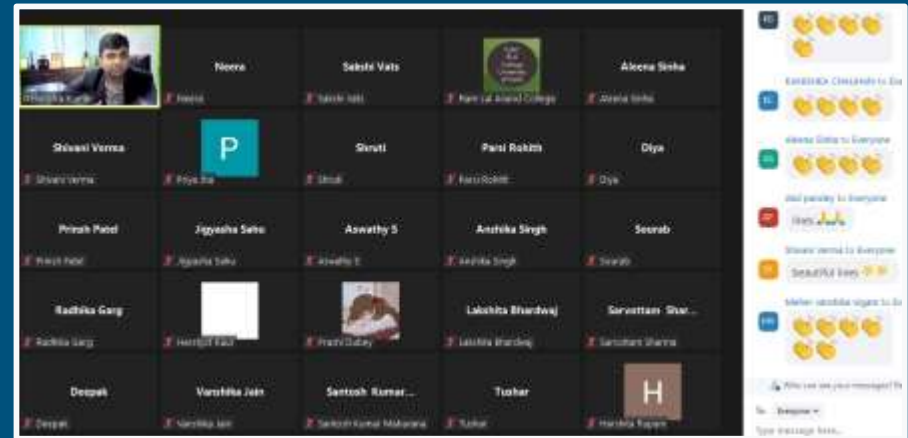
SATURDAY, 4TH DECEMBER, 2021
AT 3 PM ON ZOOM PLATFORM

Dr Rita Jain
Coordinator

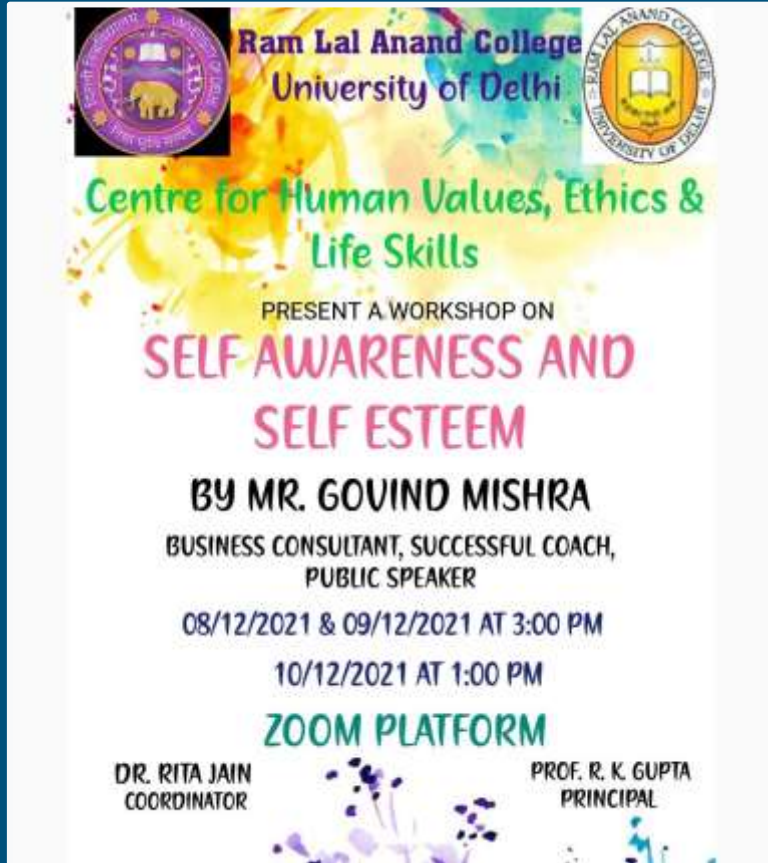
Prof Rakesh Kumar Gupta
Principal



- This session had an auspicious beginning , by social worker, founder,CEO of Ladli foundations, **Dr Devendra Kumar Gupta** on 4th December, 2021.
- He shared his life experience with students and inspired them by showing how a bright outlook towards society can change your life ,even after starting a life in deprivation.
- The paramount message conveyed by, Dr Devendra Kumar ji was we should never forget our basic quality of goodness in this materialistic world. We should look for opportunities of giving back to the society rather that acquiring wealth.
- His motivational and affecting speech touched many hearts and influenced many to join his NGO and work for upliftment of the society .
- Session was attended by as many as 355 students.

HIGHLIGHTS OF THE SESSION



SESSION ON SELF AWARENESS AND SELF ESTEEM



 **Ram Lal Anand College**
University of Delhi 

Centre for Human Values, Ethics & Life Skills

PRESENT A WORKSHOP ON

SELF AWARENESS AND SELF ESTEEM

BY MR. GOVIND MISHRA
BUSINESS CONSULTANT, SUCCESSFUL COACH,
PUBLIC SPEAKER

08/12/2021 & 09/12/2021 AT 3:00 PM
10/12/2021 AT 1:00 PM

ZOOM PLATFORM

DR. RITA JAIN
COORDINATOR

PROF. R. K. GUPTA
PRINCIPAL

- The session was held at three dates 8th,9th,and 10th of december to ensure that students from all groups attended it.
- **Mr Govind Kumar Mishra** , a successful coach, public speaker and business consultant was our Speaker for the session. He is also co founder of ' Leaders Avenue'.
- Through this interactive and fun session he successfully conveyed the salient message about self awareness and self esteem.
- He even showed his report card from board exams to show how even after getting less marks he is successful and inspired students not to judge people from such external and fickle modes.
- Since the beginning he insisted on interaction from students which was welcomed by our students for enhancing the fruitful session.
- The session was attended by 432 students.

HIGHLIGHTS OF THE SESSION



SESSION ON CRITICAL/CREATIVE THINKING

RAM LAL ANAND COLLEGE
(University of Delhi)

Centre for Human
values, Ethics & Life skills

Present a workshop on
**CRITICAL THINKING/
CREATIVE THINKING**



By Mrs. **MEENU BHARGAVA**
(Successful coach, public speaker)

22/12/2021 & 23/12/2021 (3-5pm)
24/12/2021 (1-3pm)

Venue:
zoom

Dr. RITA JAIN
COORDINATOR

PROF. E.K. GUPTA
PRINCIPAL

- The session was organised on three different dates, 22nd, 23rd and 24th of December for the three groups.
- **Mrs. Meenu Bhargava**, a public speaker and a counsellor led the session, where understanding life through different perspectives was the chief objective.
- Through various insightful videos and activities she kept the students engaged during the session.
- She showed multiple images which seem different from different perspectives to demonstrate how there could be more than one solution for a problem or situation.
- She discussed important and relevant issues of students like mental health, depression and even the problems with the education system.
- The students were fully invested during the session while they comprehended the importance of critical and creative thinking via a visual and practical approach.
- The session was attended by 407 students.

HIGHLIGHTS OF THE SESSION



CASE-STUDY ON CRITICAL & CREATIVE THINKING

The Chairman of TATA Steel was holding a weekly meeting with Tata Steel staff in Jamshedpur.

A worker took up a serious issue. He said the quality and hygiene of toilets for the workers was very bad. Whereas, he pointed that the cleanliness and the hygiene of executive toilets was always very good.

The Chairman asked his top executive how much time he needs to set it right. The executive asked for a month to set it right. Chairman said "I would rather do it in a day. Send me a carpenter."

Next day, when the carpenter came, "he just ordered the sign boards to be swapped

The sign board on the workers' toilet displayed "Executives" and the Executives' toilet displayed "Workers".

Chairman then instructed this sign to be changed every fortnight. The quality of both the toilets came at par in the next three days. Leadership is something much more than being an Executive

Moral :
Problem identification requires critical thinking
But solving a Problem just requires creative thinking



The chat window on the right contains the following messages:

- 10:01 AM: In order to manage things most of the time you should be calm and a little thought like can this be resolved by another way is
- 10:02 AM: When you get angry you will not be able to think clearly and take a decision
- 10:03 AM: Start off calmly ... to resolve 10:03 AM
- 10:04 AM: Please you are using the wrong word. Please use your words properly to avoid misunderstandings.
- 10:05 AM: Welcome to the session. I am glad to see you all here.



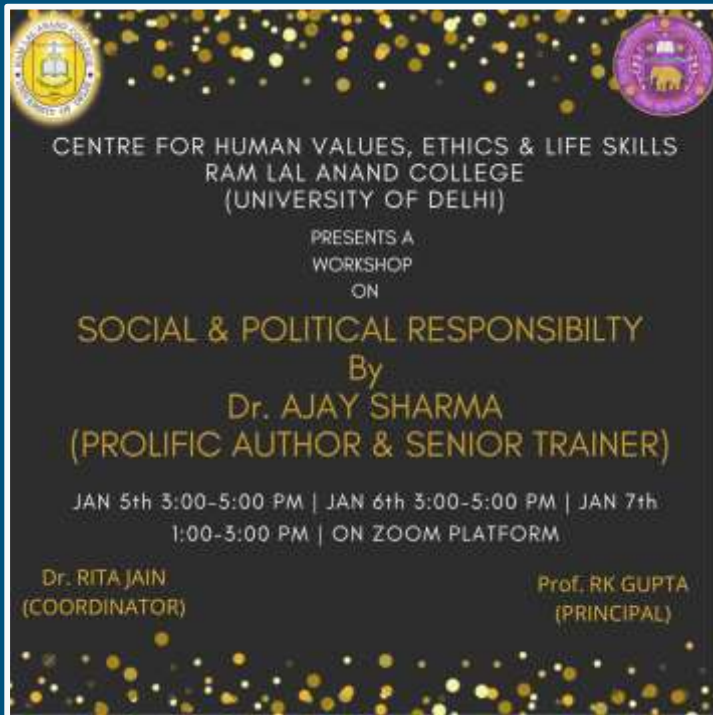
IRRESPONSIBLE & UNHEALTHY BEHAVIOR

BEHAVIOR ARE IMPULSIVE, IRRATIONAL, ILLOGICAL, LACK ANALYTICAL REASONING, CRITICAL THINKING SKILLS AND ABOVE ALL LIFE-SKILLS.

From *Skullies Power*
Fought to Everyone
Set of self confidence

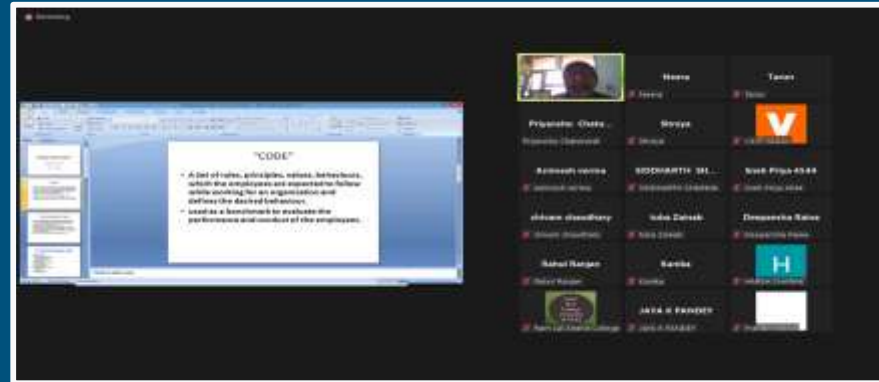
Critical Thinking

SESSION ON SOCIAL & POLITICAL RESPONSIBILITY

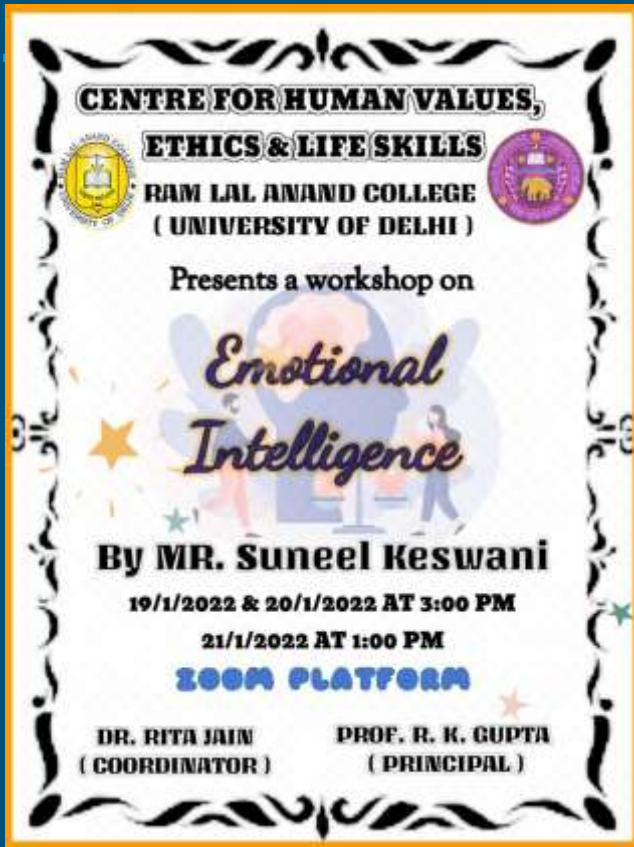


- The session was held on January 5th, 6th, and 7th for the respective groups.
- **Dr. Ajay Sharma**, a prolific Author & Senior Trainer conducted this great session.
- The main focus was to make young students understand their newly gained social & political responsibility.
- There was a load of questions from students as the topic touched their day to day activities, He not only answered them but gave his own valuable advice.
- The session was very interactive and insightful as Dr. Ajay Sharma even entertained student's political and personal questions.
- The session was attended by 386 students.

HIGHLIGHTS OF THE SESSION



SESSION ON EMOTIONAL INTELLIGENCE



CENTRE FOR HUMAN VALUES,
ETHICS & LIFE SKILLS
RAM LAL ANAND COLLEGE
(UNIVERSITY OF DELHI)

Presents a workshop on

*Emotional
Intelligence*

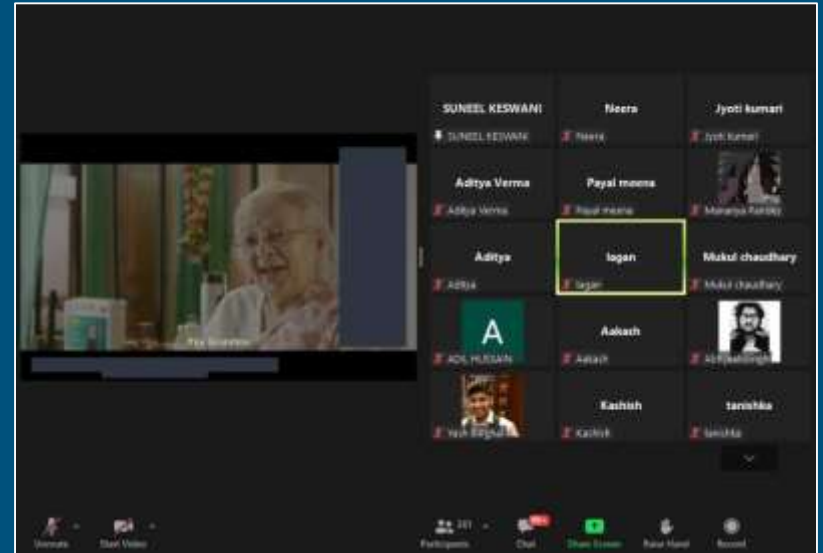
By MR. Suneel Keswani

19/1/2022 & 20/1/2022 AT 3:00 PM
21/1/2022 AT 1:00 PM
Zoom Platform

DR. RITA JAIN (COORDINATOR)
PROF. R. K. GUPTA (PRINCIPAL)

- The session was held on 19th, 20th and 21st of January for Group 1, 2 & 3 respectively with Emotional intelligence being the topic.
- The session was administered by **MR. Suneel Keswani**, a versatile scholar and an experienced trainer.
- His frank and approachable personality along with the interactive videos he presented made the whole session a delight for the students.
- He made the students acknowledge the power of EQ over IQ with life lessons and even showed a video of PM Modi on the same.
- He through examples of a crying baby and a mother explained how emotional requirement for us humans is since very beginning unlike rush for IQ.
- He was more keen in listening to the students side of the approach than advocating his own, and patiently addressed their questions and gave his valuable advice to tackle it.
- The session was attended by 429 students.

HIGHLIGHTS OF THE SESSION



SESSION ON TOLERANCE AND EQUALITY



HUMAN VALUES, ETHICS & LIFE SKILLS
RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
PRESENTS A WORKSHOP ON
TOLERANCE & EQUALITY
BY
DR. RITA MISRA
(A PROLIFIC SPEAKER)

ON GOOGLE MEET

02 FEB 3:00-5:00 PM
03 FEB 3:00-5:00 PM
04 FEB 1:00-3:00 PM

JOIN THE SESSION !!

DR. RITA JAIN
(COORDINATOR)
PROF. RAKESH KUMAR GUPTA
(PRINCIPAL)

- The session was held on 2nd, 3rd and 4th February with **Dr. Rita Mishra**, educator and founder of NGO Patang.
- She commenced the session by showing a short movie and the alarming report of 40% rise in domestic violence cases in the COVID lockdown.
- Her explanation about how neither Men nor Women are to be blamed but the patriarchal mindset is the reason for inequality using clips from Satyamev Jayate, set the serious tone of the session.
- One of the students also shared her personal experience with abuse and equality she faced in her home after her father's death, Rita Mam offered her help with her NGO in Delhi.
- She also fixated the session towards the less talked victim of gender inequality, Men through a documentary "The Lesser Man" and made many of the male attendees relate to the issue.
- The session was attended by 430 students.

HIGHLIGHTS OF THE SESSION



SESSION ON ANGER & STRESS MANAGEMENT



- The session was held on by **Ms. Mahak Vaish**, a motivational speaker and Corporate Trainer took the session with Anger and Stress management being the topic.
- The session took off at an energetic way, since she insisted students to switch on their camera and repeat the exercise she demonstrated to lift the energy level among the students and further requested them to follow the exercise every morning.
- She congratulated students on having stress which left the students astonished until she explained how stress is a sign of being alive and then gave stress management formula of O.P.T.I.M.I.S.T.I.C .
- From “KUCH PANE KE LIYE KUCH KHONA PADTA HAI” to “ KUCH PANE KE LIYE KUCH DENA PADTA HAI” and with many other similar counter stereotypical thoughts , She urged us to change perspective to tackle stress.
- She gave us ways to tackle stress through few easy steps like smiling through the day , clapping and thanking after waking up and have a dairy to right goals for the next day before going to bed.
- The session was attended by 421 students.

HIGHLIGHTS OF THE SESSION




SESSION ON CHOICES AND DECISIONS

RAM LAL ANAND COLLEGE
(UNIVERSITY OF DELHI)

**CENTRE FOR HUMAN VALUES,
ETHICS & LIFESTYLE**
PRESENTS A WORKSHOP ON

CHOICES & DECISIONS
BY **DR. BHAVANA BARMİ**
| CLINICAL PSYCHOLOGIST |
LEADER | SPEAKER | MOTIVATOR | GUIDER
25 YEAR EXPERIENCE

ON
09/04/2022 AT
16/04/2022 10 AM

VENUE: 

DR. RITA JAIN
(COORDINATOR)

PROF. R.K. GUPTA
(PRINCIPAL)

- The session marked the beginning of second phase of HVELS session on 9th and 16th april 2022.
- The session was lead by clinical psychologist , leader and speaker Dr. Bhavana Barmi.
- Since the very beginning of the session her 25 year experience in the field very prominently reflected while having an instant connection with the students.
- She demonstrated through this interactive session how to influence our choices and decisions in the right path.
- The session was attended by 327 students.

HEIGHLIGHTS OF THE SESSION



SESSION ON HARMONY IN SOCIETY

CENTRE FOR HUMAN VALUES, ETHICS AND
LIFE SKILLS

Ram Lal Anand College
(University of Delhi)

Presents a workshop on

Harmony in society

by
Ms Anuja Roy
NLP Practitioner, Visual Thinker & Corporate
Trainer

23rd & 30th April, 2022
at 10 am

Dr Rita Jain
Coordinator

Prof Rakesh Kumar Gupta
Principal

- The Session was held on 23rd and 30th April 2022 in the supervision of Mrs Anuja Roy and was hosted by Neera Pal Ma'am.
- Mrs Anuja asked students to introduce themselves and asked a question : "What are you made up of ?" after seeing the brainstorming among the students she gave the answer - "Mind , Body , Emotions and Energy.
- She explained how the perfect alignment of the four results in individual harmony which is the only way towards harmony in society as the individuals are the soul component of the society.
- She urged us to stop depending on "Certain Criteria" to be happy and start believing the - "Everything is possible" as body is just the container and it's the soul that is infinite and limitless that powers us.
- The session was attended by 382 students.

HIGHLIGHTS OF THE SESSION



SESSION ON CONFLICT RESOLUTION & EMPATHY

RAM LAL ANAND COLLEGE
(UNIVERSITY OF DELHI)

**CENTRE FOR HUMAN VALUES,
ETHICS & LIFE SKILLS**

PRESENTS A WORKSHOP ON

**CONFLICT RESOLUTION
& EMPATHY**

BY MR. AVIJIT
(CERTIFIED TRAINER)

7 & 14 MAY, SATURDAY

10:00 AM

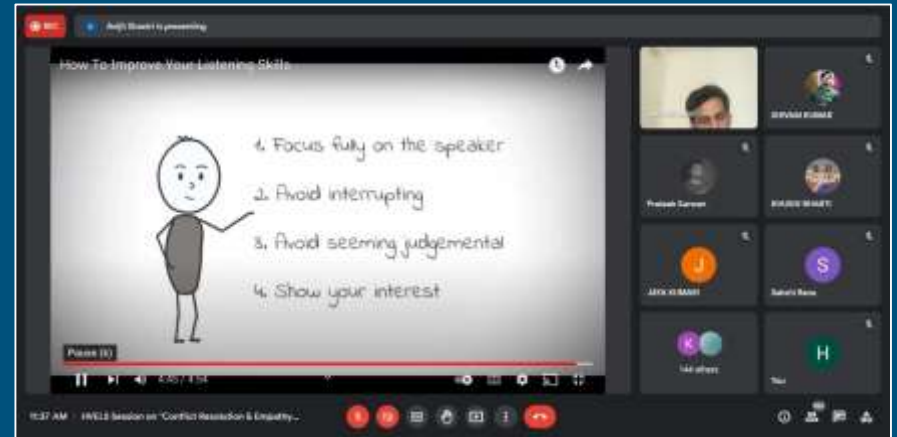
GOOGLE MEET

DR. RITA JAIN
(COORDINATOR)

PROF. RAKESH KUMAR GUPTA
(PRINCIPAL)

- The session was held on 7th and 14th May by certified trainer, Mr. Avijit ,having over 14 years of experience.
- The session took off at an interactive way as Mr. Avijit believed learning must be fun. He asked students to add an adjective to their name and submit the response on www.menti.com.
- He then went on to post questions related to the topic such as “what do you wish to understand by empathy?” to know student’s perspective and discussed their response.
- He played a video explaining tips to become more empathetic towards people by Don R Carwely and discussed each tip along with other details with the students.
- He explained how emotions are never perfect thus we shouldn't get disheartened if our attempt towards being empathic shows no immediate result but trust the process and be open to emotions.
- The session was attended by 393 students.

HIGHLIGHTS OF THE SESSION



SESSION ON HAPPINESS



RAM LAL ANAND COLLEGE
(UNIVERSITY OF DELHI)

**CENTRE FOR HUMAN VALUES, ETHICS
AND LIFE SKILLS**

PRESENTS A WORKSHOP ON

HAPPINESS 😊

BY MS. DIVYA SHAH
(Founder of Happify U, Social entrepreneur,
Journalist & Influencer)

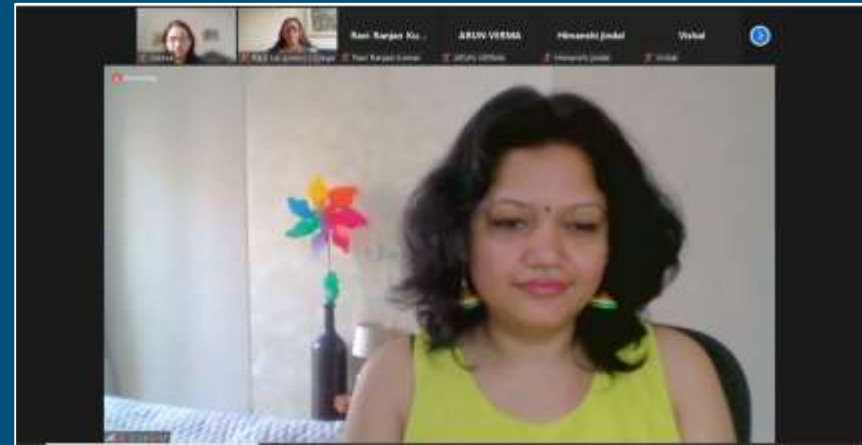
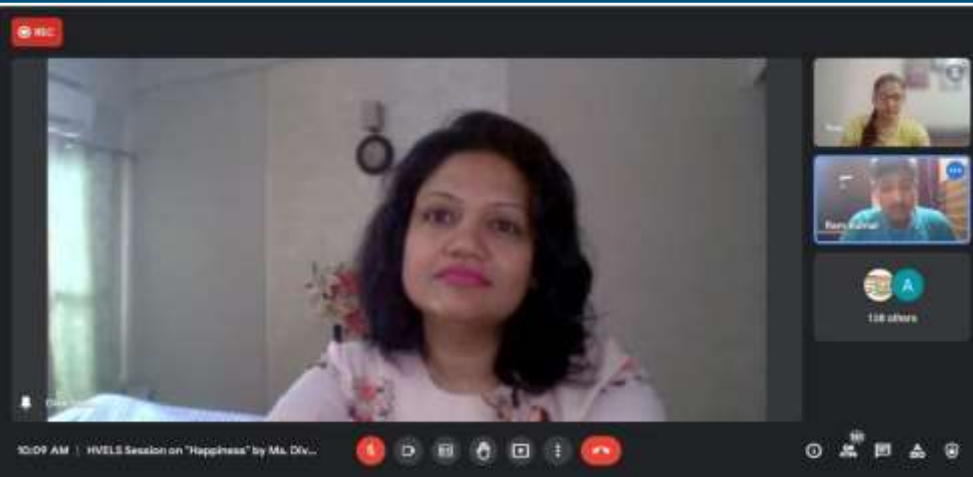
📅 21st & 28th May
📍 Google Meet
🕒 10:00 AM

DR. RITA JAIN
(COORDINATOR)

PROF. RAKESH KUMAR GUPTA
(PRINCIPAL)

- The session was conducted on 21st and 28th, May by Ms. Divya Shah , Founder of Happify U, Social Entrepreneur, Journalist & Influencer.
- She asked the students what they meant by “Happiness” after receiving multiple response and point of views she gave her idea about the same, suggesting a book “Girl Of Prodigy”.
- She paid a lot of heat while discussing the ill effects of social media discussing how one of her know feel into the trap and had adverse effect on her mental health.
- She gave a mantra of “happy gets lucky” urging us to stay happy and luck will follow our path, while having zero expectations from others as they are the main source of unhappiness among the people.
- Letting go of people who we are not comfortable with while not caring about “log kya kahenge” should be our outlook towards life.
- The session was attended by 367 students.

HIGHLIGHTS OF THE SESSION



SESSION ON COMMUNICATIONS AND NEGOTIATION



- The session was held on 4th and 11th June, led by Senior Trainer, Rahul Kapoor.
- He explained via various real life stories and examples how communication is vital in our daily life.
- He explained how negotiation and communication can be tools to avoid conflicts and eventually save relationships.
- At first, students were bit hesitant about interacting but soon got enthralled by his personality and the session ended to be very interactive.
- Students shared their personal experience about how lack of communication gave birth to misunderstanding among their people.
- The session was attended by 328 students

HIGHLIGHTS OF THE SESSION

Zoom Meeting: Rishi Rajput is presenting

Communication – Why?

- > express your thoughts
- > convey your intent clearly
- > improves empathetic nature
- > improves understanding

Participants: Rishi Rajput, Anshu Mishra, Nishant Singh, VEDY MISHRA, RITU BANJAL, RITU KUMAR, VIBHET SA, SARDHANA CHIRAGAN, 100 others.

Zoom Meeting: Rishi Rajput is presenting

Types of Communication


Listening

LISTENING	HEARING
Focused	Accidental
Voluntary	Involuntary
Effortful	Effortless


Participants: Rishi Rajput, Anshu Mishra, VEDY MISHRA, RITU BANJAL, VIBHET SA, Nishant Singh, SARDHANA CHIRAGAN, RITU KUMAR, 100 others.

SESSION ON ETHICS


Centre for Human Values, Ethics & Life Skills



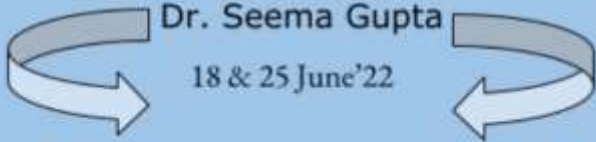
Ram Lal Anand College
(University of Delhi)



Presents a workshop
on



by
Dr. Seema Gupta
18 & 25 June '22



Dr Rita Jain
Coordinator

Prof Rakesh Kumar Gupta
Principal

- The session was held on 18th and 25th June by Dr. Seema Gupta.
- She asked the students about their perception on Ethics as she thinks the youth finds it impractical and irreverent nowadays.
- She explained “Ethics” as a perception on knowing when you are doing right or wrong.
- Mummy Test - she explained if we are about to do something in our consciousness we should imagine our mother standing in front of us and only do the things we would have done on her watch.
- Tummy Test - it's our own body's physiological reaction about the anxiety of doing something right or wrong in the form of rumbling in stomach.
- She asked students to share their own experience when they were in a split with their consciousness about right or wrong.
- The session was attended by 385 students

HIGHLIGHTS OF THE SESSION



SESSION ON STORYTELLING

Centre for Human Values, Ethics & Life Skills
Ram Lal Anand College
(University of Delhi)

Presents a workshop
on

STORYTELLING

Ms Amita Khare

02 Jul'22
10-12 pm

Dr Rita Jain
Coordinator

Prof Rakesh Kumar Gupta
Principal

- The session was conducted on 2nd and 9th July by Ms. Amita Khare.
- “The world is made up of stories and not atoms” were the words the “Storytelling” session took off with.
- She believed that everyone is a storyteller, and we should understand the impact and influence of storytelling our everyday life.
- She then displayed a picture of watermelon in a tub and asked the students to interpret the scene and make up stories.
- We had an ice-breaking activity in which we raised our right hand and said “suno kahani buno kahani yek tha raja yek thi rani”. Followed by another activity where we made a butterfly using hands and sang “yek thi titli”
- She urged us to always listen and tell our own stories as it will play a vital role in our personal development.
- We even discussed matriarchal society practiced in various states of India like Kerala and other northwestern states and how literacy rates are higher in such regions.
- The session was attended by 329 students.

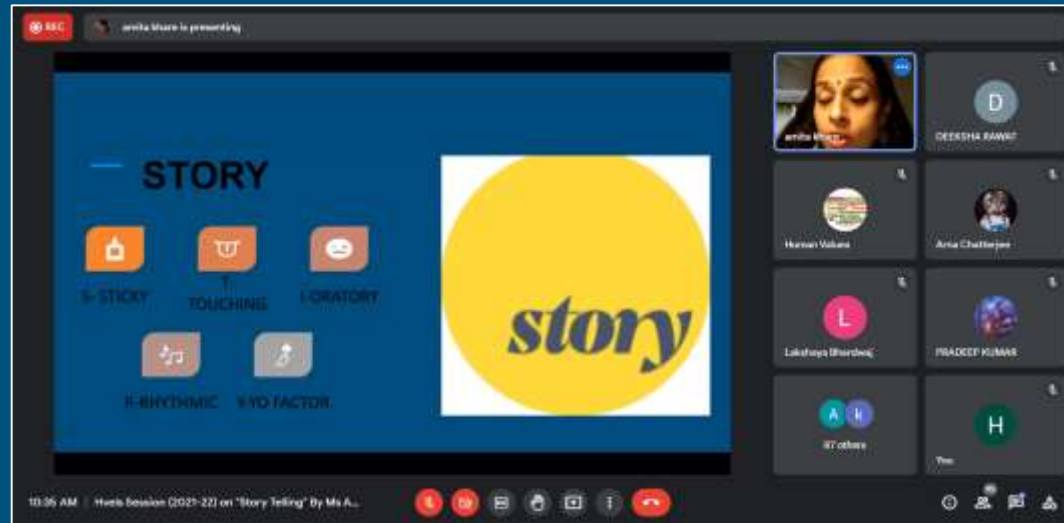
HIGHLIGHTS OF THE SESSION



REC amita khare is presenting

WATERMELON IN THE BATH TUB ???

A screenshot of a Zoom meeting. The top bar shows a red 'REC' button and the text 'amita khare is presenting'. The main content area displays a slide with the title 'WATERMELON IN THE BATH TUB ???' and a video of a watermelon floating in a white tub. The bottom of the screen shows a grid of participant video thumbnails, including 'Human Values', 'amita khare', and 'VIDIT MISHRA'. A notification says 'A lot of people are here. The people list shows them all. View all'. There are 77 other participants and a 'You' icon.



REC amita khare is presenting

STORY

S-STICKY TOUCHING LORATORY

R-RHYTHMIC Y-YO FACTOR

story

10:35 AM | Web Session (2025-22) on "Story Telling" By Ms A.L.

A screenshot of a Zoom meeting. The top bar shows a red 'REC' button and the text 'amita khare is presenting'. The main content area displays a slide with the title 'STORY' and five icons: a house (S-STICKY), a cup (TOUCHING), a speech bubble (LORATORY), a musical note (R-RHYTHMIC), and a person (Y-YO FACTOR). To the right is a large yellow circle with the word 'story' in lowercase. The bottom of the screen shows a grid of participant video thumbnails, including 'amita khare', 'DEKSHA RAWAT', 'Harman Vohra', 'Ania Chatterjee', 'Lakshya Bhordic', 'PRADCEP KUMAR', '47 others', and 'You'. The bottom status bar shows the time '10:35 AM', the session title 'Web Session (2025-22) on "Story Telling" By Ms A.L.', and various Zoom control icons.