



VALUE ADDED COURSE

AUGUST 21ST -25TH 2023

ON

YOUTH EMPOWERMENT & SKILLS (YES!+)

at

University Institute of Applied Management Sciences, Panjab University, Chandigarh

in collaboration with
Art of Living

And

University Institute of Applied Management Sciences, Panjab
University, Chandigarh

Organisers:

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PROGRAMME SCHEDULE

This intensive Course is of 30 hours. The sessions will be held from Monday to Friday, as per the following schedule:

Lecture: 5 days * 4 sessions / day i.e., 9:30 am, 11:15 am, 2:00 pm and 3:30 pm

The total of 12 modules will be covered in five days course i.e., from Aug 21st- 25th 2023.

Sr No.	Content (12 modules)
<u>Category: Personality Development (5 Modules)</u>	
1.	Self-awareness
2.	Emotional Intelligence / Coping with emotions
3.	Mind Management
4.	Coping with Stress
5.	Health and Nutrition
<u>Category: Social Adaptability and Effectiveness (4 Modules)</u>	
6.	Effective Communication Skills
7.	Interpersonal Relationship Skills
8.	Lifestyle and Environment
9.	Ethics, Morality and Integrity
<u>Category: Professional Skills (3 Modules)</u>	
10.	Time Management and Goal Setting
11.	Active Learning and Effective Learning Strategies
12.	Decision Making