

Two Day National Webinar
On
LIFE SKILLS IN COVID-19 : A SNEAK PEAK
(04th & 05th August-2020)

ORGANISED BY
IGNOU, Regional Centre
(CHANDIGARH)

And
IGNOU, PIC (06016P), Dev Samaj College of Education
(CHANDIGARH)



Chief Guest
Dr. M. Shanmugam
Director, RSD,
IGNOU
New Delhi



Chief Patron
Dr. Agnese Dhillon
Principal
Dev Samaj College of
Education, Chandigarh



Convener
Dr. Anil Kumar Dimri, IGNOU, Regional Director, Chandigarh

Co-Conveners



Dr. Savita Panwar ARD,
IGNOU, RC
Chandigarh



Dr. Nurul Hasan, ARD,
IGNOU, RC
Chandigarh



Dr. Anuradha Agnihotri
PIC (06016P)
Chandigarh



Dr. Charanjit Kaur
APIC (06016P)
Chandigarh



Dr. Rohit Bhandari
Academic Counsellor
PSC-06016P

Inaugural Session

11.00 to 11.30 am

Welcome by

Dr. Agnese Dhillon, Principal, Dev Samaj College of Education, Chandigarh

&

Dr. Anil Kumar Dimri, IGNOU, Regional Director, Chandigarh

Webinar Moderator

Dr. Anuradha Agnihotri, Prog Incharge, IGNOU PIC (06016P)

Inaugural Address

Dr. M. Shanmugam, Director, Regional Services Division, IGNOU, New Delhi

Vote of Thanks

Dr. Savita Panwar, ARD, IGNOU, Regional Centre, Chandigarh

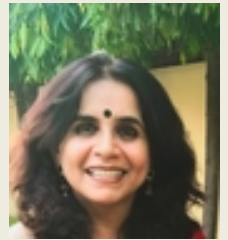
Technical Session – I

04th August-2020 (11.30am to 12.30pm)

Mindset & Happiness

Resource Person

Dr. Neelu Khanna (Retd. Maj), Counselor & Life Coach



Objectives-

- 1) Awareness about Mindset
- 2) How it impacts our Life
- 3) How to train your Mind for Emotional Well Being
- 4) How to Change Your State of Mind from Sadness to Happiness

Take Away:

- 1) Clarity on Ways to Live a Life of Purpose & Happiness

Technical Session – II

04th August-2020 (12.30pm to 01.30pm)

How effective communication shapes your life

Resource Person

Vaneet Sodhi, Author of W.O.W. (Worthy Outstanding Winner) Child & Transformation Life Coach



Objectives-

- 1) Advantages of clear and open communication
- 2) Importance of confrontations
- 3) Voice modulation impacts
- 4) Listening and speaking is a two way process
- 5) Understanding of response vs. reaction

Takeaways- 1) Increased self confidence

- 2) Strong relationship development understanding
- 3) Clarity in human approach

Technical Session – III

05th August-2020

(11.00am to 12.00 Noon)

Be an effective leader of your life

Resource Person

Ms. Nisha Malik, Leadership & Growth Coach



Objectives-

- 1) To give an understanding about life leadership
- 2) Why it is important to lead your life from front
- 3) The right decision making approach
- 4) To highlight the importance of leadership in regard to social intelligence & self efficacy

Takeaways- 1) How to develop self-confidence

2) Technique of better decision making

Technical Session – IV

05th August-2020

(12.00am to 01.00pm)

All work no play makes anyone dull

Resource Person

Ashi Parashar, Entertainment Coach and Performing Arts Teacher



Objectives-

- 1) To spread awareness about variety of hobbies.
- 2) To encourage indulgence in healthy wholesome entertainment.
- 3) To explain importance of healthy pleasurable activities.
- 4) Sensitizing to the need of honing talents.
- 5) To realize the benefits of converting passion into profession

Takeaways- 1) clear understanding of one's passions.

2) Formula of success in chosen field.

3) Learning to follow the heart.

VALEDICTORY SESSION

1.00 to 1.30 pm

Valedictory Address

Dr. Agnese Dhillon, Principal, Dev Samaj Collage of Education, Chandigarh

Concluding Remarks

Dr. Anil Kumar Dimri, IGNOU, Regional Director, Chandigarh

Webinar Debriefing

Dr. Charanjit Kaur and Dr. Rohit Bhandari

Vote of Thank

Dr. Nurul Hasan, ARD, IGNOU, Regional Centre, Chandigarh

Link for Registration:

<https://docs.google.com/forms/d/1IE6PUGDwtF-cL3TLyF65q8ouD37oOP5nuypAIAIpazM/edit?ts=5f217622>

The Webinar will be conducted through Google meet and participants are expected to click on the following link as per scheduled date and time

Google meet link : meet.google.com/nzd-dsrr-oaq