



**TECNIA INSTITUTE OF ADVANCED STUDIES**  
**GRADE "A" INSTITUTE**  
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**Department Of Journalism and Mass Communication**  
 (Academic Session 2023-24)

**Value Added Course Completion Certificate**  
**Certificate Course in Life Skills & Personality Development**

**Batch-1**

This is to certify that the course module for the Value-Added Course for Certificate Course in Life Skills & Personality Development scheduled from **26/08/2024 to 04/12/2024** comprising of 30 Hours deliverance has been completed by the resource person Dr. Tina Raj , Faculty in the Department of Journalism & Mass Communication with the module contents as under-

| Sr No. | Content Deliverance (30 hours)                 | Learning Outcomes   |
|--------|--|---|
| 1.     | Introduction to Life Skills (5hrs)             | Students will gain an understanding of the fundamental life skills necessary for personal and professional success, including thinking, social, and emotional skills. |
| 2.     | Self-Awareness and Personal Development (5hrs) | Students will develop a deeper understanding of them, enhance self-esteem, and learn techniques for personal growth and goal setting.                                 |
| 3.     | Communication Skills (5hrs)                    | Students will acquire effective verbal and written communication techniques to enhance interpersonal interactions and professional presentations.                     |
| 4.     | Interpersonal Skills (5hrs)                    | Students will develop the ability to build positive relationships, collaborate effectively in teams, and resolve conflicts constructively.                            |
| 5.     | Emotional Intelligence (5hrs)                  | Students will learn to recognize and manage their emotions, develop empathy, and effectively handle interpersonal relationships.                                      |
| 6.     | Critical Thinking and Problem Solving (5hrs)   | Students will enhance their ability to analyze information, think creatively, and apply effective problem-solving strategies in various contexts.                     |

All the above contents are delivered to the best of my knowledge and belief and nothing is withheld.

Signature of Resource Person

Name of Resource Person: Dr. Tina Raj

Date: 26/08/2024

Submitted to the HOD: Department of Journalism & Mass Communication, TIAS

### STUDENT'S DECLARATION

We would like to declare that the course module for the Value-Added Course for Certificate Course in Life Skills & Personality Development, scheduled from 26/08/2024 to 04/12/2024 comprising 30 Hours of deliverance has been completed by the resource person Dr.Tina Raj, Faculty in the Department of Journalism & Mass Communication to our satisfaction and is able to help in developing our professional skills and knowledge.

| Sr No. | Enrolment No. | Name              | Signature       |
|--------|---------------|-------------------|-----------------|
| 1      | 00117002424   | POORNIMA JAIN     | Poornima        |
| 2      | 00217002424   | KRIKA MISHRA      | Kritika         |
| 3      | 00317002424   | AANCHAL BORA      | Anchal          |
| 4      | 00417002424   | RUPAKASHI SETHI   | Rupa            |
| 5      | 00517002424   | SHUBH JOHRI       | Shubh           |
| 6      | 00617002424   | CHHAVI            | Chhavi          |
| 7      | 00717002424   | RISHABH CHAUHAN   | Rishabh Chauhan |
| 8      | 00817002424   | VANSHIKA JAIN     | Vanshika        |
| 9      | 00917002424   | RADHIKA MOTWANI   | Radhika         |
| 10     | 01017002424   | PRAGATI DUDHERIA  | Pragati         |
| 11     | 01117002424   | PURVI MANGLA      | Purvi           |
| 12     | 01217002424   | SIDDHARTH GAUR    | Siddharth       |
| 13     | 01317002424   | RAFAT AYAAN       | Rafat           |
| 14     | 01417002424   | VANSH KHURANA     | Vansh           |
| 15     | 01517002424   | JONATHAN ANTHONY  | Jonathan        |
| 16     | 35117002424   | MEHAK KAPOOR      | Mehak           |
| 17     | 35217002424   | GIRISHA SACHDEVA  | Girisha         |
| 18     | 35317002424   | ANSHUM VERMA      | Anshu           |
| 19     | 35417002424   | SARTHAK SHARMA    | Sarthak         |
| 20     | 35517002424   | LAKSHAY SETHI     | Lakshay         |
| 21     | 35617002424   | MAYANK SEHRAWAT   | Mayank          |
| 22     | 50217002424   | CHETNA BHURANDA   | Chetna          |
| 23     | 50317002424   | SAKSHI KUMARI     | Sakshi          |
| 24     | 50417002424   | SHREYA SINHA      | Shreya          |
| 25     | 50517002424   | MANVI KHAITAN     | Manvi           |
| 26     | 00121302424   | SHIVAM BAJAJ      | Shivam          |
| 27     | 00221302424   | SARAH RASHID KHAN | Sarah           |
| 28     | 00321302424   | NAVNEET KAUR      | Navneet         |
| 29     | 00421302424   | DHRUV BHATIA      | Dhruv           |
| 30     | 35121302424   | MUSKAN ASOPA      | Muskan          |
| 31     | 35221302424   | AMAN ACHARYA      | Aman            |
| 32     | 35321302424   | GARV              | Garv            |
| 33     | 35421302424   | SHALOM CHATTERJEE | Shalom          |
| 34     | 35521302424   | NANIKA DHINGRA    | Nani            |
| 35     | 35621302424   | ANSH PANCHAL      | Ansh            |