



SHAHEED BABA DEEP SINGH
DEPARTMENT OF HOME SCIENCE
SUBHARTI COLLEGE OF ARTS & SOCIAL SCIENCES
Website: www.subharti.org, e-mail: hsc@subharti.org, Ph.: 0121-2439043 / 52 (Ext n: 3299), Tele fax: 0121-3058030, 2439067
A constituent college of
SWAMI VIVEKANAND SUBHARTI UNIVERSITY
(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)



Ref. no/H.Sc./Notice/2020-2021/116


March, 10 2021

NOTICE

This is to inform all the students that the department of Home Science is organizing a series of online value added courses for the benefit of students. The details are as follows:

S.no.	Name of the resource person	Course name	Starting date
1.	Dr Nishma Singh	Health and fitness	1/3/2021
2.	Ms Aqsa Khan	Textile Designing	15/3/2021
3.	Ms Akanksha Nehra	Bakery Preparation	22/3/2021
4.	Dr Shalu Nehra	Understanding disabilities	20/4/2021
5.	Ms Virender Pal Kaur	Skills for becoming proactive	24/3/2021

All students are expected to attend the classes without fail. The students can contact the respective resource person for further queries and information.


HEAD
DEPARTMENT OF HOME SCIENCE
S. V. Subharti University, Meerut
Dr. Jyoti Gaur
Head and Professor
Department of Home Science



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Overview of syllabus: Skills for becoming proactive 16 hours
VAC-HSC-21

- **UNIT 1. What are proactive skills?**
 - Introduction to proactive skills
 - Examples of proactive skills
- **UNIT 2. Importance of proactive skills.**
 - Impact of skills in professional life.
 - Usage in personal life.
- **UNIT3. Ways to become proactive.**
 - Techniques to attain proactive skills
 - Aids in becoming proactive
- **UNIT 4. Leadership and flexibility.**
 - Meaning and importance of leadership and flexibility
 - Importance of leadership and flexibility
- **UNIT 5. Calmness and persuasion**
 - Meaning and importance of Calmness and persuasion
 - Importance of Calmness and persuasion


Registrar
Swami Vivekanand
Subharti University
MEERUT

REPORT ON VALUE ADDED COURSE CONDUCTION-

SKILLS FOR BECOMING PROACTIVE (2020-21)

From 24th March 2021, Ms Virender Pal Kaur took classes of value added course on Skills for becoming proactive for the year 2020-21 in the department of Home Science. The course lasted for about 16 hours and was attended by a lot of students with great enthusiasm.

During the course of time students were taught about being proactive and how to develop these skills. She also made students aware about the various proactive skills and the importance of these skills in professional life. Further the students were introduced to various techniques and aid to attain proactive skills through various interactive sessions. She laid focus on leadership quality and importance of flexibility for a person in professional and personal front.

She also imparted the idea about calmness and persuasion for effective proactive skills. In all the effort was to make student ready for the future challenges that will come on professional level. All students participated actively and also showed some the skills developed in them till the end of course, which boosted our morals and also gave us motivation to conduct such courses more and more in future.



VAC-HSC-21

Skill for Becoming Proactive (2020-2021)

Sr. No.	Student Name	Signature
1	Aanchal Tyagi	Aanchal
2	Abhijaya Malik	Abhijaya
3	Anju Giri	Anju
4	Bharti Kumari	Bharti
5	Bhawana Sonkar	Bhawana
6	Devendra Yadav	Devendra
7	Divya Sisodia	Divya
8	Divyanka Tomar	Divyanka
9	Ikrar	Ikrar
10	Jennifer John	Jennifer
11	Lalrozara	Lalrozara
12	Mansi Garg	Mansi
13	Ujala Saini	Ujala
14	Nandini Tyagi	Nandini
15	Km Shivani Ahlawat	Shivani
16	Kahkasha Zehra	Zehra
17	Km Muskan Khan	Muskan
18	Km Shivani	Shivani
19	Km Barkha	Barkha
20	Ridhima Jain	Ridhima
21	Riya Tomar	Riya
22	Alia Naseem Siddiqua	Alia
23	Mahak Aggarwal	Mahak
24	Anukriti Singh	Anukriti
25	Km Payal	Payal
26	Meenu	Meenu
27	Himanshi	Himanshi
28	Manisha	Manisha
29	Shweta Rajwanshi	Shweta
30	Saniya Khan	Saniya
31	Arti Singh	Arti
32	Neha Gupta	Neha
33	Ritu Kapadiya	Ritu Kapadiya

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26	Meenu	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P		
27	Himanshi	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P		
28	Manisha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
29	Shweta Rajwansi	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P		
30	Saniya Khan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
31	Arti Singh	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P		
32	Neha Gupta	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
33	Ritu Kapadiya	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P		

Signature of Course Coordinator





DEPARTMENT OF HOME SCIENCE
SWAMI VIVEKANAND SUBHARTI
UNIVERSITY



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

CERTIFICATE OF COMPLETION

This is to certify that

Mahak Aggarwal

has successfully completed
16 hours Value added course on
" SKILLS FOR BECOMING PROACTIVE "
(MARCH 24 – APRIL 12 , 2021)

Dr Jyoti Gaur
Head , Department of Home Science

HEAD
DEPARTMENT OF HOME SCIENCE
S. V. Subharti University, Meerut

Ms Virender Pal Kaur
Program Coordinator



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CERTIFICATE OF COMPLETION

This is to certify that

Ujala Saini

has successfully completed
16 hours Value added course on
" SKILLS FOR BECOMING PROACTIVE "
(MARCH 24 – APRIL 12 , 2021)

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Head , Department of Home Science

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