



रामलाल आनंद कॉलेज

दिल्ली विश्वविद्यालय
बेनिटो ह्वारेज रोड, नई दिल्ली-110021 (इंडिया)

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RLAC/2025/ 643

26.08.2025

A Course on Human Values, Ethics and Life Skills

Schedule of the Course 2025-26 (Semester 1)

	Date & Time	Topic	Name of the Speaker
September			
Monday	01.09.2025 (3:30-5:30 pm)	Orientation- Human Values	Dr Manjari Chaturvedi, CEO Healthy Aging India
Monday	08.09.2025 (3:30-5:30 pm)	Self-Awareness & Self Esteem	Mr Govind Mishra
Monday	15.09.2025 (3:30-5:30 pm)	Critical Thinking and Creative thinking	Ms Meenu Bhargava
Monday	22.09.2025 (3:30-5:30 pm)	Legal Rights	Adv Saharsh Saxena
Monday	29.09.2025 (3:30-5:30 pm)	Empathy	Ms Divya Shah
October			
Monday	06.10.2025 (3:30-5:30 pm)	Emotional Intelligence	Mr Suneel Keswani
Monday	13.10.2025 (3:30-5:30 pm)	Tolerance and Equality	Dr Rita Mishra
Monday	27.10.2025 (3:30-5:30 pm)	Anger and Stress Management	Ms Mahak Vaish
November			
Monday	03.11.2025 (3:30-5:30 pm)	Harmony in Society	Dr Bani Bora
Monday	10.11.2025 (3:30-5:30 pm)	Story Telling	Ms Usha Chhabra
Monday	17.11.2025 (3:30-5:30 pm)	Professional Ethics	Mr Alok Saxena
December			
Monday	01.12.2025 (3:30-5:30 pm)	Choices and Decisions	Mr Rahul

Dr Rita Jain

Dr Rita Jain
Convener

Prof. Rakesh Kumar Gupta

Prof. Rakesh Kumar Gupta
Principal