



# NIKHIL BANGA SIKSHAN MAHAVIDYALAYA

(Govt. Aided B. Ed. & B. P. Ed. College)

NCTE Recognized: NAAC Accredited: BSAEU Affiliated

P.O. Bishnupur : Dist – Bankura

Phone - 9434202242

Dated 17.12.2023

## Report of Add on Course on Life Skill Education for Self Development (Period 28.11.23 to 13.12 2023)

### Introduction:

One of the more recent disciplines to emerge in the second part of the 20th century is life skills. The Rajiv Gandhi National Institute of Youth Development, Sriperumbudur, introduced life skills as a subject of study in India in 2008, and a program for training life skills instructors was then initiated. A variety of psycho-social and cognitive skills can be considered life skills, as they enable youngsters to regulate their emotional health, communicate well, and make well-informed decisions.

### Importance:

Children with life skills are able to make their lives simple and easy, to live a good life, and to know how to use their time wisely. Life skills are therefore crucial to their success. It refines the capacity to flourish in every sphere of society and adjust to any situation.

In view of the above, IQAC, Nikhil Banga Sikshan Mahavidyalaya organized life skill education for self development as add on course on and from 28.11.2023 to 13.12 2023 with the following objectives :

- To develop Self awareness, communication skill, managing stress.
- To improve problem solving, decision making, emotions, empathy in different situations of life.
- To improve interpersonal relationship.

**Time Table:** The time table for the add on programme is as follows:

Time	Ist Half	Last Half	Last Half
Date	9-30AM-10.30 AM	4.30PM - 5.30 PM	5.30PM - 6.30 PM
28.11.23	Unit 1 SD	Unit 1 SD	Unit 1 SD
29.11.23	Unit 1 SD	Unit 1 SD	Unit 1 SD
30.11.23	Unit 1 SD	Unit 1 SD	Unit 1 SD
01.12.23	Unit II SKD	Unit II SKD	Unit II SKD
02.12.23	Unit II SKD	-	-
04.12.23	Unit II SKD	Unit II SKD	Unit III BCM
05.12.23	Unit III BCM	Unit III BCM	Unit III BCM
06.12.23	Unit III BCM	Unit IV KM	Unit IV KM
07.12.23	Unit IV KM	Unit IV KM	Unit IV KM
08.12.23	Unit IV KM	Unit IV KM	Unit V SD
09.12.23	Unit V SD	-	-
11.12.23	Unit V	-	Unit VI

Website- nbsmahavidyalaya.org : e-mail- nbsmahavidyalaya@gmail.com



*Principa*  
Principal  
17.12.23  
Nikhil Banga Sikshan Mahavidyalaya  
Bishnupur, Bankura





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	SD	SD	SD
12.12.23	Unit VI SD	Unit VI SD	-
13.12.23	-	Evaluation	

## Resource Person/Coordinator/Supervisor associate with the course

1. Sri Sumit Dutta, Psychologist – External member
2. Dr. Bhim Chandra Mondal, Principal, NBSM – Internal member
3. Dr. Kalpataru Mondal, Asst. Prof, NBSM – Internal member
4. Dr. Samit Kr. Das, Asst. Prof, NBSM – Internal member

## Description of the programme

The classes for add on course were delivered by following the Time table as given above. In the orientation programme students were informed about the add on course by the Principal and other resource persons. Principal informed that minimum **75% attendance** is essential to complete the course. Total **97 students** participated in the programme and only **55 students** qualified for final evaluation. Finally **48 students** sit on examination whose results are given below:

Roll No	Name	Marks Obtained Out Of 50	Grade
202301001	SOUVIK BISWAS	48	A+
202301002	SUSMITA MUKHERJEE	49	A+
202301003	RIYA MONDAL	NQ	NQ
202301004	PALLABI CHAKRABARTY	49	A+
202301005	SUPARNA LOHAR	NQ	NQ
202301006	SUDIP ANKURE	NQ	NQ
202301007	SAMSUNNEHAR KHATUN	NQ	NQ
202301008	RITURAJ GOSWAMI	49	A+
202301009	SUMAN SINGHA	NQ	NQ
202301010	MOUSUMI MANDAL	47	A+
202301011	KANCHAN MURMU	NQ	NQ
202301012	RAJA MONDAL	48	A+
202301013	SUVANKAR MAHATO	NQ	NQ
202301014	MAMONI BHUI	NQ	NQ
202301015	SUBHASIS HALDAR	45	A
202301016	PINTU DHIBAR	NQ	NQ
202301017	PAYEL DAS	NQ	NQ
202301018	CHAINA MAHATO	46	A+
202301019	PAPIA PORIA	44	A
202301020	SIULI MUKHERJEE	NQ	NQ
202301021	CHANDI MAJI	NQ	NQ
202301022	NANDITA KISKU	NQ	NQ

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*B. Mondal*  
Principal  
12.23  
Nikhil Banga Sikshan Mahavidyalaya  
Bishnupur, Bankura





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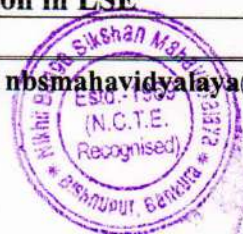
202301023	SHAMBHU KARMAKAR	NQ	NQ
202301024	ANNESHA BANERJEE	49	A <sup>+</sup>
202301025	ONKARNATH SHIT	46	A <sup>+</sup>
202301026	TANU MONDAL	NQ	NQ
202301027	ABHIRUP PAITANDI	48	A <sup>+</sup>
202301028	KEKA MANDAL	47	A <sup>+</sup>
202301029	HRISIKESH NANDI	44	A
202301030	RINA CHAND	48	A <sup>+</sup>
202301031	PAYEL DUTTA	44	A
202301032	BANASHREE PAL	47	A <sup>+</sup>
202301033	SIBSANKAR SAMANTA	46	A <sup>+</sup>
202301034	ANTARA JANA	47	A <sup>+</sup>
202301035	PRAGATI PANDA	49	A <sup>+</sup>
202301036	SK PIYAR ALI	48	A <sup>+</sup>
202301037	ASGAR ALI BHUINYA	NQ	NQ
202301038	HAIMANTI DE	NQ	NQ
202301039	FALGUNI ROY	46	A <sup>+</sup>
202301040	SUBHAM DAS	NQ	NQ
202301041	MOUSUMI MAHATA	45	A
202301042	SANDIP MONDAL	48	A <sup>+</sup>
202301043	RITU GUPTA	48	A <sup>+</sup>
202301044	ANUSHRI SIKARI	47	A <sup>+</sup>
202301045	SIRJAN MANDI	48	A <sup>+</sup>
202301046	RINKY BHAKAT	NQ	NQ
202301047	SK BARKAT	NQ	NQ
202301048	ANANYA MALLICK	NQ	NQ
202301049	RIYA DALAL	NQ	NQ
202301050	PRIYANKA MAJI	48	A <sup>+</sup>

## Images :



Student participation in LSE

Website- [nbsmahavidyalaya.org](http://nbsmahavidyalaya.org) : e-mail: [nbsmahavidyalaya@gmail.com](mailto:nbsmahavidyalaya@gmail.com)



*B. B. Das*  
12.12.23  
Principal  
Nikhil Banga Sikshan Mahavidyalaya  
Bishnupur, Bankura





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Student Interaction in Add on course

### Conclusion:

Life skill education has been shown to be a successful psychosocial intervention strategy for fostering adolescents' positive social and mental health. It is important in all aspects, including boosting emotional intelligence, coping skills, and self-confidence, as well as improving critical thinking, problem solving, and decision making abilities.

*(Signature)*  
17/12/23  
Principal  
Nikhil Banga Sikshan Mahavidyalaya  
Bishnupur, Bankura



ESTD-1969

विद्या ददाति विद्वान्