



Online Five Days Workshop

on

“Life Skills (Jeevan Kaushal) for Youth”

(04 – 08 October 2021)

Organized by

Centre for Life Skills & Soft Skills (CLAS)

&

Career Counselling and Placement Cell (CCPC)

Maharshi Dayanand University (MDU) - Rohtak, Haryana

(A State University established under Haryana Act No. XXV of 1975)

'A+' Grade University Accredited by NAAC



Maharshi Dayanand University (MDU):

Maharshi Dayanand University, Rohtak, established in 1976 as a residential University with the objective of promoting inter-disciplinary higher education and research with special emphasis on studies of environmental, ecological and life sciences, is making rapid progress to emerge as a leading educational institution of the nation. Now it is a teaching-cum-affiliating university with a formidable track record in academics, research, literacy and cultural activities, and sports. Currently, there are 38 Post-Graduate Departments and 10 Faculties in the University. Territorial jurisdiction of the University extends to districts of Southern Haryana. The overall progress made by the University in all fields resulted in the University receiving the 'A+' grade from NAAC in March 2019.

University, with its large campus, provides excellent infrastructural facilities and necessary student support services, benefiting the students. Beautiful landscaping is a hallmark of the varsity. The University has entered into national and international level strategic tie-ups with academic and research organizations for joint academic and research programmes. Recently, University has signed MoU with National Skill Development Corporation to facilitate skill development of University students. We are all set to emerge as a pioneer University with overall excellence and global outlook and deep commitment towards social and community causes in times to come.

To know more about the university please visit: www.mdu.ac.in

Centre for Life Skills & Soft Skills (CLAS):

Preamble: The centre aims at nurturing graduate attributes among students by inculcating communicative, soft and life skills to help them become better citizens of the world. The Centre aims to offer and design programs which will be designed by taking inspiration from principles of OODA (Observe, Organise/Orient, Decide and Act) Loop and Decision/ Game theory. It aims at strengthening language competence, spoken and written; ability to describe, argue, cohere and draw inferences; and manage body language and non verbal

components of communication to add to the communicative competence. Besides, programs will sensitize the students and impart among them core values of humanities to sustain hard skills based capabilities.

The Centre will also design courses on demand for various Centres/ Departments/Faculties/Institutes of the University. It will act as nodal centre for mediation and approval of value addition courses and programs offered by colleges & institutes affiliated to Maharshi Dayanand University.

To know more about the centre, please visit online at: <https://mdu.ac.in/ASPX/Cells.aspx?Dept=132>

Career Counselling & Placement Cell:

The Career Counselling and Placement Cell helps the students in their educational and vocational planning. It provides information on employment trends, projects development, recruitment methods, occupational reviews, scholarships and fellowships in India and abroad, assistance in securing part-time/full-time employment/self-employment, and help in seeking admissions in various institutions and universities.

The Cell conducts surveys, arranges and organizes training programmes and workshops for development of personality and communication skills to place them on sound footing to face interviews and other challenges in their career.

The Cell is housed in Students Activity Centre and besides the above mentioned services. It also provides need basis personal counselling to the students on prior appointment basis.

To know more about Career Counselling & Placement Cell, please visit <https://mdu.ac.in/defaultMatter.aspx?Pageld=142>

About the workshop:

Youth are being considered, as the most productive members of the society, due to their physical and intellectual capability. In order to realize their potential in an appropriate way, they need guidance and motivation.

Youth these days are facing many challenges such as social, emotional, physical and psychological issues. Cut-throat competition, unemployment, lack of job security, etc. are some of the major concerns for the educated and as a result, they are caught in the mad race. No one has time for his/her 'self', to develop empathy with surrounding and to have harmony in society.

Life Skills Education now a days is hence, very important, to support and live life better. Thus, the cardinal focus of this workshop is to pay an extraordinary emphasis on developing such skills amongst Students & Budding Professionals as they are the important building blocks for a dynamic citizen, who can cope up with future challenges, and survive.

According to UNICEF, Life Skills are a behaviour change or behaviour development approach designed to address balance of three areas: Knowledge, Attitude & Skills.

The world bodies such as UNICEF, UNESCO, and WHO list the ten core Life Skills as:

- Self-awareness
- Critical thinking
- Creative thinking
- Decision making
- Problem Solving
- Effective communication
- Interpersonal relationship
- Empathy
- Coping with stress
- Coping with emotion

Scope and theme of the workshop:

This workshop shall focus on Life Skills (Jeevan Kaushal)

The following broad areas will be covered in this workshop:

- Life Skills : Life Skills Defined, Need in Everyday Life, Blissful Living : Happiness & Wellbeing
- Communication Skills: Listening, Speaking, Reading, Digital Literacy, Effective Use of Social Media, Non Verbal Communication
- Professional Skills: Resume Skills, Interview Skills, Group Discussion Skills, Exploring Career Opportunities, Presentation Skills, Trust & Collaboration
- Leadership Skills, Critical Thinking, Creative Thinking & Innovative Leadership, Interpersonal Relationships, Problem Solving & Decision Making
- Universal Human Values: Love & Compassion, Truth, Righteousness, Renunciation (Sacrifice), Peace, Service

For Whom: The students, research scholars from the M.D University Rohtak and Its Affiliated Institutions.

Registration:

- No Registration Fee
- Registration will be done on First Come First Serve bases.
- The Number of seats shall be limited to 100 participants only.
- Register online for the online workshop by using the link below:
<https://forms.gle/5sVtDLq2rkKhM4CN8>

ORGANISING COMMITTEE

CHIEF PATRON

Prof. Rajbir Singh

Vice-Chancellor, Maharshi Dayanand University (MDU), Rohtak

PATRON

Prof. Inderjeet Singh

Director, Chaudhary Ranbir Singh Institute of Social and Economic Change

WORKSHOP DIRECTORS

Prof. Ashish Dahiya

Director- Centre for Life Skills & Soft Skills (CLAS)

&

Prof. Sumeet Gill

Director - Career Counselling & Placement Cell

WORKSHOP COORDINATOR

Dr. Divya Malhan - Additional Director, (CLAS)

ORGANISING SECRETARIES

Dr. Nidhi

Deputy Director
Centre for Life Skills & Soft Skills (CLAS)

Dr. Arun Kumar

Deputy Director
Centre for Life Skills & Soft Skills (CLAS)

Important Dates:

The One Week Online Workshop on “Life Skills (Jeevan Kaushal) for Youth” shall be held from (04 – 08 Oct 2021) Monday to Friday.

There will be 14 sessions in five days and (three sessions every day and one session may be utilized for feedback and assessment)

Certification:

E-Certificates shall be issued to those participants who have attended the programme with minimum 80% attendance and scored minimum 60% marks in the test conducted at the end of the online workshop.

Contact Us:

Workshop Secretariat,

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