



**TECNIA**  
INSTITUTE OF ADVANCED STUDIES  
GRADE "A" INSTITUTE  
DELHI INDIA

**Department of Journalism  
& Mass Communication**

**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**

**RESOURCE PERSON:**

**Dr. Tina Raj**

**Registration:**

**01/08/2024 - 20/08/2024**

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

## 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  
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