



DEPARTMENT OF COMMERCE
Hansraj College, University of Delhi
(NAAC Grade A+ CGPA 3.62)
Student Learning Centre, IQAC



Life Essence

in association with

Life Essence

announces a

Certificate Course on

Redesigning Your Image

SLC-09

Dates: 23 October 2021 to 12 December 2021 (Weekend Mode)

Teacher In-Charge	Course Coordinator	Course Convenor	Program Convenor	Patron
Dr. Preetinder Kaur	Dr. Meghna Malhotra	Ms. Sonal Gupta	Dr. Mona Bhatnagar Director, IQAC	Prof. (Dr.) Rama Principal, Hansraj College

The College

Hansraj College is one of the Largest Constituent Colleges of the University of Delhi. The College has been ranked as one of the top five Colleges for Science, Arts & Commerce several times in the last decade. The Faculty & students of the College have contributed immensely in the Academics, Sports & Culture. Eminent Authors & Academicians have been part of our College & have contributed towards making it one of the finest institutions of the Country. The College has completed 73 years in the realm of imparting higher education. It has made significant & unparalleled contribution to society in terms of producing numerous dignitaries, scholars, intellectuals & sports persons who served different domains not only in our own country but even at International levels.

The Course

It is a specialized course developed for students providing knowledge, guidance, mentoring and support in the areas of Goal Setting, Self-Alignment, Time Management, Stress Management, Communication Skills, Image Management, Emotional Health and how to create and maintain harmonious relationships. This is a holistic program, focusing on all the aspects of human development and soft skills equipping each student to become independent, cultivate a progressive mindset and create harmony in their lives.

This course will not only address their present life challenges, but also will prepare them for the future to confront, resolve and increase their awareness as they move on from one milestone to other in their lives.

About Life Essence

We believe that an individual is the greatest asset to itself, and the life that it chooses entirely depends on its own choices, thoughts and aspirations. At times, we project ourselves differently from what we really are, to become a part of something that is both influential and illusionary inspiring. It is only when we reach a certain stage in our life, we see ourselves at a place which is neither harmonious nor progressive. We help individuals discover their core self, their authentic being, as human beings are not the projections that are being interpreted by the world, but their most natural, authentic way of being.

Our interactions are designed to change the way you think about your problems, allowing your mind to open up to new possibilities that will direct you to achieve your goals, ultimately the result that you wish from your life, regardless of your personal or professional realizations.

The Trainer

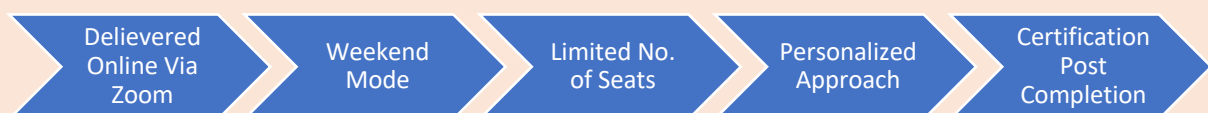
Ms. Minakshi Bansal is a certified Corporate Trainer from ICBI India, a Certified Counsellor from Jamia Millia Islamia & an Educational Administration Expert from Symbiosis, Pune. A Post Graduate in Commerce from Shri Ram College of commerce and has 20+ years of experience in teaching counselling and underwriting disciplines.

Her approach is holistic and she puts emphasis on self-discovery and enablement. She is based in New Delhi and is empaneled with NCS (Ministry of Labour and Employment) as a Career Counsellor and Vocational Guidance Expert.

The Course Schedule

Session	Module	Topics to be Covered
1	Goal Setting & Self-Alignment (120 Minutes)	<ul style="list-style-type: none"> ➤ Why we need to set our Goals? ➤ The Goal Flavours <ul style="list-style-type: none"> a. Personal b. Professional c. Long Term d. Short Term ➤ How to set your Goals?
2	Goal Setting & Self-Alignment (120 Minutes)	<ul style="list-style-type: none"> ➤ Smart Goals ➤ Create your own Goal Book ➤ Walk Till You Fulfil
3	Time Management (Being Effective and On Time Every Time) (120 Minutes)	<ul style="list-style-type: none"> ➤ Time, do we really need to manage it? ➤ Time wasting and procrastination – Get out of your comfort zone ➤ The Priorities ➤ The Activities Time Blocks ➤ Create your own Time Schedule Flow no matter what
4	Stress Management (Turning Limitations to Learning Opportunities) (120 Minutes)	<ul style="list-style-type: none"> ➤ What makes us Un-Easy? ➤ Taking it to close – The Origin of Stress ➤ Is Stress an Opportunity? ➤ Converting Stress to a Learning Experience ➤ Act than React – It's not What Happens to Us, it's our Response that Matters ➤ Being Neutral and Without Opinions
5	Communication Skills – The Verbal Umbrella (120 Minutes)	<ul style="list-style-type: none"> ➤ Communication – The way to Express Yourself ➤ Brevity - The words we choose and their impacts ➤ When & How Much – Tones and Pitches
6	Communication Skills – The Verbal Umbrella (120 Minutes)	<ul style="list-style-type: none"> ➤ Listen and respect others ➤ Personal Vs Professional (Should it be DIFFERENT – A Myth) ➤ From Negative to Positive Words and Feel Good.
7	Communication Skills – The Non-Verbal Signs (120 Minutes)	<ul style="list-style-type: none"> ➤ Communication – The Signs We Use ➤ The Body Language & Your Posture ➤ When & What Sign
8	Communication Skills – The Non-Verbal Signs (120 Minutes)	<ul style="list-style-type: none"> ➤ Good Signs ➤ Bad Signs ➤ Bringing it Together - Verbal and Non Verbal Communication

9	Self-Image – Creating your own drawing (120 Minutes)	<ul style="list-style-type: none"> ➤ The Vibrations We Emit ➤ Presentation vs Perception ➤ Verbal and Non Verbal Cues
10	Self-Image – Creating your own drawing (120 Minutes)	<ul style="list-style-type: none"> ➤ Introspection & Self-Assessment ➤ Transforming your Weaknesses to Strengths ➤ Creating your Inner Balance – The Process
11	The Science of Dressing (120 Minutes)	<ul style="list-style-type: none"> ➤ The Way I Dress, Should I Care? ➤ The Power of Personal Appearance <ul style="list-style-type: none"> e. Clothes f. Grooming g. Etiquettes ➤ 4 A's of Dressing
12	The Science of Dressing (120 Minutes)	<ul style="list-style-type: none"> ➤ Comfortable but Attractive ➤ Identifying Your Style ➤ Creating Your Own Cluster
13	Relationships (120 Minutes)	<ul style="list-style-type: none"> ➤ Why Relationship? ➤ Personal Vs. Professional Relationships (The Myth) ➤ The Needs and Conveniences – The Impacts (Material Relationships)
14	Relationships (120 Minutes)	<ul style="list-style-type: none"> ➤ Short Term vs Long Term Relationships ➤ Understanding & Managing Toxicity ➤ Creating Harmony
15	Emotional Health (120 Minutes)	<ul style="list-style-type: none"> ➤ Emotions – The Good, The Bad & The Ugly ➤ Blind Spots and The Triggers ➤ Disorders & its Forms (02 most commonly found disorders information)
16	Emotional Health (120 Minutes)	<ul style="list-style-type: none"> ➤ Anxiety Disorder ➤ Depression ➤ How to create Emotional Balance



Salient Features

Assessment & Certification	Who can Attend
<ol style="list-style-type: none"> 1. Participation Certificates to be awarded on successful completion of the Course. 2. Minimum 75 % Attendance is mandatory for successful completion. 3. Assessment criterion - 70% of the Total Marks 	<p>Any Student affiliated to any Course/ College / University may Join.</p> <p>(Potential first years / Passed out students can also apply)</p>

Registration Information	
Registration Link (Google Form) <i>Please keep the screenshot (PDF / PNG / JPEG / JPG) as payment proof before filling the form.</i>	https://bit.ly/39TulKQ
Registration Fee	₹ 50.00 (Non Refundable)
Last Date For Registration	16 th October, 2021
Course Fees	₹ 2,000.00
Payment Information	Account: Principal Hansraj College SLC Account Number: 2848101019888 Bank: Canara Bank IFSC: CNRB0002848
<i>Confirmation mail shall be sent to the registered participants by 17th October, 2021</i> <i>*Course Fees to be paid after receiving Confirmation email.</i>	
For any queries, email us at: slc09@hrc.du.ac.in Contact Person: Ms. Priti Kashyap (+91-93105 63573)	

**Orientation Webinar on Wednesday, 06th October, 2021
at 04:00 PM**

Zoom Meeting Link

<https://us02web.zoom.us/j/82201644202?pwd=SVBGRXZjSC95ckRFbVREbkxxZFNOdz09>

Meeting ID: 822 0164 4202

Passcode: 322000

Free Webinar