

DURATION OF THE COURSE

1st - 22nd June, 2015

ELIGIBILITY

Undergraduate students of all disciplines studying
at Daulat Ram College

REGISTRATION FEE

Rs. 500/-

TIMINGS

9:30 A.M. – 11.30 A.M.

VENUE

Skill Development Centre
Department of Chemistry
Daulat Ram College
University of Delhi
Delhi-110007

COURSE COORDINATOR

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DAULAT RAM COLLEGE UNIVERSITY OF DELHI



**IN-HOUSE SKILL DEVELOPMENT CERTIFICATE COURSE
SHORT TERM JOB-ORIENTED SUMMER COURSE**

“SELF-ENHANCEMENT SKILLS”

ORGANIZED BY

DEPARTMENT OF PSYCHOLOGY

SELF-ENHANCEMENT SKILLS

BRIEF DESCRIPTION OF THE COURSE: The present day world is characterized by competitions, conflicts and stresses. To deal with these challenges an individual must be equipped with certain crucial skills. The course on “Self-enhancement skills” has been designed with the same objectives in mind. *The course aims at self enhancement of the participants.* To this end, the course incorporates training in various skills such as *stress management skills, self-understanding, communication skills, emotional resilience, emotional intelligence, positive thinking, self-efficacy, leadership etc.* By training the participants in these skills, the course aims to develop positive and skillful individuals who not only have a better understanding of themselves but also contribute to the betterment of the society at large.

COURSE OBJECTIVE: The main goal of the course is to help the participants develop certain key skills for self-enhancement. These skills will equip them to find good employment opportunities and excel in their careers as well as help them in enhancing their personality.

The specific objectives of the course are:

- To increase awareness of self
- To strengthen positive thinking
- To cultivate communication skills
- To enhance stress management skills
- To strengthen emotional skills
- To increase leadership skills
- To enhance self-efficacy

The topics to be covered along with resource persons are as follows:

Understanding Self: Dr Preeti Kapur: ‘Self-knowledge’ is the beginning of self-enhancement; Only when we come to know about ourselves do we have a good foundation on which to build our future lives; When people know themselves they can maximize outcomes because they know what they can and cannot do; Identify components of self; Identify strengths and weaknesses of self.

Communication Skills: Dr Rajni Sahni: The module will help understand the nuances of 'communication & its process' in detail. It will help the participants communicate effectively by learning the 'listening skills' as also to be effective in 'interpersonal situations'. The module will hence help in exploring the self through effective communication.

Building Emotional Resilience: Dr Meetu Khosla: Understanding the meaning of Emotional Resilience and the need to develop it; The various trajectories of emotional resilience; Techniques of building and maintaining emotional resilience; Psycho-social implications of being emotionally resilient.

Enhancing Emotional Quotient: Dr Pooja V Anand: Success is determined not just by IQ, rather EQ plays a greater role. In this module you will be given hands-on training in emotional intelligence skills and competencies of self awareness, self-regulation, motivation, empathy, social skills etc.

Positive Thinking Skills: Dr Pooja V Anand: Positive thinking is powerful. Positive thinking and attitude enable us to see the bright side of life. In this module you will learn the skills of positive thinking which will go a long way in bringing about a positive change in your life.

Leadership Skills: Dr Suparna Jain: In the present module you will learn about why not to miss upon the opportunities of leading and how to do justice with your role as a leader. On completion of the experiential exercises, you would not only have gained knowledge about the traits of a good leader rather would have imbibed them in yourself.

Stress Management Skills: Ms Sandhya Hawbani: Managing Stress involves identifying different sources of stress and understanding them from different perspectives. It consists of a wide range of techniques aimed at taking charge of our own thoughts, feelings, emotions and the way we deal with problems. Stress management will help reduce the level of stress.

Self-efficacy: Mr Vikas Yadav: The linkage of self-efficacy with social cognitive theory; Critical components of self efficacy; Development of self efficacy; How to use our understanding of self efficacy in everyday life to achieve goals, increase motivation, and attain success.

Special thanks to Dr Indu Bahadur and Dr Renu Kishore