

Interactive Session on Life Skills “Problem Solving, Effective Communication and Coping with Stress” (22nd October 2019)

TEACHER'S ACTIVITY REPORT 2019-2020

FACULTY: SCIENCE **DEPARTMENT:** ELECTRONICS **IQAC ACTIVITY No:** SVC/2019-20/ELECT/NK/3

NAME OF THE ACTIVITY: Interactive Session on Life Skills “Problem Solving, Effective Communication and Coping with Stress”			
DATE	FACULTY	DEPARTMENT/COMMITTEE	COORDINATOR NAME
22 nd October 2019	Electronics	Electronics	Dr Neeru Kumar, Dr Rakhi Narang
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor
11:00 AM-12:45 PM	ICT Faculty Lab	40	Indoor
SUPPORT/ASSISTANCE:	Sri Venkateswara College Ms. Nandita Prakash, Vice President, Private Schools and Children Welfare Association		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO. – V,VII):

TOPIC/SUBJECT OF THE ACTIVITY	Interactive Session on Life Skills “Problem Solving, Effective Communication and Coping with Stress”
OBJECTIVES	<ul style="list-style-type: none"> To make students understand how to be adaptive and have positive behaviour To deal effectively with the demands and challenges of everyday life To know about Interpersonal Skills To make students capable of handling diverse social scenarios.
METHODOLOGY	Interactive session with various activities
OUTCOMES	<ul style="list-style-type: none"> The students learnt importance of social skills through lively sessions namely Active Listening-Eye Contact, Smile, Posture, Mirroring, Reinforcing, Remembering, Reflecting and Seeking Clarifications. The session helped students to know how to make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and cope with managing their lives in a healthy and productive manner.

PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):

Notice & Letters ✓	Student list of participation	Activity report ✓	Photos ✓	Feedback form
Feedback analysis	News clip with details	Certificate	Any other	

IQAC Document No:	Criterion No: V,VII	Metric No:
Departmental file No:	IQAC file No:	

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
Dr. Neeru Kumar	Dr. Neeru Kumar	

For Reference

Criterion I	Curricular Aspects (planning & Implementation)		Criterion V	Student Support & Progression
Criterion II	Teaching Learning & Evaluation		Criterion VI	Governance
Criterion III	Research, Innovations & Extension		Criterion VII	Institutional Values & Best Practices
Criterion IV	Learning Resources and Infrastructure			

PROOFS

SUMMARY REPORT & PHOTOS

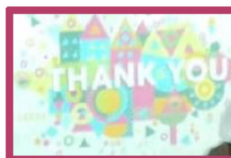
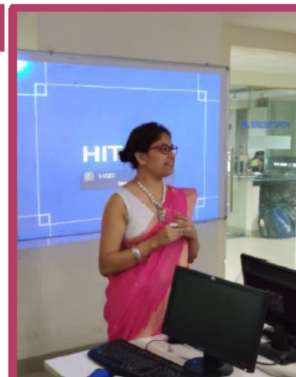
LIFE SKILLS SESSION ON ACTIVE LISTENING

According to World Health Organization (WHO), *Life Skills have been defined as "the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life."* Life skills include psychosocial competencies and interpersonal skills that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and cope with managing their lives in a healthy and productive manner.

In this era of globalization with increasing level of competition, the young minds coming up for the higher education are often inadequately prepared for the wondrous world. It is generally due to lack of interest, warranted coping capacities, parental pressure, fear of exposure to outer world etc. Hence, there is a huge gap between the life skills they need and that they actually possess. Very often, they are unable to understand the emotional turmoil. This often leads to fear, anxiety, stress, depression, and sometimes to more chronicle stages of suicidal tendencies. The Higher Education Institutions have people coming from all walks of life. Thus, acknowledging the needs of the students, the Department of Electronics organized a **"Life Skills Session on Active Listening"** on 22nd October 2019. The resource person for this session was Ms. Nandita Prakash, Vice President, Private Schools and Children Welfare Association.

Essentially, there are two kinds of skills - those related to thinking termed as *"Thinking Skills"*; and skills related to dealing with others termed as *"Social Skills"*. Active listening being a part of social skills, does not only mean focussing on the speaker but actually showing both verbal and non-verbal signs of listening. Some of the gestures showing active listening are Eye Contact, Smile, Posture, Mirroring, Reinforcing, Remembering, Reflecting and Seeking Clarifications etc. Ms Nandita not only explained the importance of these skills but engaged the students in her lively sessions. Many students actively participated and expressed their thoughts too.

At the end of the session the feedback was taken from the student participants and the vote of thanks was given to the expert by Ms. Nancy Tyagi, President, Student Council. To conclude, we, the Department of Electronics hope that our students will now be capable of handling diverse social scenarios.



INVITATION LETTER

----- Forwarded message -----

From: **Neeru Kumar** <neeru_kum66@yahoo.co.in>
Date: Sat, Oct 19, 2019 at 7:49 PM
Subject: Invitation to conduct Lifeskills session
To: nanditaprakash22@gmail.com <nanditaprakash22@gmail.com>

Dear Nandita

As per our discussion over phone regarding Lifeskills session for our students we have identified three areas mentioned in the prescribed list from WHO : **Problem Solving, Effective Communication and Coping with stress**.
I would like to invite you for conducting this session for our final and second year students on 22nd October 2019.

The schedule is as follows:

Date: 22nd October 2019

Time: 11:00 PM onwards

Venue: ICT Faculty Lab, Sri Venkateswara College

No. of Participants-35-40

Please send a line in confirmation so that necessary arrangements can be made. Kindly send a list of items required during the session.

Regards

Dr. Neeru Kumar
Department of Electronics
Sri Venkateswara College
University Delhi



SRI VENKATESWARA COLLEGE
(University of Delhi)

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Prof C. Sheela Reddy
Principal
Sri Venkateswara College

IQAC Coordinator

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Department of Sociology

Dr. Nimisha Sinha
Department of Biochemistry

Shri D. Venkat Ramana
A.O(I/C)

This is to certify that the Activity report (Teacher/Department /Society/Association)
has been submitted for documentation to IQAC, Sri Venkateswara College,
University of Delhi.

N. Latha

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