



# TECNIA

INSTITUTE OF ADVANCED STUDIES

GRADE "A" INSTITUTE

DELHI INDIA

Department of Journalism & Mass Communication

**Report  
Value Added Course  
2023-2024**

**Certificate Course in Life Skill & Personality Development**

**ACTIVITY : Value Added Course**

**TITLE : Certificate Course in Life Skill & Personality Development**

**VALUES:** Life skills and personality development are essential for personal and professional growth. Life skills like communication, decision-making, and emotional intelligence empower individuals to navigate challenges effectively. They build confidence, adaptability, and problem-solving abilities, which are crucial for success in diverse situations. Personality development fosters self-awareness, enhancing traits like resilience, empathy, and a positive attitude. Together, they shape an individual's character, enabling better interpersonal relationships and societal contribution. By mastering these skills, one cultivates a balanced and fulfilling life, equipping themselves to thrive in an ever-changing world with poise and purpose.

**LEARNING OUTCOMES:** Life Skill & Personality Development focuses on empowering individuals with essential skills to navigate personal and professional challenges effectively. Students will develop critical thinking, problem-solving, and decision-making abilities, enhancing their confidence and self-awareness. The program fosters emotional intelligence, effective communication, and interpersonal skills, promoting teamwork and leadership qualities. It equips learners to manage stress, adapt to change, and maintain a positive attitude. By the end of the course, participants will possess a well-rounded personality, capable of setting realistic goals, building meaningful relationships, and contributing constructively to society, ensuring personal growth and career success.

**Organized by** : Department of Journalism & Mass Communication

Name of Resource person	Batch
Dr.Tina Raj	Batch 1

**Date** : 20/08/2024-04/12/2024

**Time** :

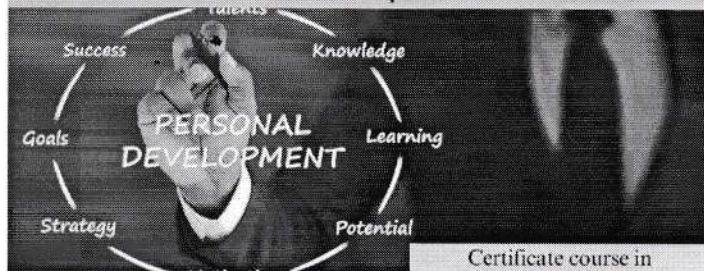
Batch	Time
Batch 1	Tuesday 9.00pm – 10:00am Wednesday 1:30 pm- 2:30pm

**Venue** :

Batch	Room No.
Batch 1	Room No.- 2303



**Value Added Course | Session : 2024-25**



**Certificate course in  
Life Skills & Personality  
Development**

**Preface**

The Value-Added Course Certification on Life Skills and Personality Development is designed to equip first-year journalism students with essential skills for personal and professional growth. This course focuses on self-awareness, emotional intelligence, communication, and critical thinking, which are crucial for success in the media industry. Through interactive sessions and practical exercises, students will develop confidence and adaptability to navigate challenges effectively. The course aims to foster holistic development, preparing students for both academic excellence and meaningful careers.

**Days & Time**

**Duration: 30 Hours**  
Tuesday 09:00 am - 10:00 am  
Wednesday 01:00pm - 02:30 pm

**RESOURCE PERSON:**  
Dr. Tina Raj

**Registration:**  
01/08/2024 - 20/08/2024

**Learning Outcomes:**

- Develop a deeper understanding of their strengths, weaknesses, and areas for improvement.
- Learn to manage emotions effectively and build empathy for better interpersonal relationships.
- Equip students with verbal and non-verbal communication techniques essential for professional success.
- Gain the ability to analyze situations and make informed decisions under pressure.

**Notes:**

1. Interested students must fill in the registration form by 20th August 2024, by 5:00 pm.
2. 75 percentage attendance is mandatory to get the certificates.
3. Assessment will be held on the basis of Quiz test, class presentation followed by viva voce.

**Module :**

- Self-Awareness and Personal Growth:** Discover your strengths and unlock your potential.
- Emotional Intelligence:** Master the art of managing emotions and building empathy.
- Effective Communication:** Learn to express ideas confidently and clearly.
- Critical Thinking and Decision-Making:** Develop skills to analyze and solve problems effectively.
- Confidence and Resilience:** Cultivate adaptability and self-confidence to face challenges.

\*For any queries related for the VAC certificates courses, Please feel free to contact Dr. Tina Raj (VAC Coordinator)985433203, Email: id:tinatcnica@gmail.com

Poster/Flyer :

**Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)**

<http://www.facebook.com/tecniaofficial>  
<http://instagram.com/tecniaofficial>

**No. of Students\* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)**

Batch 35	<b>No. of Students</b>
Batch 1	35

**No. of Resource Persons\* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)**

01

**Photograph**



**Report:**


The Department of Mass Communication at Tecnia Institute of Advanced Studies conducted a value-added course on Life Skills & Personality Development, designed to enhance students' personal and professional competencies. The program aimed to equip participants with critical life skills such as emotional intelligence, effective communication, time management, and stress management, ensuring holistic development.

Over the course of interactive sessions, students engaged in practical activities like group discussions, role-plays, and case studies, fostering self-confidence and teamwork. Experts from various fields shared insights on personal grooming, leadership, and adaptability in a dynamic work environment.

The course witnessed enthusiastic participation from students, who gained valuable tools to improve decision-making, problem-solving, and interpersonal relationships. Feedback highlighted the program's effectiveness in preparing students for future challenges.

The initiative concluded with certificates awarded to participants, emphasizing Tecnia's commitment to nurturing well-rounded professionals ready for a successful career in mass communication.

To cater this need, Department of Journalism and Mass Communication, Tecnia Institute of Advanced Studies (TIAS) has introduced a Value-Added Course for TIAS Students in **Certificate Course in Life Skills & Personality Development from 20/08/2024-04/12/2024** to make students understand the Life Skills & Personality Development. Students participated in Value Added Course with great zeal.

<b>Resource Person Profile</b>	<p><b>Batch 1 Resource Person Profile</b></p> <p><b>Dr.Tina Raj</b> is Assistant Professor in the Tecnia Institute of Advanced Studies, Rohini, New Delhi. She has experience more than 4 years. His area of expertise in Electronic Media, Film Making, Television Production, etc.</p>
<b>Report Submitted by VAC Coordinator (write faculty coordinator name)</b>	Dr. Tina Raj
<b>Signature of VAC Coordinator</b>	<p style="text-align: right;">   <b>Head</b>  <b>BJMC Department</b>  <b>Name and Signature of Department Head</b> </p>