



Jorhat Kendriya Mahavidyalaya

Kenduguri, Jorhat-785010 (Assam)

Affiliated by Dibrugarh University

Supporting Documents for NAAC Self Study Report (SSR) (3rd Cycle) Period: 2017-2022

Criterion 5	Key Indicator: 5.1
Student Support and Progression	Student Support
Metric Number: 5.1.3	Students Benefitted by guidance for competitive examinations and career counseling offered by the Institution during the last five years

**Prepared and submitted by
Jorhat Kendriya Mahavidyalaya**

Submitted To



NAAC

NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL



Pranjal Dutta
Coordinator, IQAC



Principal
Jorhat Kendriya Mahavidyalaya
Kenduguri, Jorhat-10
Dr. Dulen Saikia
Principal



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Name of the Event	Add-on Course: Life Skills
Organized By	Dept. of Education & Dept. of Sociology, JKM
Date	02-05-2022
No. of Participants	70

Syllabus of the Course

Certificate course in Life skills		
An initiative of Dept. of Education and Sociology		
Course syllabus of three months Add on certificate course on Life skills		
Total credit : 14		
Unit	Topic	Credit
1.	1. Introduction to Life Skills and Life Skills Education 2. Conceptual Basis of Life Skills: Definition, Need and Significance 3. Evolution and Development of the concept of Life Skill Education	1
2.	1. Leadership skills, understanding leadership and its importance. 2. Traits and models of Leadership 3. Basic leadership skills.	1
3.	1. Effective use of social media, introduction to social media websites 2. Advantages of social media, Ethics and Etiquettes of social media 3. How to use google search better, effective use of social media.	1
4.	1. Social Influence Theory: Herbert Kelman 2. Core Life Skills: Social & Negotiation Skills 3. Self-esteem – Definition, Importance, how to build positive self-esteem	1
5.	1. Methods and Strategies for nurturing Self-awareness 2. Exploration: Johari Window, SWOT Analysis 3. Empathy: Sympathy, Empathy & Altruism	1
6.	1. Effective Communication: Assertiveness, Effective Listening, Negotiation Techniques & Process, Barriers of Communication, Presentation Skills. 2. Interpersonal Relationship: Definition, Factors Affecting Relationships 3. Thinking Skills: Critical Thinking: Analytical Thinking, Strategies to enhance Critical Thinking	1
7.	1. Creative Thinking: Out of the box thinking, stages of Creative Thinking, Factors hindering creative thinking, Characteristics of Creative thinkers 2. Problem Solving: Definition, Steps in Problem Solving 3. Decision Making: Definition, Informed Decision Making, Consequences of Decision making and Models of Decision	1
8.	1. Coping with Emotions: Basic Emotions, Models of Emotion 2. Coping with Stress: Definition, Types, Sources of Stress,	1

[Signature]
11/05/2022
Principal

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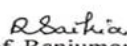
Syllabus of the Course


	Strategies to Manage Stress Day 3. Emotional Intelligence : definition. Types. Ways to manage emotional intelligence.	
9.	1. Life Skills for Personal Effectiveness 2. Values: Punctuality, Honesty, Loyalty, Dependability, Reliability 3. Skill of building Self Confidence and Self Motivation	1
10.	1. Skill of Goal Setting; Types, Steps, Personal Vision and goal 2. Skill of time management 3. Study Skills and Memory Techniques	1
11.	1. Resume skill : preparation and presentation 2. Interview skill : preparation and presentation 3. Group discussion skills and exploring career opportunity	1
12.	1. Skill to Overcome Eating Disorders and Obesity, Skills to prevent Abuse- physical, sexual and emotional 2. Application of Life Skills in day-to-day life 3. Life skill for Adolescents and youth.	1
13.	Practical : details of practical are listed below	2


Details of practical :-

1. Group discussion
2. Power point presentation on specific topics.
3. Problem solving techniques.
4. Resume writing
5. Practise on use of different social media.


Dr. Pallabi Mali
Co ordinator
Life skill


Prof. Ranjumoni Saikia
HoD
Dept. of Education


Prof. Moonmoni Borkoch
Co ordinator
Life skill


Dr. Rajen Borah
HoD
Dept. of Sociology


(Dr. Dulen Saikia)
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Jorhat Kendriya Mahavidyalaya

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Kenduguri, Jorhat-10

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Pranjal Dutta
Coordinator, IQAC




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LIST OF STUDENTS OF ADD-ON COURSE ON LIFE SKILLS

List of Students for Add-on course:- Life Skill

Name of Students:	Roll No:	Semester:	Subject of Add-on Course(Choose only One Course)
Santana tamuli	169	4th	Life Skill Course(For BA 6th Sem Students)
Sahnaz Begum		6th	Life Skill Course(For BA 6th Sem Students)
Bonashree kalita	13	6th semester	Life Skill Course(For BA 6th Sem Students)
Rajlaxmi Boruah	11	B.A 6th Semester	Life Skill Course(For BA 6th Sem Students)
Priyanka Kumari Gogoi	27	B.A 6th sem	Life Skill Course(For BA 6th Sem Students)
Sangita Bora	80	B.A 6th semester	Life Skill Course(For BA 6th Sem Students)
Naina Das	56	B. A 6th semester	Life Skill Course(For BA 6th Sem Students)
Anupriya Tamuli	5	6th semester	Life Skill Course(For BA 6th Sem Students)
RAJASHREE TAMULI	88	6th semester	Life Skill Course(For BA 6th Sem Students)
Abhishruti Das	28	6th semester	Life Skill Course(For BA 6th Sem Students)
Sukanya koushik	107	B.A 6th	Life Skill Course(For BA 6th Sem Students)
Sumudas	44	6th semester	Life Skill Course(For BA 6th Sem Students)
Baishali Tamuli	142	6 th semester	Life Skill Course(For BA 6th Sem Students)
Sumudas	44	6th semester	Life Skill Course(For BA 6th Sem Students)
Dipti saikia	47	6th semester	Life Skill Course(For BA 6th Sem Students)
Nishiti kalita	144	BA6th semester	Life Skill Course(For BA 6th Sem Students)
Priyanka bora	46	6th semester	Life Skill Course(For BA 6th Sem Students)
Priya Dutta	104	6th sem	Life Skill Course(For BA 6th Sem Students)
Pubali bora	127	6th sem	Life Skill Course(For BA 6th Sem Students)
Lashmi Das	119	B.A 6th semester	Life Skill Course(For BA 6th Sem Students)
Junmoni bora	152	6th semester	Life Skill Course(For BA 6th Sem Students)
Pampi Das	161	6thsem	Life Skill Course(For BA 6th Sem Students)
Pallabi mech	121	6th semester	Life Skill Course(For BA 6th Sem Students)
Ankita Borah	162	6th semester	Life Skill Course(For BA 6th Sem Students)
Satabdi das	105	6th sem	Life Skill Course(For BA 6th Sem Students)
Dharmistha borah	163	6th semester	Life Skill Course(For BA 6th Sem Students)
Gitasree bora	94	6th sem	Life Skill Course(For BA 6th Sem Students)
Baby Hazarika	62	BA 6th semester	Life Skill Course(For BA 6th Sem Students)
Dipsikha borah	20	B.A 6th semester	Life Skill Course(For BA 6th Sem Students)
Pallabi Dutta	16	6th semester	Life Skill Course(For BA 6th Sem Students)
Priyanka bora	128	6th sem	Life Skill Course(For BA 6th Sem Students)
Sunil Singh	31	6th semester	Life Skill Course(For BA 6th Sem Students)
Chayanika kalita	126	BA 6th semester	Life Skill Course(For BA 6th Sem Students)
Munmi Puzari	118	6th sem	Life Skill Course(For BA 6th Sem Students)
Dhruba Jyoti Das	59	BA 6th semester	Life Skill Course(For BA 6th Sem Students)
Gyanifa Begum	65	B.A.6th semester	Life Skill Course(For BA 6th Sem Students)
Bipul Ghatowar	148	B.A 6Semester	Life Skill Course(For BA 6th Sem Students)
Rinkumoni Das	40	B.A 6th semester	Life Skill Course(For BA 6th Sem Students)
Nayan Jyoti bora	43	B.A 6semester	Life Skill Course(For BA 6th Sem Students)
Pranjal Boruah	45	B.A. 6sem	Life Skill Course(For BA 6th Sem Students)
Sweetie das	131	6th semester	Life Skill Course(For BA 6th Sem Students)
Hirab jyoti bora	125	B.A 6th semester	Life Skill Course(For BA 6th Sem Students)
Barun kurmi	139	B.A 6th semester	Life Skill Course(For BA 6th Sem Students)
Sachin Bawri	58	BA 6th semester	Life Skill Course(For BA 6th Sem Students)
Abhijit Kachari	8	6th	Life Skill Course(For BA 6th Sem Students)
Prishmita Bora	103	6th sem	Life Skill Course(For BA 6th Sem Students)

Pranjal Dutta
Coordinator, IQAC



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Nitumoni Borah	106	6th sem	Life Skill Course(For BA 6th Sem Students)
dhruba Jyoti dutta	140	6th semester	Life Skill Course(For BA 6th Sem Students)
Abhinovo Rajkhowa	87	B.A 6th sam	Life Skill Course(For BA 6th Sem Students)
Sanu Borah	141	B.A 6th Semester	Life Skill Course(For BA 6th Sem Students)
Puja Gogoi	84	B.A 6th sem	Life Skill Course(For BA 6th Sem Students)
Rajlakhmi Borah	85	B.A. 6th sem	Life Skill Course(For BA 6th Sem Students)
Himadri Borah	145	B. A 6th sem	Life Skill Course(For BA 6th Sem Students)
Digboloy Borthakur	33	6th semester	Life Skill Course(For BA 6th Sem Students)
Abinash keot	139	B.A 6th sam	Life Skill Course(For BA 6th Sem Students)
Rituraj bora	54	6th Semester	Life Skill Course(For BA 6th Sem Students)
Borsha Rani Borah	102	6th sem	Life Skill Course(For BA 6th Sem Students)
Jumon das	156	6th sem	Life Skill Course(For BA 6th Sem Students)
Kritika parasat	32	4th sem	Life Skill Course(For BA 6th Sem Students)
Puja shill	120	B.A 6th semester	Life Skill Course(For BA 6th Sem Students)
Bornali Dutta	66	6 sem	Life Skill Course(For BA 6th Sem Students)
ATUL NAIK	149	6th semester	Life Skill Course(For BA 6th Sem Students)
Simpi Saikia	132	B.A 6th Semester	Life Skill Course(For BA 6th Sem Students)
Ditimoni Das	50	6th semester	Life Skill Course(For BA 6th Sem Students)
Ditimoni Das	50	6th semester	Life Skill Course(For BA 6th Sem Students)
NAFISHA RAHMAN	49	6th semester	Life Skill Course(For BA 6th Sem Students)
Siraj Ansari	153	BA 6th Semester	Life Skill Course(For BA 6th Sem Students)
Nilom Bora	110	BA 6th semester	Life Skill Course(For BA 6th Sem Students)
Biswa Jyoti Das	77	6th sem	Life Skill Course(For BA 6th Sem Students)
Rohit saikia	79	6semester	Life Skill Course(For BA 6th Sem Students)
Rajsankar bora	12	6th semester	Life Skill Course(For BA 6th Sem Students)
Medin kumar das	15	B A 6th semester	Life Skill Course(For BA 6th Sem Students)
Farnaz ahmed	73	6th sem	Life Skill Course(For BA 6th Sem Students)
Abhinash Dutta	14	Ba 6th sem	Life Skill Course(For BA 6th Sem Students)
Monuj hazarika	51	6th semester	Life Skill Course(For BA 6th Sem Students)
Niharika Dutta	129	6th sem	Life Skill Course(For BA 6th Sem Students)
Riya Dutta	130	6th sem	Life Skill Course(For BA 6th Sem Students)
Nabojit dutta	48	BA6th sem	Life Skill Course(For BA 6th Sem Students)
PUJA DAS	165	B.a 6 th semester	Life Skill Course(For BA 6th Sem Students)
Anuksha Bora	68	6th semester	Life Skill Course(For BA 6th Sem Students)
Rimi das	133	B.A 6th semester	Life Skill Course(For BA 6th Sem Students)

Dr. Dulen Saikia 02/05/2022
Principal
Jorhat Kendriya Mahavidyalaya

Pranjal Dutta

Pranjal Dutta
Coordinator, IQAC



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SAMPLE CERTIFICATE OF ADD-ON COURSE ON LIFE SKILLS

Certificate no. JKM/22/ADDON LS _____ Date: 28-11-22

 **JORHAT KENDRIYA MAHAVIDYALAYA**
CERTIFICATE OF COMPLETION

RECONGNISED BY DIBRUGARH UNIVERSITY

This is to certify that Jayeetu Mirdha of Jorhat
Kendriya Mahavidyalaya, Jorhat, Assam has successfully completed Dibrugarh University
3(three) months Certificate Course on Life Skills in the First batch from April to July, 2022.


(Dr. Dulen Saikia)
Principal


(Moonmoni Borkoch)
Course Coordinator


Dr. Pallabi Mali
Course Coordinator



Pranjal Dutta
Coordinator, IQAC





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