



SWAMI VIVEKANAND
SUBHARTI
UNIVERSITY
UGC Approved Meerut



Where Education is a Passion ...

VALUE ADDED COURSE

ON

Life Skill Education

Venue: Seminar Hall

Ground floor

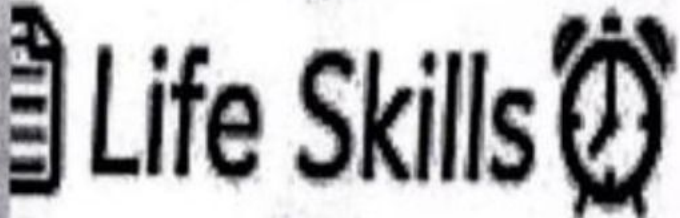
Department of Physical

Education

Schedule- 3 Sept, 2018 to 12 Oct, 2018

Timing- 2:30 PM to 3:30 PM

Registration fee: 50 Rs.



RESOURCE PERSON:

Prof. B.C. Dubey

Dean, Faculty of

Education, SVSU

Subhartipuram, NH-58, Delhi Haridwar Bypass Road, Meerut-250005, Uttar Pradesh

Registrar
Swami Vivekanand
Subharti University
MEERUT

Life Skill Education (2018-2019)

Course Objectives

- Identify their life styles
- Manage the challenges of day-to-day life.
- Developing a successful personality.

Unit I: Basics of Lifestyle

- Daily routine, View of life, Goal and ideal of life, Values and commitment, Habit
- Self-evaluation, Creative potentials, Positive mental attitude, Behavior skills and relationship

Unit II: Crisis of Lifestyle Management

- Refined view of life, Stress-(causes/effect), Negative emotions, Lack of self-leadership, Self-esteem, Sympathy & empathy.
- Change thinking pattern, Developing ideal routine, Creative and positive use of negativity, Spiritual practices

Unit III: Dimensions of Personality

- Physical, Mental, Emotional, Spiritual & Vocational.
- Physical well-being Intellectual strength, Emotional maturity, Purity of thought and action

Unit IV: Personality skills

- Self-assessment techniques, Adjustment skills, Creative reading and writing skills
- Self-awareness, Self-confidence, Creative excellence, Emotional intelligence,

Unit V: Refinement of Personality

- Inner health, Spiritual insight, Devotion to duty, Life of integrity



Department of Physical Education

Recognized by National Council for Teacher Education
Website: subharti@subharti.org, e-mail: physicaledu@subharti.org Ph: 0121-3055000 / 52 (Extn: 2828,2823), Telefax: 0121-3058030, 2439067
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DEPARTMENT OF PHYSICAL EDUCATION SWAMI VIVEKANAND SUBHARTI UNIVERSITY, MEERUT REPORT ON VALUE ADDED COURSE 2018-19

A value added course on "Life Skill Education" was conducted in Department of Physical Education of Swami Vivekanand Subharti University (SVSU) for UG and PG students. The Life Skill Education Course was started from 3rd September 2018 to 12th October, 2018 on 2:30 to 3: 30 PM at Seminar hall, Ground Floor, Department of Physical Education. In this Value Added Course the Resource Persons is Professor Bhawesh Chandra Dubey, Dean Faculty of Education and Dr. Sandeep Kumar, Head Department Physical Education. 68 students of PGDY, BPES 1st Year, BPES 2nd Year, BPES 3rd Year, BPEd 1st Year, BPEd 2nd Year, MPEd 1st Year and MPEd 2nd Year were registered in this course. The main objective of this course students were aware to Life Skill Education.

Students Completed on Value added Course on Life Skill Education 3rd September to 12th October, 2018

SN	Name of Student	Class
1	AMARJEET SINGH	PGDY
2	GAJENDRA SINGH	PGDY
3	SAPNA	PGDY
4	KAVITA RANI	PGDY
5	KM. NEERAJ KUMARI	PGDY
6	RAVI CHAUHAN	PGDY
7	DEEPA BANSAL	PGDY
8	KM. MANISHA	PGDY
9	KM. SHIVANI	PGDY
10	KM. ARTI PUNDI	PGDY
11	PARUL	PGDY
12	KM. SONAM	PGDY
13	RAHUL KUMAR	PGDY
14	ANKUR KUMAR KATARIYA	PGDY
15	KM. ASHA	PGDY
16	KM. MANVIKA	PGDY
17	ANURADHA RANI	PGDY
18	AKASH CHAUDHARY	PGDY
19	AMRIT LAL CHAURASIA	BPES 1 st Year
20	ANURAG TRIVEDI	BPES 1 st Year
21	HIMANSHI BISHT	BPES 1 st Year
22	MOHIT BHARANGAR	BPES 1 st Year
23	SAMBHAV VARMA	BPES 1 st Year

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24	SUVIR PATHAK	BPES 1st Year
25	YUKTI PAL	BPES 1st Year
26	TANMAY KANDPAL	BPES 2nd Year
27	RAMBABU KUMAR	BPES 2nd Year
28	NIKHIL KUMAR	BPES 2nd Year
29	TRIPTI RANI	BPES 2nd Year
30	ANKIT SINGH	BPES 3rd Year
31	ANKUR KUMAR PATHAK	BPES 3rd Year
32	JYOTI	BPES 3rd Year
33	RAHUL BISHT	BPES 3rd Year
34	SUJEET KUMAR	BPES 3rd Year
35	SUBHAM BALIYAN	BPEd 1st Year
36	YOGESH KUMAR BANSAL	BPEd 1st Year
37	RICHA SRIVASTAVA	BPEd 1st Year
38	ABHISHEK TOMAR	BPEd 2 nd Year
39	ADITYA SINGH GUSAIN	BPEd 2 nd Year
40	AKASH VERMA	BPEd 2 nd Year
41	AKSHY DHAMA	BPEd 2 nd Year
42	ARJUN SIROHI	BPEd 2 nd Year
43	AVDESH	BPEd 2 nd Year
44	DEEPIKA TYAGI	BPEd 2 nd Year
45	DHANISH	BPEd 2 nd Year
46	KAMLA SAINI	BPEd 2 nd Year
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50	MANISH KUMAR	BPEd 2 nd Year
51	PRAGATI RASHMI	BPEd 2 nd Year
52	PRIYA	BPEd 2 nd Year
53	RISHU SIROHI	BPEd 2 nd Year
54	SANDEEP	BPEd 2 nd Year
55	SANDEEP KUMAR	BPEd 2 nd Year
56	SARAL RATHI	BPEd 2 nd Year
57	SAURABH SHARMA	BPEd 2 nd Year
58	SHAILY	BPEd 2 nd Year
59	SHIVANI CHAUDHARY	BPEd 2 nd Year
60	SUMIT	BPEd 2 nd Year
61	VARSHA KUMARI	BPEd 2 nd Year
62	ANKIT KUMAR	MPED 1 st Year
63	ANKIT SINGH JADON	MPED 1 st Year
64	BHARTENDU SINGH CHAUHAN	MPED 1 st Year
65	DHRAM RAJ SINGH	MPED 1 st Year
66	LUBHA SHARMA	MPED 1 st Year
67	AMBUJ SHRIVASTAVA	MPED 2 nd Year
68	SUMAN	MPED 2 nd Year

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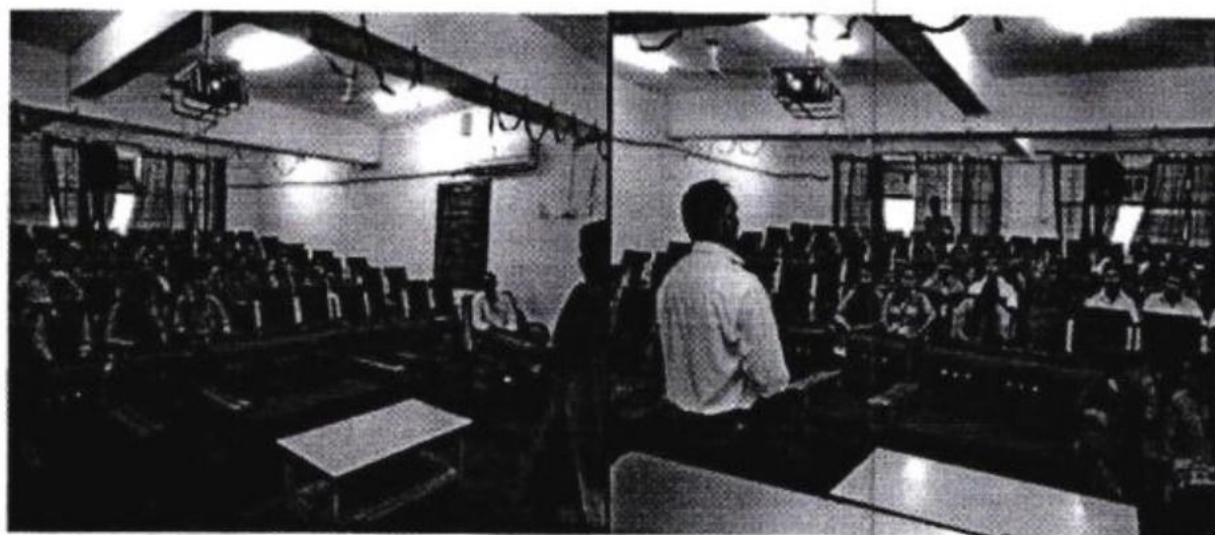
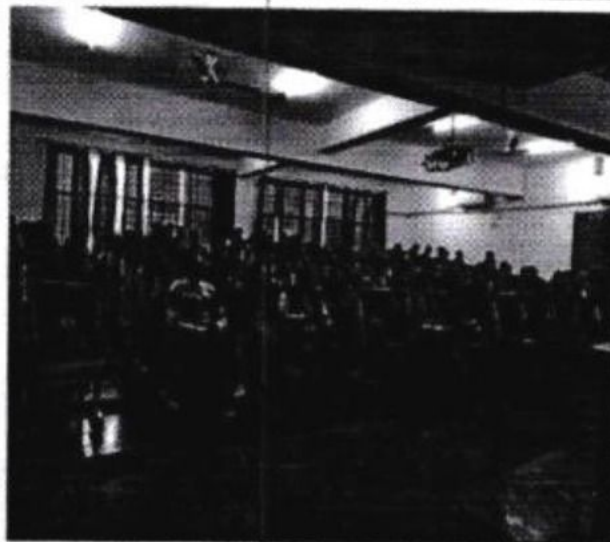
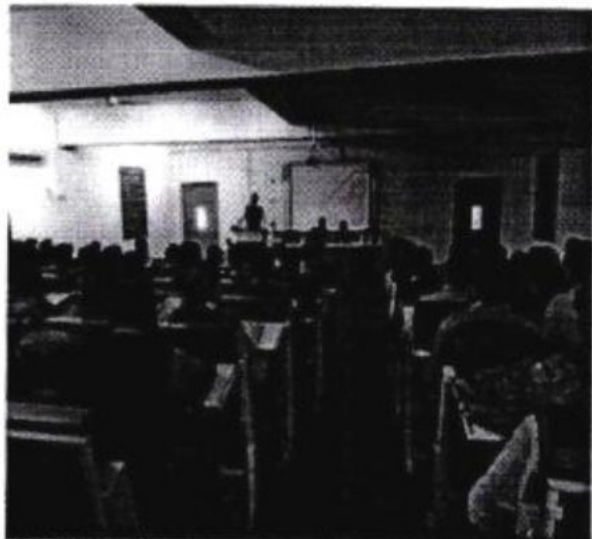
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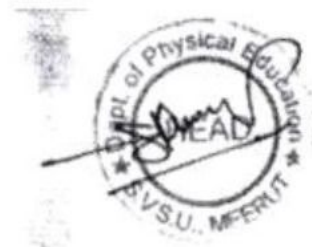
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45	DHANISH	BPED 2 nd Year
46	KAMLA SAINI	BPED 2 nd Year
47	MAMTA ARYA	BPED 2 nd Year
48	MONIKA CHAUDHARY	BPED 2 nd Year
49	NEETU SHARMA	BPED 2 nd Year
50	MANISH KUMAR	BPED 2 nd Year
51	PRAGATI RASHMI	BPED 2 nd Year
52	PRIYA	BPED 2 nd Year
53	RISHU SIROHI	BPED 2 nd Year
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66	LUBHA SHARMA	MPED 1 st Year
67	AMBUJ SHRIVASTAVA	MPED 2 nd Year
68	SUMAN	MPED 2 nd Year

(Head of the Department)



