

Event Details	
Event Name	Value Added Course
Topic	Career and Life Skills
Date	2024 -04 -22 to 2024 -05 -20
Mode	Offline
Venue	Chitkara Happiness Centre , First Floor, Near Bloom's block
Organizer Name	Dr. Monika Gupta , Deaprtment of SCM & General Management
Resource Person	Manav Bansal Chief Happiness Officer
No. of Participants	70
SDG No	SDG 4: Quality Education , SDG 17: Partnership for the Goals

Objective :

1. This one-month Value Added Course (VAC) led by a Chief Happiness Officer (CHO) will guide students in exploring their strengths , interests , and values to gain a clearer understanding of themselves and their career aspirations .
2. Students will learn effective goal-setting strategies and decision -making frameworks to navigate academic and personal choices during their first year and beyond .
3. The VAC will focus on developing strong communication skills , both written and verbal .

Description :

This one-month VAC, led by a CHO, aimed to equip first-year undergraduate students with essential life and career skills . Through interactive workshops , engaging activities , and individual reflection exercises , students explored their strengths , interests , and values to navigate academic and personal choices . The CHO integrated practices for positive mental health , stress management , and well-being to create a holistic learning experience .

Key Activities :

- Self-Discovery Workshop :** Students participated in personality assessments and engaged in guided discussions to identify their unique strengths , values , and interests .
- Goal Setting & Decision Making :** Interactive sessions explored goal-setting frameworks (e.g., SMART goals) and decision-making strategies , empowering students to chart clear academic and career paths .
- Communication Powerhouse :** Students practiced effective communication styles through role-playing scenarios , presentations , and written exercises , fostering confidence in both verbal and written communication .
- Collaboration Champions :** Group activities and teamwork exercises focused on developing collaboration skills , fostering a supportive learning environment and preparing students for success in group projects .
- Time Management Tactics :** The CHO introduced practical tools and techniques (e.g., time management matrices , scheduling apps) to help students prioritize tasks , manage their time effectively , and maintain a healthy balance in life .

Outcomes :

1. Value Added Course (VAC) guided students in exploring their strengths , interests , and values to gain a clearer understanding of themselves and their career aspirations .

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2. Students learned effective goal-setting strategies and decision-making frameworks to navigate academic and personal choices during their first year and beyond.
3. The VAC focused on developing strong communication skills, both written and verbal, and foster collaboration skills.



Top Performers with the Trainer Manav Bansal. 22.04.2024



Inaugural Address by Dean Dr. Neeraj Anand on first day of VAC. 22.04.2024



Mentor Dr. Monika Gupta briefing the students. 22.04.2024



Students having fun at Happiness Centre. 24.04.2024