



रामलाल आनंद कॉलेज

दिल्ली विश्वविद्यालय

बेनिटो हुआरेज़ रोड, नई दिल्ली-110021 (इंडिया)

Ram Lal Anand College

University of Delhi

NAAC Accredited A+

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A Course on Human Values, Ethics and Life Skills

Schedule of the Course 2025-26

Semester II

	Date & Time	Topic	Name of the Speaker
January			
Monday	05.01.2026 (3:30-5:30 pm)	Communication & Self Expression	Ms Pragya Deshmukh
Monday	12.01.2026 (3:30-5:30 pm)	Mental Health	Ms Akshitara
Monday	19.01.2026 (3:30-5:30 pm)	Environment Awareness	Mr Girish G Patil
February			
Monday	02.02.2026 (3:30-5:30 pm)	Volunteering	Dr Devender Gupta
Monday	09.02.2026 (3:30-5:30 pm)	Leadership & Team Building	Ms Anuja Roy
Monday	16.02.2026 (3:30-5:30 pm)	Building Resilience-(based on Geeta)	Dr Archana Gaur
Monday	23.02.2026 (3:30-5:30 pm)	Corporate Ethics	Dr Riyanka Jain
March			
Monday	09.03.2026 (3:30-5:30 pm)	Healthy Eating	Ms Deepali
Monday	16.03.2026 (3:30-5:30 pm)	Social and Political Responsibility	Dr Alankar
Monday	23.03.2026 (3:30-5:30 pm)	Negotiation and Conflict Resolution	Ms Meenu Bhargava
Monday	30.03.2026 (3:30-5:30 pm)	Yoga & Mindfulness	Dr Kavita Bhargava
April			
Monday	06.04.2026 (3:30-5:30 pm)	Substance Abuse	Dr Rajiv Shah

Rita Jain

Dr Rita Jain
Coordinator

Rakesh Kumar Gupta

Prof. (Dr.) Rakesh Kumar Gupta
Principal