



**TELANGANA SOCIAL WELFARE RESIDENTIAL ARMED FORCES
PREPARATORY DEGREE COLLEGE FOR WOMEN, BHONGIR
YADARI BHONGIR (DIST), TELANGANA, 508126**



Affiliated to Mahatma Gandhi University, Nalgonda

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Life skills

Life skills are abilities that play an important role in adaptive and positive behavior that enable our graduate students to cope with the demands and challenges of life. Recognizing these abilities play a crucial role in making our graduates employable and in being successful in their life. The Life Skills (Jeevan Kaushal) curriculum was designed and prescribed by University Grants Commission (UGC) to assist our graduates to uncover and polish their true potential in facing the upcoming and day-to-day challenges and making them socially, economically, financially, and morally independent graduates. Life Skills goal is to impart Communication Skills, Professional Skills, Interpersonal Skills, Leadership Skills, Management Skills, and universal values among others.

The course requires the active participation of the students and the faculty as Facilitator, Mentor, and Trainer. For this purpose, it has incorporated various activities into the courses - oral presentations, impromptu speaking, quizzes, debates, case studies, creative thinking, team-building exercises, etc.

Life skills sessions have started by “Training the trainers” program for the 30 college mentors from 13th July 2020 to 18th July 2020. Ms. J. Vyshnavi was appointed as the Life Skills Mentor for our college. This was followed by another session of “Training the Trainers” to train 6 faculty from each of these 30 colleges from 23rd July 2020 to 25th July 2020 to work on Course 1 having 6 modules. Each trainer has chosen one or two modules to train the students. From our College,

1. Dr. D. Vijaya Lakshmi, Lecturer in English has chosen to Reading and Writing skills.
2. Ms. Reena Thakur from Commerce Department has chosen Listening Skills.
3. Speaking skills was taken up by Ms. Ragi Raju from the department of Microbiology
4. Ms. N. Jhansi from Economics department came forward to take up Non-Verbal communication
5. Ms. N. Pavani from the Department of Computer Science has opted for Effective Use of social media.
6. J. Vyshnavi from the Department of Computer Science has taken up Digital Literacy.

The training for the 2nd year students of all streams has started from 7th August 2020 on an online mode. Classes were scheduled on Friday and Saturday of every week for 2hours a day. It was successfully completed by the end of December 2020.

The second batch of Life Skills training was planned for the 1st year students and the training program of the trainers was scheduled from 16th to 18th September 2020 with another 6 lecturers.

1. Dr. P. Rupa from Botany,
2. Dr. K. Srilatha from Zoology,
3. Ms. K. Kavitha from Commerce,
4. Ms. G. Nirmala from Chemistry,
5. Ms. J. Bhavya Sri from Computer Science, and
6. Ms. A. Dhana Lakshmi from Political Science

They have taken up Speaking skills, Reading skills, Listening skills, Writing skills, Digital Literacy and Effective use of Social media, Non-verbal communication respectively to train the students. The training of first-year students has started on 8th October 2020 and ended on 18th February 2021.

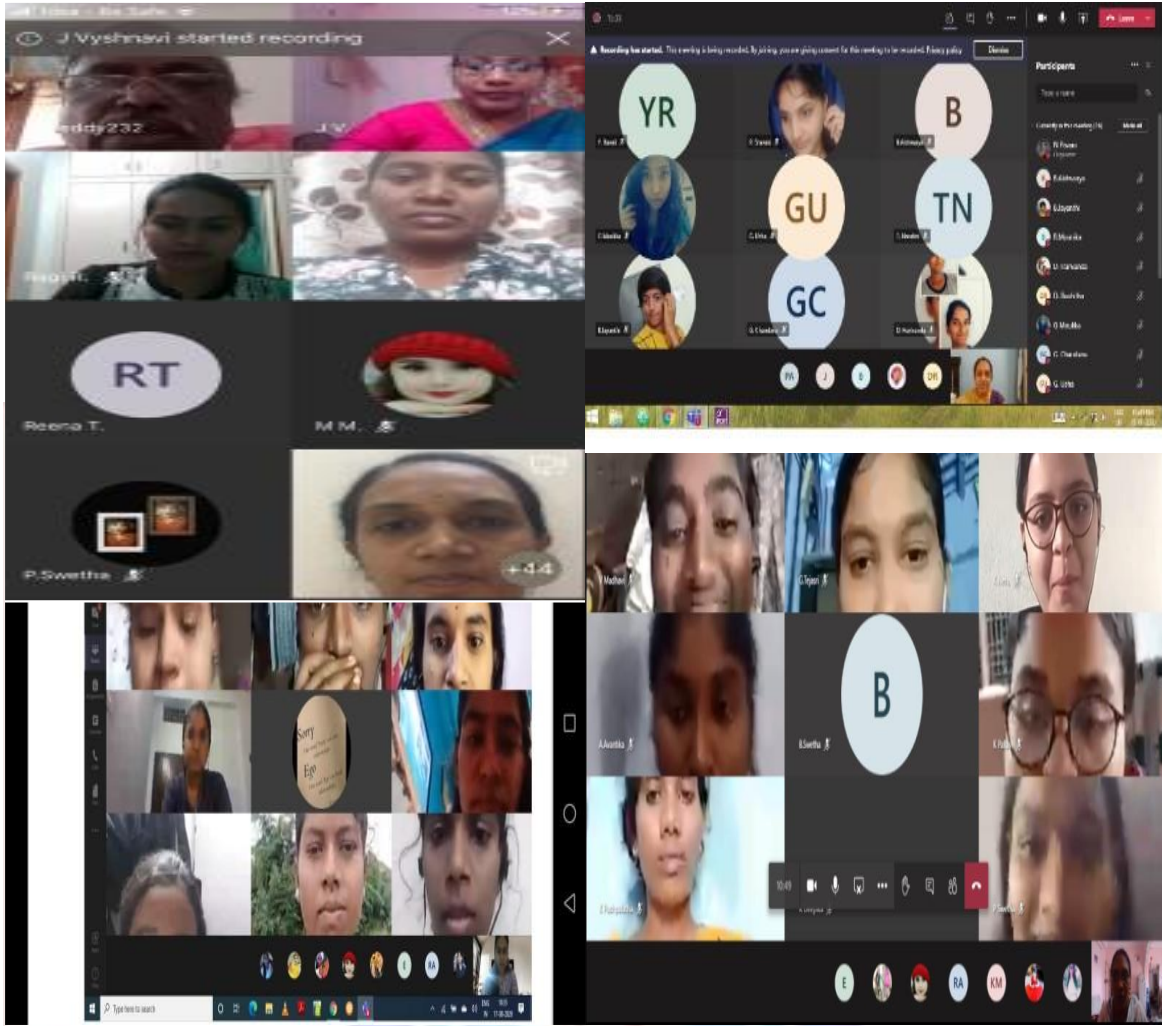
Both the batches have successfully completed their training within the scheduled time. The efforts they have shown were immensely appreciable. The young minds of the students have been empowered to tackle demanding situations.

The staff was successful in inculcating both personal and professional skills in the areas of understanding of self and others, interpersonal skills, high-performance teams, leadership potential, communication & presentation skills, techniques of problem-solving, decision making, fostering creativity and innovation for personal and professional excellence, stress management, time management, and conflict management and inculcation of human values.

It is believed that today's students are tomorrow's responsible citizens, and for a professional to be successful in today's complex environment, one should demonstrate mastery in all the relevant areas mentioned in the course structure of Life Skills Module.




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DEGREE COLLEGE FOR WOMEN



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Report on GIRL BOSS

Program Coordinator: Ms. J. Vyshnavi

Introduction about Launch Girls: Launch Girls enables adolescent girls to build the critical professional and life skills necessary for successful futures. They create customized, girl-centered entrepreneurship programming that helps girls develop critical 21st-century professional skills, plans for their futures, and the confidence needed to succeed in life after school.

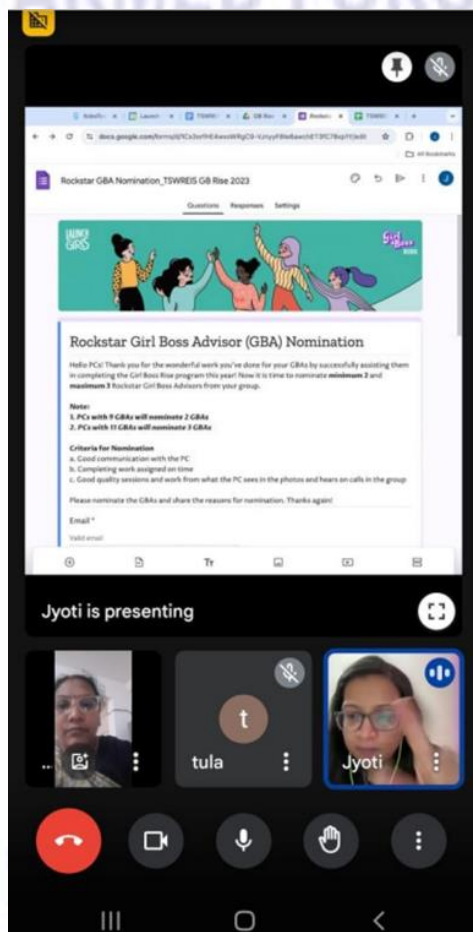
Introduction to Girl Boss Rise Session: Among many programs launched by Launch Girls, Girl Boss Rise Session is meant for undergraduate girls. In the foundational program girls are introduced to entrepreneurial education and the Girl Boss Mindsets and Skills. Girls apply these skills to their lives after school, learning to plan for their futures and advocate for themselves.

Entrepreneurial and work-readiness mindsets and skills specifically are identified to equip adolescent girls to take charge of their future and successfully transition from school to work. These core mindsets and skills are actively developed across all Girl Boss programming. In this course, the students have the following modules to mould themselves and keep ready for projecting to the current world.

- **Opportunity Recognition:** The practice of identifying unique opportunities or seeing and experiencing problems as opportunities to create solutions.
- **Critical Thinking & Problem Solving:** The ability to solve real-world problems using logic and reasoning to identify solutions, consider their strengths and weaknesses, and choose the most appropriate solution.
- **Confidence and Self-belief:** The positive belief in oneself and one's ability to make decisions and achieve their goals in life.
- **Grit and Persistence:** The capacity to move forward with decisions or actions despite uncertainty and obstacles.
- **Self-Awareness:** The ability to accurately identify personal strengths and growth areas through self-reflection and feedback.
- **Adaptability & Flexibility:** The ability to change actions and plans to overcome challenges even if it requires additional effort or learning new skills.
- **Gender Awareness:** The understanding that there are socially determined differences between men and women based on learned behavior, and the ability to use this understanding to reverse unfavorable treatments experienced due to gender.

- **Effective Communication:** The ability to clearly express ideas to an intended audience, including being able to persuade and negotiate with others.
- **Future Orientation:** The attitude of feeling responsible and motivated to pursue goals for the future with a focus on obtaining the required skills and knowledge.
- **Support Network:** Identifying and building a relationship with others to receive encouragement, knowledge, resources, or opportunities to achieve personal and professional goals.
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Additional Information	Document
Yoga	View document
Physical Fitness	View document
Health and Hygiene	View document

