

The M.L.Gandhi Higher Education
Society, Modasa



Shri S.K.Shah & Shrikrishna O.M. Arts College,
Modasa-383315

Add on Course on
Expertise Training Course in
personality development and life
Skills education

Prepared by
(Psychology) Department)

Year - 2018 - 2019




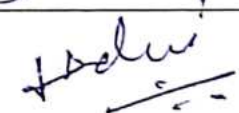

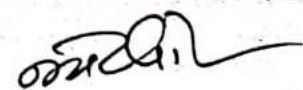
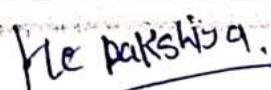
The M.L.Gandhi Higher Education Society, Modasa

Shri S.K.Shah & SHriKrishna O.M.Arts College,
Modasa- 383315


MINUTES

A Meeting of the Committee consisting by the following members was held on Dt. 10th July 2014 At 03.00pm to prepare the syllabus of add on courses by Psychology Department to be started in the College. The following members were present in this meeting.

The attached syllabus of 30 hrs add on course on Experties Training Course In ^{Developmental Life Skill Education} ~~personality~~ is approved by this committee after intensive Discussion.

Sr.No	Name of Members	Designation	Signature
1	Dr D.H.Joshi	Principal	
2	Dr J.J.Desai	Vice Principal	
3	Dr P.R.Sinh	IQAC Co-Ordinator	
4	Shri J.B.Patel	Administrator Co-Ordinator	
5	Dr. H. C. Rakhasiya	Hod	
6	Dr. m. A. Kathiyon	Assistant Professor	m. A. Kathiyon




Principal,
Shri S. K. Shah & Sh
O.M. Arts College

2018-19

Shri S. K. Shah & Shrikrishna O. M. Arts College, Modasa

Add-on Course - personality Development And
Expertise Training Course in Life skill education

Day 1 - Session 1

Time	Expert	Subject
9:00 to 11:00	શ્રી. ગુણગીત રાખરિયા (Dr. Harshaben Rakharia)	Psychology ① Personality Development - An Introduction ② Know yourself: a better understanding of self.

Day 2 - Session 2

Time	Expert	Subject
9:00 to 11:00	શ્રી. મીરા. સુ. શુભર (Dr. M. A. Kathiyar)	① Exploring the Concept of Personality

Day 3 - Session 3

Time	Expert	Subject
9:00 to 11:00	Dr. B.H. M. A. Kathiyar	① Personality development from various perspectives ② personality and different life situations

Day 4 - Session 4

Time	Expert	Subject
9:00 to 11:00	Dr. H. C. Rakharia	① Stress Management ② Different types of skills.




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Day 5 – Session 5

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyara	Introduction to life skills

Day 6 – Session 6

Time	Expert	Subject
9:00 to 11:00	Dr. H. C. Rakhasiya	Assertiveness training

Day 7 – Session 7

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyara	① Relaxation techniques ② meditation

Day 8 – Session 8

Time	Expert	Subject
9:00 to 11:00	Dr. H. C. Rakhasiya	① skill acquisition ② coping strategies




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Day 9 – Session 9

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kautiyaa	① Resilience skill ② Communication skills

Day 10 – Session 10

Time	Expert	Subject
9:00 to 11:00	Dr. H. C. Rakshiya	① Interpersonal skills ② Social media skills

Day 11 – Session 11

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kautiyaa	① Interview skills ② Public speaking skills

Day 12 – Session 12

Time	Expert	Subject
9:00 to 11:00	Dr. H. C. Rakshiya	① Motivation evaluation ② The fully functioning personality



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Day 13 – Session 13

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyani	① who is an ultimate winner ② money - financial management

Day 14 – Session 14

Time	Expert	Subject
9:00 to 11:00	Dr. H. C. Rakhasiya	① The entrepreneurs mind set

Day 15 – Session 15

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyani	① Give something back ② Value system and self actualization



(Signature)

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2018-2019

Course name: - Personality Development and Life Skill education

Syllabus(30hrs)

Unit-1 Personality Development-I	<ol style="list-style-type: none"> 1. Personality Development - An Introduction 2. Know Yourself: a better understanding of self 3. Exploring the concept of personality 	Hour-5
Unit-2 Personality Development-II	<ol style="list-style-type: none"> 1. Personality development from various perspectives 2. Personality and different life situations- 3. Stress management 	Hours-5
Unit-3 Lifeskills	<ol style="list-style-type: none"> 1. Different Type of life skills 2. Introduct to life skills 3. Assertiveness training 4. Relation techniques 5. meditation 	Hours-5
Unit-4 Lifeskills	<ol style="list-style-type: none"> 1. Skill acquisition 2. Coping strategies - 3. Resilience skill 4. Communication skills 	Hours-5
Unit-5 Lifeskills Types	<ol style="list-style-type: none"> 1. Interpersonal skills 2. Social media skills 3. Interview skills 4. public speaking skills 	Hour-5
Unit-6 Overall finishing	<ol style="list-style-type: none"> 1. motivation evoking 2. the fully functioning personality 3. who is an ultimate winner 4. money-financial management- 5. The entrepreneurs mind set 6. Give something back 7. value system and self actualization 	Hours-5



(Signature)
Principal

Shri S.K. Shah & Shri Krishna
O.M. Arts College, Modasa (Aravalli)

List of Students

Date: 16/07/2018 TO 31/07/2018

No.	Name Of Students	Roll No.	M/F	Class	Session-1	Session-2	Session-3	Session-4	Session-5	Session-6	Session-7	Session-8	Session-9	Session-10	Session-11	Session-12	Session-13	Session-14	Session-15
	CHAUDHARI ABDUL KADIR	7343	M	T.Y	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA
	BHOI HEMALIBEN A	7336	F	T.Y	BKA	BKA	BKA	BKA	BKA	BKA	BKA	BKA	BKA	BKA	BKA	BKA	BKA	BKA	BKA
	PRAJAPATI DEPTI A	7386	F	T.Y	DKA	DKA	DKA	DKA	DKA	DKA	DKA	DKA	DKA	DKA	DKA	DKA	DKA	DKA	DKA
	PATEL NIRALI R	7384	F	T.Y	ML	ML	ML	ML	ML	ML	ML	ML	ML	ML	ML	ML	ML	ML	ML
	KATARA MEGHA P	7356	F	T.Y	MAK	MAK	MAK	MAK	MAK	MAK	MAK	MAK	MAK	MAK	MAK	MAK	MAK	MAK	MAK
	KHANT ASHIS R	7358	M	T.Y	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA
	HAUHAN NISHA D	7349	F	T.Y	NKA	NKA	NKA	NKA	NKA	NKA	NKA	NKA	NKA	NKA	NKA	NKA	NKA	NKA	NKA



[Signature]

PRINCIPAL
O. SHRI S. K. SHAH & SHRIKRISHNA
O. M. ARTS COLLEGE, MUDASA

Report Of Add On Course

Course Name: Personality Development and Life skill acquisition

There are several students participated in this course and they tried their best to understand all the content of the course so that they can develop and make their place in the society.

By doing this course, students would be able to go beyond the physical aspects and learn how to think, behave and interact with the world around them. For students, it is important to develop a strong and attractive personality, as it can have a significant impact on their academic success, future career prospects, and personal relationships.

Life skills can be defined as 'a set of psychosocial competencies and interpersonal skills that enable students to make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, support others' helps you to empathize with and manage your life in a healthy way." With the skills to communicate effectively, negotiate effectively, manage effectively and lead effectively you can live a fulfilling life. You will be able to. Personality development will provide you with skills and knowledge to help you in every aspect of their life.



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Add on Course

Organized by

Department of Psychology

Shri S.K. Shah & Shri Krishna O.M. Arts College, Modasa

CERTIFICATE

This is to certify that BHOI HEMALI A. has actively participated in the "Personality Development And Life Skills Education" organized by the Department of Psychology at college campus, Modasa, held from 03-16-07-2018 to 31-07-2018. We wish her/him all the luck for her/his future.

Jk M.A. Kataria
Head

Department of Psychology

Principal
Dr. Deepak H Joshi



Add on Course

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Shri S.K. Shah & Shri Krishna O.M. Arts College, Modasa

CERTIFICATE

This is to certify that CHAUHAN ABDULKADIR M. has actively participated in the "Personality Development And Life Skills Education" organized by the Department of Psychology at college campus, Modasa, held from 03-16-07-2018 to 31-07-2018. We wish her/him all the luck for her/his future.

Jc m. Akatian
Head
Department of Psychology

Principal
Dr. Deepak H Joshi



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CERTIFICATE

This is to certify that KATARA MEGHA P. has actively participated in the "Personality Development And Life Skills Education" organized by the Department of Psychology at college campus, Modasa, held from 03-16-07-2018 to 31-07-2018. We wish her/him all the luck for her/his future.

Ilm.A. Katiara
Head

Department of Psychology

Principal
Dr. Deepak H Joshi



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CERTIFICATE

This is to certify that PATEL NIRALI R. has actively participated in the "Personality Development And Life Skills Education" organized by the Department of Psychology at college campus, Modasa, held from 03-16-07-2018 to 31-07-2018. We wish her/him all the luck for her/his future.

JtC M. A. Kachhiary

Head
Department of Psychology

Principal
Dr. Deepak H Joshi