

Value Added Course

Value added courses are the types of courses which help a particular individual to develop their own skills in their chosen field of the study. They are mostly independent to each type of the fields. GHG Harparkash College of Education for Women, Sidhwan Khurd, Ludhiana offered six value added courses in the year 2022-23 i.e. Self-Management, Open Educational Resources, Career Counselling Skills, and ICT Tools for Teaching and Learning, Digital Literacy, Communication Skills.

The students have the option to choose the courses according to their desires and inclinations. From the experts our students gain knowledge through the value-added courses, which will enable them to face the formidable challenges of the future. Around 38 students have been benefited in the session 2022-2023.

COURSE LEARNING OUTCOMES

The course learning outcomes of the Value-added courses are:

- Students will be able to develop an understanding of the expectations of industry.
- To improve employability skills of students of GHGHCED.
- To bridge the skill gaps and make students industry ready.
- To equip the students to enhance their skills and add value to the existing curriculum.

Available Courses:

Following Value Added Courses Offered GHG Harparkash College of Education for Women, Sidhwan Khurd Ludhiana:

Sr.No.	Name of Course	Total Hours
1	Self-management	30
2	Open Educational Resources	30
3	Career Counselling Skills	30
4	ICT tools for teaching and learning	30
5	Digital Literacy	30
6	Communication Skills	30

Course Faculty: Expert faculty from GHG Harparkash College of Education for Women Sidhwan Khurd, Ludhiana.

Eligibility: Courses are open for all M.Ed./B.Ed./PG Diploma in Guidance and Counselling Students.



G.H.G. HARPARKASH COLLEGE OF EDUCATION FOR WOMEN

NAAC RE ACCREDITED 'A' GRADE COLLEGE WITH CGPA 3.38

VPO Sidhwan Khurd, Teh. Jagraon, Dist- Ldh, PB- 142024, IN

Schedule for Value Added Course

SELF-MANAGEMENT

Day-1 (16-012-2022)

Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Dr Shally	Introduction about Self
Session -2	1:00-3:00 P.M	Dr Shally	Interactive activities and dialogue on self -awareness

Day-2 (17-12-2022)

Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Mrs Pushpinder Kaur	Study session on Self-Motivation
Session -2	1:00-3:00 P.M	Dr Shally	Questioning and Interactions

Day-3 (19-12-2022)

Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Dr Sarvjeet Kaur	SWOT Analysis
Session -2	1:00-3:00 P.M	Dr Sarvjeet Kaur	SWOT Activities

Day-4 (20-12-2022)

Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Dr Navdeep Kaur	Stress management
Session -2	1:00-3:00 P.M	Dr Navdeep Kaur	Stress management Strategies

Day-5 (22-12-2022)

Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Dr Shally	Self-management skills
Session -2	1:00-3:00 P.M	Dr Shally	Dialogue and Interaction on self-management strategies

Day-6 (23-12-2022)

Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Dr Navdeep Kaur	Time management and its benefits
Session -2	1:00-3:00 P.M	Dr Navdeep Kaur	Time management Strategies

Day-7 (24-12-2022)

Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Dr Jagminder Kaur	Adaptability
Session -2	1:00-3:00 P.M	Dr Jagminder Kaur	Resolving Interpersonal and Intra personal Conflicts



8 (26-12-2022)

Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Dr Geeta Kundi	SMART Goals setting techniques
Session -2	1:00-3:00 P.M	Dr Geeta Kundi	Creating SMART Goals

Day-9 (27-12-2022)

Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Dr Saravjeet Kaur	Self-Development through Yoga
Session -2	1:00-3:00 P.M	Dr Saravjeetkaur	Practicing Asanas

Day-10 (30-12-2022)

Session	Duration	Resource Person	Activities
Session -1	12:00-1:00	Dr Saravjeet Kaur	Self-Development through meditation
Session -2	1:00-3:00 P.M	Dr Saravjeetkaur	Practicing Meditation

Coordinator
(Dr Shally)

Principal
(Dr Amandeep Kaur)

Principal
G. H. G. Harparkash College
of Education for Women
SIDHWAN KHURD (Ldb.)

**G.H.G.Harparkash College of Education for Women Sidhwan Khurd
Session 2022-2023**

**Report of Value-Added Course on
Self - Management**

16th December- 30th December, 2022

Report of Value-Added Course on Self- Management

GHG Harparkash College of Education for Women, Sidhwan Khurd, Ludhiana offered value-added courses from 16-12-2022 to 30-12-2022. on Self - management. Dr. Shally, Associate Professor GHG Harparkash College of Education for Women, was the **coordinator** of the course.

On the first day of this course, students are made aware of self, self- awareness process. Students were introduced to these concepts through videos, followed by interactive activities and dialogue. The resource person of the day was Dr Shally.

On the second day of this course, activities were planned for the students related to the area of self-motivation. Students were provided with the reading materials and each student read the motivational stories. Mrs Pushpinder Kaur, Librarian of the college provided the study materials. This was followed by questioning and interactions in the second session, which was supervised by Dr Shally.

On the third day of this course, the introductory session of SWOT analysis was done which was followed by creating individual SWOT profile and discussion on that. The resource person of the day was Dr Saravjeet Kaur, Assoc Prof of the college.

On the fourth day of this course, students were exposed to an introductory session on stress management followed by open dialogue on stress management strategies in the second session. Both the sessions were handled by Dr Navdeep Kaur, Astd Prof.

On the fifth day students were made aware of basics of self- management skills such as self-motivation, self-development, time management, stress management, adaptability, decision making, goal alignment etc. which was followed by dialogue and interactions on self-management strategies. The resource person of the day was Dr Shally.

On the sixth day Concept of time management and its benefits were shared in the first session which was followed by listing and learning time management strategies. The resource person of the day was Dr Navdeep Kaur.




On the seventh day, students were made to sit in small groups. They practiced sharing their life stories, fun facts, and any other thing they wanted to talk about for learning adaptability and resolving interpersonal and intra personal conflicts resolution.

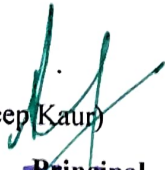
On eightday students were made aware about SMART goals setting techniques followed by creating SMART goals. Dr Geeta was the resource person of the day.

On ninth day and 10th day of the course both the sessions were focused on self-development through yoga and meditation. The resource person was Dr Sarvjeet Kaur.




(Dr Shally)
Coordinator

(Dr Amandeep Kaur)


Principal
G. R. G. Harparkash College
of Education for Women
SIDHWAN KHURD (LAL)



G.H.G. Harparkash College of Education for Women

Sidhwan Khurd (Ludhiana), Punjab

(NAAC Re-accredited 'A' Grade College, CGPA 3.38)

Organizes

Value Added Course

on

Self Management

CERTIFICATE

This is to certify that Ms. Kritika Bansal student of

G.H.G. Harparkash College of Education for Women, Sidhwan Khurd (Ludhiana) has successfully completed Value Added Course on "Communication Skills" from 16th December, 2022 to 30th December, 2022.


Dr. Anandeeep Kaur
Principal


Dr. Shally
Coordinator



G.H.G. Harparkash College of Education for Women

Sidhwan Khurd (Ludhiana), Punjab

(NAAC Re-accredited 'A' Grade College, CGPA 3.38)

Organizes

Value Added Course

on

Self Management

CERTIFICATE

This is to certify that Ms. Sonia Rani student of

G.H.G. Harparkash College of Education for Women, Sidhwan Khurd (Ludhiana) has successfully completed Value Added Course on "Communication Skills" from 16th December, 2022 to 30th December, 2022.


Dr. Ananddeep Kaur
Principal


Dr. Shafiq
Coordinator