



SELP

Student Excellence and
Learning Program

SELP-Student Excellence and Learning Program

Contents

INTRODUCTION	3
MAJOR CHALLENGES FACED BY THE YOUTH	3
VISION	3
OBJECTIVES	3
MODULE	3
PROGRAM FORMAT and SCHEDULE	4
LOGISTICS REQUIRED	4
PROGRAM BENEFITS	5
DISCLAIMER	5

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INTRODUCTION

Education is to prepare a person for life. To an experienced educationist, it is a well-known fact that the age group of 18-30 years is extremely crucial. This is the age where issues of career, relationships, peer/parental pressures, and anxiety about the future, come to the fore simultaneously. For a youth bogged down by these issues, academic performance and development to their full potential suffers.

Educational institutions, thus, have the primary responsibility to not only inspire students towards a higher vision but also create a strong sense of bonding between the institution and the students to nurture a stress-free holistic environment.

Major challenges faced by the youth

- Lack of Ethics, Morals and Integrity- resulting in corruption and self-centeredness
- Anger- leading to domestic and social violence
- Depression and Loneliness- leading to suicidal tendencies
- Anxiety about relationships and career
- Substance abuse and addiction
- Unemployability - resulting in qualified but unemployed youth

VISION

The project vision is to empower students to enhance their learning ability and decision making skills. The goal is to bring an everlasting change in the mindset of youths so that they become strong internally to deal with the challenges, become job ready and take responsibilities towards their own self and the nation.

OBJECTIVES

- Improvement in learning and research competency
- Increase student employability
- Create opportunities for youth to develop their interpersonal skills
- Enhance abilities of youth to handle stressful conditions
- Improve relationship between teachers and students

MODULE

SELP is an excellent blend of interactive intense group processes, talks, presentations and fun based learning methodology that helps students to enhance their lives. It's a classroom based module and multiple batches can be conducted in parallel. There will be 1 trainer per batch. The maximum batch size is 60 students.

The basic program content includes:

- Group discussions and role-plays to inculcate life-skills
- Talks and Presentations to bring out attitudinal and behavioral changes
- Group activities & games to develop public speaking and interpersonal communication skills

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- Responsibility, initiative and leadership with time management and teamwork.
- Breathing techniques
- Yoga asanas and Pranayama to increase concentration & building confidence

PROGRAM FORMAT and SCHEDULE

SELP is a holistic program, spread over 6 consecutive days. Each session builds on the previous day's session and creates an environment where the students' mind becomes calm thereby accelerating the learning process for them.

SESSIONS

DAY	CONTENT
1	Tendencies of mind and correlation with achieving success
2	EMI - Ethics, Morality and Integrity
3	Leadership and skillful communication
4	Introduction to yoga, meditation, deep breathing & relaxation, practical de-stressing techniques
5	Confidence Building and handling peer pressure
6	Time management and goal setting

LOGISTICS REQUIRED:

- Clean, ventilated classroom with enough space to accommodate a batch of 60 participants
- Good Audio /Video and Sound Mike System and Projector (optional)
- White board or Flipcharts
- Drinking water and washroom facility

PROGRAM BENEFITS



DISCLAIMER

The program will be run in collaboration with Vyakti Vikas Kendra India (VVKI) popularly known as Art of Living. The faculty of Art of living will hold the sessions and follow-ups. Art of Living reserves the right to ask a participant to leave if she/he is found not following the rules or disrupts the decorum of the program. Attendance will be taken on a daily basis. Those who miss a session will not be allowed to continue the program. This program does not impose any ideology (dogmas) or change of lifestyle but presents facts for the youth so that they are empowered to make informed choices. It does not conflict with any faith or religious beliefs but can actually complement it.

Rajesh Ranjan
 Rajat
 Monu Kumar
 Pankaj Kumar
 Abhishek Kumar
 Vikash Kumar
 Ayush Gupta
 Rohan Lama
 Abhishek Singh
 Anil Kumar Agrahari
 Tanmay Joshi
 Amit Kumar Rana
 Shubham Mahajan
 Shantanu Deore
 Ashish Kumar
 Ayush Thakur
 Ankit Katoch
 Kumar Kishlay
 Nem Singh
 Rishav Kumar
 Somesh Saraswat
 Ajay Goswami



Rajesh	Rajesh	Rajesh	Rajesh	Rajesh	Rajesh
Rajat	Rajat	Rajat	Rajat	Rajat	Rajat
Monu Kumar	Monu Kumar	Monu Kumar	Monu Kumar	Monu Kumar	Monu Kumar
Panu	Panu	Panu	Panu	Panu	Panu
A.K.	A.K.	A.K.	A.K.	A.K.	A.K.
Vikash	Vikash	Vikash	Vikash	Vikash	Vikash
Ayush Gupta	Ayush Gupta	Ayush Gupta	Ayush Gupta	Ayush Gupta	Ayush Gupta
Rohan Lama	Rohan Lama	Rohan Lama	Rohan Lama	Rohan Lama	Rohan Lama
Abhishek Singh	Abhishek Singh	Abhishek Singh	Abhishek Singh	Abhishek Singh	Abhishek Singh
Anil	Anil	Anil	Anil	Anil	Anil
Tanmay Joshi	Tanmay Joshi	Tanmay Joshi	Tanmay Joshi	Tanmay Joshi	Tanmay Joshi
Amit	Amit	Amit	Amit	Amit	Amit
Shubham	Shubham	Shubham	Shubham	Shubham	Shubham
Shantanu	Shantanu	Shantanu	Shantanu	Shantanu	Shantanu
Ashish	Ashish	Ashish	Ashish	Ashish	Ashish
Ayush	Ayush	Ayush	Ayush	Ayush	Ayush
Ankit	Ankit	Ankit	Ankit	Ankit	Ankit
K.K.	K.K.	K.K.	K.K.	K.K.	K.K.
Rishav	Rishav	Rishav	Rishav	Rishav	Rishav
Saraswat	Saraswat	Saraswat	Saraswat	Saraswat	Saraswat
X	X	X	X	X	X