

# *Bisman Centre for Human Values*

**2019-20**

Bisman conducted a 30-hour Certificate Course to inculcate Human Values from 30<sup>th</sup> January to 6<sup>th</sup> March 2020. This 30-hour short term and aptly named **LIFE**. The objective of the course was to Overcome the Limiting thoughts students may have, and Achieve Their Goals.

**BISMAN**  
(Centre for Human Values)  
Sri Guru Nanak Dev Khalsa College  
presents  
**Certificate Course**  
in  
**L.I.F.E.**  
(Learn, Inculcate, Fix & Empower)

**Limited Seats!**

30-Hours Certificate Course  
Last date for registration is **20th Jan'20**  
Venue- Seminar Room

**Fees: INR 1499**

For more details-  
Dr. Bhagwant Kaur- 9891404458  
Dr. Jasmine Kaur Lamba-9811160007  
Gurneet Kaur-9811829716

**Everything you don't know is something you can LEARN !**

The course aimed to help the students develop confidence, identify their goals, and successfully put their plans into action.

L.I.F.E attempted to make the students' lives more productive and full of positivity. It was specially designed for the students of our college, and focused on four important steps:

LEARN,

INCULCATE,

FIX and

## EMPOWER.

It aimed at equipping the students to navigate the challenges life throws at them with a special focus on communication skills and anger management techniques. The course took the students through this metamorphosis with the help of teachings of Sri Guru Nanak Dev Ji.

The journey from Ordinary to EXTRA- ORDINARY is an enriching one if taken with positive guidance.

The inaugural of the LIFE short term course of Bisman took place on 30th January 2020.

Apart from the participants, all the members of Bisman society, and faculty of the college were invited to attend. Several active volunteers helped to make the programme run smoothly.





The valedictory session was held on 6th March to note the successful culmination of the programme. All the participants were given certificates.



## **Some Details of the Course:**

**Resources generated: 46,469/-**

**Number of hours: 30-hour certificate course.**

**Number of Participants: 31**

### **Schedule of the Programme**

<b>BISMAN-Centre for Human Values</b>	
<b>30-Hours Certificate Course</b>	
<b>Venue-Seminar Hall Timings- 2:00pm to 5:00pm</b>	
<b>Date</b>	<b>Session Name</b>
<b>30-01-2020</b>	<b>Inaugural and Introduction</b>
<b>31-01-2020</b>	<b>Ordinary to Extra-ordinary 1.0</b>
<b>04-02-2020</b>	<b>Ordinary to Extra-ordinary 2.0</b>
<b>07-02-2020</b>	<b>Ordinary to Extra-ordinary 3.0</b>
<b>11-02-2020</b>	<b>Ordinary to Extra-ordinary 4.0</b>
<b>14-02-2020</b>	<b>Communication</b>
<b>18-02-2020</b>	<b>Anger Management</b>
<b>03-03-2020</b>	<b>Attitude for Altitude</b>
<b>05-03-2020</b>	<b>Mool Mantra</b>
<b>06-03-2020</b>	<b>Negatives to Positives</b>

## Specimen of Certificate Given:

