

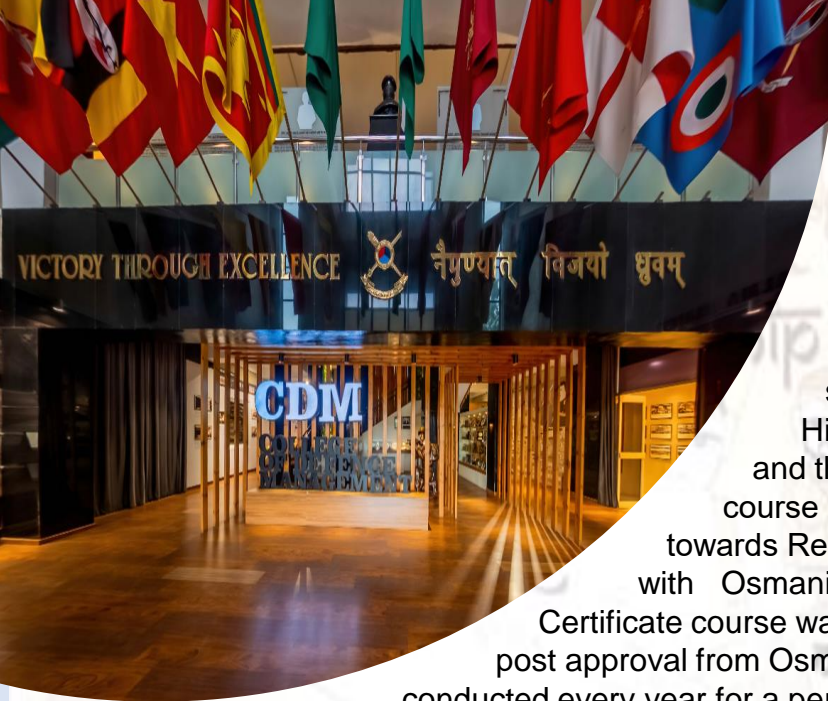


Self Awareness, Life Skills and Responsible Citizenship Faculty of Resource Management



cdm
College of Defence Management





Genesis

College of Defence Management being a premier management institution of the Armed Forces has also taken a stride to empower spouses of officers attending the Higher Defence Management Course and the Faculty by conducting a Certificate course on 'Self-Awareness & Life Skills towards Responsible Citizenship' in collaboration with Osmania University, Hyderabad. The first Certificate course was conducted in 2016 and since 2017, post approval from Osmania University, this course has been conducted every year for a period of nine weeks on voluntary basis.

Aim

To provide participants a platform that empowers them to achieve their best as responsible citizens through Self & Social Awareness, Life Skills and Empowerment.

Course Objectives

To enable the participant ladies to influence & shape the social environment in services.



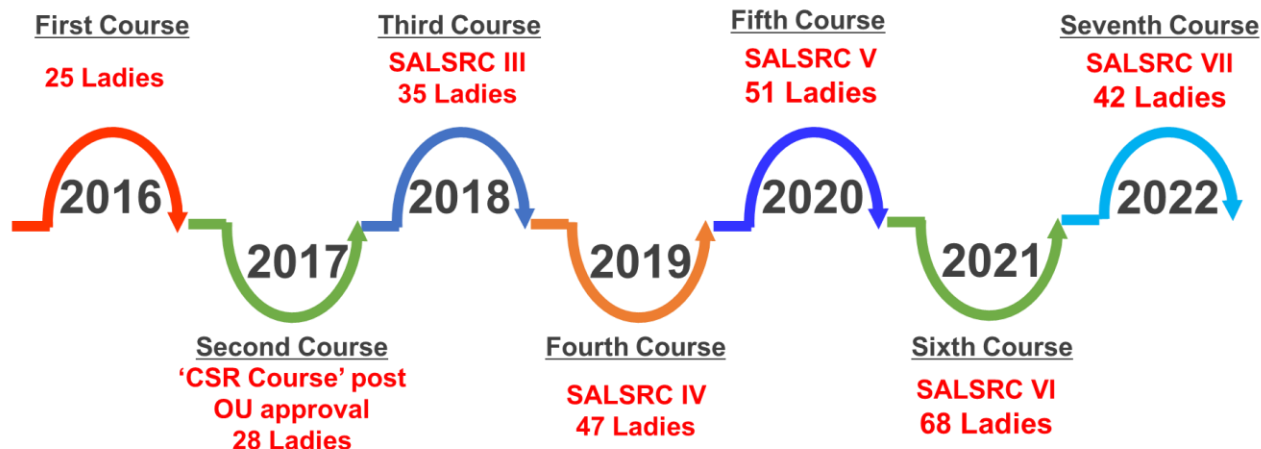
Enhance self awareness and life skills essential for changing societal needs.

Empower participants through enhanced awareness on cyber security and financial & legal matters .



Enhance social awareness including leveraging Corporate Social Responsibilities (CSR) in their area of influence.

The Journey so far



Course Content



SELF AWARENESS & LIFE SKILLS

- Understanding Self
- Time & Stress Management
- Work Life Integration
- Effective Communication
- Emotional Intelligence
- Inspirational Leadership
- Yoga & Meditation
- Handling Emergencies
- Creativity
- Social Presence & Image Mgt



EMPOWERMENT

- Entrepreneurship
- Info & Cyber Security
- Personal Finance
- Legal framework
- Psychological Counselling

SCHEDULE

- 22 Aug 23 to 25 Nov 23
- Two Sessions/ day, 3 days a Week



SOCIAL AWARENESS

- Environmental Protection
- Societal Dynamics
- Gender Studies
- Functioning of NGOs
- Leveraging CSR

ENROLMENT & FEES

- Enrol through online form circulated
- Fees : ₹ 5000/- per participant

Mentors at CDM



Academicians/
Entrepreneurs/
NGOs

Subject Matter
Experts: Guest
Speakers

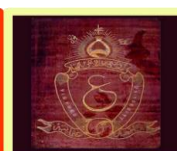
Presidents
D/A/N/AF WWA

Faculty at CDM

Qualified ladies
CDM/ Course

Interact & Share
Experience with
Peers

External Mentors





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