

Patrons



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Sipna Shikshan Prasarak Mandal
Amravati (M.S.)
Ex. Minister Of State Maharashtra



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Hon'ble Vice-Chancellor
S.G.B.A.U.



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Sipna Shikshan Prasarak Mandal
Amravati



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Hon'ble Secretary
Sipna Shikshan Prasarak Mandal
Amravati

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Director, MPSC Lakshya
Amravati



Maj. Anand Patharkar
Amravati



Dr. Pavan Deshmukh
Dean, Training and Placement,
Sipna College of Engineering
& Technology, Amravati



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S.B. Jain Institute of Technology,
Management and Research,
Nagpur



Shri. Atul Kolhe
Amravati



Shri. Ameya Vaidya
Chitale CFS Pvt. Ltd.
Amravati

- Organizers -



Dr. R. S. Jaipurkar
Principal
Former Pro-Vice Chancellor,
S.G.B.A.U.



Dr. G. R. Dhokane
Co-ordinator (PM-USHA)
Prof. & Head Dept. Physics



Dr. D. S. Hedao
Co-ordinator
Career Counseling and Guidance Cell
Mob.No. - 9423648858

- Committee Members -



Dr. K. N. Shah
Mob. - 9421940237



Dr. A. R. Bakshi
Mob. - 903839094



Mr. R. P. Rahate
Mob. - 9702612304



Dr. V. H. Meshram
Mob. - 9326087493



Dr. A. R. Kanhu
Mob. - 9011777444



Mr. B. S. Deshmukh
Mob. - 9370623745

Organizing Committee

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Dr. G. R. Dhokane
Dr. V. D. Kapse
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Shri. P. N. Bhartiya
Shri. M. S. Kulkarni
Shri. R. H. Panurkar
Shri. G. S. Ingale
Shri. V. M. Lakade
Shri. G. M. Sahu
Smt. B. R. Darsimbe



Sipna Shikshan Prasarak Mandal, Amravati's

**Arts, Science & Commerce
College, Chikhaldara,**

Dist.: Amravati – 444807



NAAC Re-accredited with 'A' Grade C.G.P.A. 3.22 in 4th Cycle

E-mail: ascc163@sgbau.ac.in

website : www.sipnaascc.ac.in

Permanently affiliated to Sant Gadge Baba Amravati University
and included under section 2(f) & 12(B) of UGC Act.

**Add On Course On
Life Skills Development**

Duration : 06th - 11th October, 2025



Sponsored by

**Ministry of Education
Department of Higher Education**

**PRADHAN MANTRI UCHCHATAR SHIKSHA ABHIYAN
(PM USHA)**

Organized by

**Career Counseling & Guidance Cell
Arts, Science & Commerce College, Chikhaldara
Dist. Amravati 444807**

ABOUT SOCIETY :-

Sipna Shikshan Prasarak Mandal, Amravati was established in 1995 and registered under the Society Registration Act 1860 and Bombay public Trust Act, 1950. The society established Arts, Science and Commerce college at Chikhaldara in 1996 in melghat for tribal and other inhabitants of this remote, hilly, rural and backward area. Later on in 1999 society established College of Engineering and Technology and in 2021 Sipna School of Planning and Architecture at Amravati. SSPM Is established with specific goals and mission for overall development of people in Melghat, a tribal, remote and backward region in Amravati district and renowned for '**Melghat Tiger Project**' and **Gugamal National Park**' worldwide. Chikhaldara is a **hill station** situated at an **altitude of 1118 meter**.

ABOUT COLLEGE :-

Arts, Science and Commerce College,Chikhadara,Distt. Amravati came into existence in 1996. The college is permanently affiliated to Sant Gadge Baba Amravati University and is included under section 2(f) and 12(B) of the UGC Act 1956. The college offers B.A., B.Sc., and B.Com. programmes and M.Sc. (Environmental Science). with traditional & advanced subjects The college runs recognized 11 research centers. Out of 33 permanent faculty, 26 are Ph.D. holders. 11 faculty members are on the Board of Studies of the University. In 2023, NAAC has reaccredited our college with 'A' grade in its 4th cycle with CGPA 3.22. Class-rooms and well-equipped laboratories with ICT facilities are available. Library is fully automated and has developed E-Library Portal. College has adopted e-governance. College has women's hostel, ethnobotanical garden, rainwater harvesting tank, weather observatory and multi-Gym with changing room. College campus is enabled with high bandwidth internet facility, Wi-Fi, and CCTV camera surveillance and standby power supply. College has indoor and outdoor sports facilities.

ABOUT CHIKHALDARA :-

Chikhaldara is a hill station located in the Amravati district of Maharashtra , India. It is situated at an altitude of 1188 meters (3900 feet) above sea level and nestled in the Satpura ranges.The region experiences a cool and pleasant climate through out the year, with temprature ranging from 10 Oc to 30 Oc. the best time to visit this place from october to June. The spots to visit are Panchbol point, Bhimkund, Devi point, Gavilgad Fort etc.

Career Counseling and Guidance Cell :-

Career Counseling and Guidance Cell is established in the college in 2003. Since then it is continuously working as resource centre for the students of the college. The cell also extends its expertise to outside students, parents, employees, schools, colleges and training centers.

Aims & Objectives :-

- Personality Development
- Guidance for various competitive and entrance examinations
- Information about various career opportunities
- Various books, periodicals and audio visual materials for all purposes
- Personal career counseling
- Resource person outside college etc.

Regular Activities :-

- General Knowledge Test
- Science Aptitude Test
- Essay Test
- Guest Lecture Series
- Career Counseling
- Add On Courses
- Certificate Courses
- Career Katta (Initiative of Government of Maharashtra) etc.

ABOUT THE PROGRAM :-

Add On Course On Life Skills Development is the soft component activity under the grants sanctioned to strengthen college under PM-USHA.

Objectives :

The objectives of this Add On Course are -

- To Enhance Problem-Solving Skills
- To Promote Decision-Making Skills
- To Foster Communication and Interpersonal Skills
- To Cultivate Emotional Intelligence
- To Cultivate Emotional Intelligence

Purpose :

Add On Course On Life Skills Development serves the purpose of helping individual senhance and refine their personal traits and behaviours

Expected Outcome :

Effectiveness of course depends on personal commitment and effort. The participants who actively engage with the content, practice the techniques will be benefited lifelong

Participants :

- One hundred students from the college who registered for this course.
- All students should attend the course regularly between 11.00Am to 4.00PM
- Dress Code of the college is compulsory to participate in this course.

Mode of Workshop : Blended Mode (Online & Offline)

Program Schedule/Sequence: Time: 11.00 am to 04.00 pm			
Date	Time	Schedule	Topic
06.10.2025	10.30-11.00	Inauguration	Self-Awareness and Emotional Intelligence
	11.00- 12.30	Activity Time/Library Work/Assignment Time guided by In-house Resource Person	
	12.30- 02.00	Guidance by Outside Resource Person	
	02.00- 04.00	Guidance by Outside Resource Person	
07.10.2025	11.00- 12.30	Activity Time/Library Work/Assignment Time guided by In-house Resource Person	Communication and Interpersonal Skills
	12.30- 02.00	Guidance by Outside Resource Person	
	02.00- 04.00	Guidance by Outside Resource Person	
08.10.2025	11.00- 12.30	Activity Time/Library Work/Assignment Time guided by In-house Resource Person	Critical Thinking and Problem-Solving
	12.30- 02.00	Guidance by Outside Resource Person	
	02.00- 04.00	Guidance by Outside Resource Person	
09.10.2025	11.00- 12.30	Activity Time/Library Work/Assignment Time guided by In-house Resource Person	Career Readiness and Independent Living
	12.30- 02.00	Guidance by Outside Resource Person	
	02.00- 04.00	Guidance by Outside Resource Person	
10.10.2025	11.00- 12.30	Activity Time/Library Work/Assignment Time guided by In-house Resource Person	Resilience and Adaptability
	12.30- 02.00	Guidance by Outside Resource Person	
	02.00- 04.00	Guidance by Outside Resource Person	
11.10.2025	11.00- 12.30	Activity Time/Library Work/Assignment Time guided by In-house Resource Person	Financial Literacy and Resource Management
	12.30- 02.00	Guidance by Outside Resource Person	
	02.00- 04.00	Guidance by Outside Resource Person	
	04.00- 04.30	Valedictory Function	