

VALUE ADDED COURSE

L*I*F*E Course 2019-20

Learn, Inculcate, Fix, Empower

BISMAN 30-HOUR CERTIFICATE COURSE

Bisman, the Centre for Human Values, conducted a 30-hour Certificate Course to inculcate Human Values, from 30th January to 6th March 2020. This 30-hour short term course is a value-added course which is aptly named L.I.F.E. The objective of the course was to overcome the Limiting thoughts students may have, and Achieve Their Goals.

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

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.