



ONLINE REFRESHER COURSE in



Organized by

Human Resource
Development Centre
Pt. Ravishankar Shukla
University Raipur
492010 Chhattisgarh

Education

03-18 October, 2023

Course Coordinator

Prof. C.D. Agashe

Pt. Ravishankar Shukla University
Raipur 492010
Chhattisgarh

Theme: Shaping the Future of Higher Education in India Through Holistic Approach

In this rapidly changing world, the aim of higher education must include aspects of a well-rounded education. The aim should be to prepare skills other than academic knowledge. Higher education institutions need to teach students about human virtues, life skills and health behaviour so that they can take up challenges in life and become responsible members of society.

Apart from academic knowledge, it is essential to have skills to cope with challenges in day-to-day, personal and professional lives. Hence by integrating life skills, experiential learning, health behaviour and allied systems into higher education, we will be able to prepare to become responsible citizen and contribute significantly towards the betterment of mankind apart from fulfilling their personal needs.

Aims and Objectives:

- To understand the significance of experiential learning for higher education students
- To understand the significance of physical and mental well-being for higher education students
- To understand the significance of soft skills namely communication skills, time management, problem-solving and critical thinking for higher education students
- To understand the significance of resilience, stress management and coping strategies for higher education students
- To understand the significance of emotional and social intelligence for higher education students
- To understand the significance of relationship building for higher education students
- To understand the significance of self-care for higher education students
- To understand the significance of physical activity for higher education students
- To understand the significance of psychomotor activities for higher education students
- To understand the significance of digital literacy for higher education students

Target Group: All regular / part time / ad hoc / contract teachers of **Education** in the Universities/ Colleges that are included under section 2 (f) of the UGC act. The teachers of the colleges affiliated to the University for at least five years can also participate.

Mode of Delivery: Online Sessions on Google Meet. Sessions will be held from 10:30 to 17:30 daily.

Requirement for the Course: Desktop/ Laptop/ Smart phone with good Internet Connectivity (Webcam, Microphone, headphones and Multimedia enabled).

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Registration/ Application Link: <https://forms.gle/Hcxo1gSCceTZCKkr7>

Registration fee: Rs. 1000.00 (non-refundable), to be paid online in Director, ASC bank account number - 30644576182; IFSCcode: SBIN0003739, State Bank of India, PRSU, Raipur.

Number of Participants: Minimum 20 and Maximum 40 on first come first serve basis.