

Integrated-Self Management Report

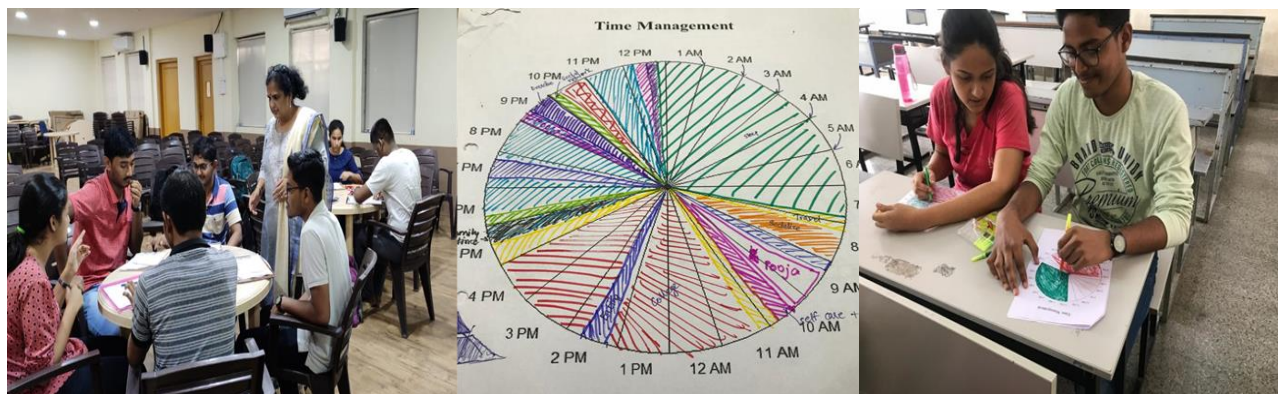
Course coordinators: Mrs. Mona Upadhyaya, Mr. Anil J Patil

The course Integrated Self-management skill based non-technical Value added Course is designed keeping in mind making students develop soft skills as listed by WHO.

The course was interactive activity based and offered a basic introduction to some of the factors associated with personal self-management and self-exploration. It also offered students tools for beginning to analyse and understand own self through activity like SWOT analysis, for identifying resources, for managing time through various activities, dealing with failures through storytelling and experience sharing, Understanding the importance of healthy habits by being proactive and setting their goals and targets to achieve success in life.



Students learned strategies for developing a solution-focused, positive thinking style, how they can best manage their own attitudes and thought processes thus enabling them to optimize their performance in all walk of life. They also learned how to create synergy with team and deal with conflicts through interpersonal and intrapersonal communication skills and manage change uncertainty and confusion by becoming more assertive and for exploring their own mind-set. The overall skill building was done by conducting the sessions with lots of classroom activities, games & impactful films.



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The students were evaluated based on their understanding of the concepts and group activities and movie review.

First unit test was conducted by Mona Upadhyaya here in assessment was based group activity and



worksheets.

The second unit test was conducted by Mr. Anil Patil Assessment was done with individual speech, experience sharing in their



groups

Final evaluation was in form of Movie review where in the students have to present the presentation based on their own understating of the topics covered during the course.



The students reported that they enjoyed the course and feel more confident and belief in own capabilities. They also reported that the soft skills they have learned during this course has helped them in developing their overall personality and now help them in dealing with academic and personal growth.