

Name of the Course: Change Your Image : Change Your Life

(2017-18)

Code: CSI

Duration -30 Hours

Fees: Rs. 200

Participants – All Semester 6 Students

Syllabus:

Sr.No.	Topics	Resource Person 1 st Batch
1	What is Image?	Dr. Sangeeta Ghate (Principal, Umiya Arts and Commerce College for Girls)
2	What is Personality?	Dr. Manda Parikh (Director-RUDMI)
3	Would you like to change your Image? Why?	Dr. Preeti Tiwari (Trainer and Counsellor)
4	Basic personality Types and Traits	Mrs. Nisha Shah (NCCCSD, A'Bad)
5	Know Yourself Activity	Mrs. Nisha Shah (NCCCSD, A'Bad)
6	Build Your Image-I - Moral Development - Adaptability and Firmness - Positive Thinking - Emotional Balance - Self Confidence	Dr. Iti Shukla (Psychologist)
7	Build Your Image-2 - Emotional Balance - Self Confidence	
8	Build Your Image-3 - Dressing	Dr. Iti Shukla (Psychologist)

	<ul style="list-style-type: none"> - Conversation - Body Language - Habits - Stress & Health 	
9	Crisis Management and Time Management	Prof. Dr. Abrar Ali Saiyad (CEPT University and Ahmedabad University)
10	Matching your Carriers with Personality <ul style="list-style-type: none"> - Why it matters? - Different Carriers foe Women? <ul style="list-style-type: none"> a) Home Maker b) Life Partner c) Mother d) Professional 	Dr. Sangeeta Ghate [Principal, Shree Meghmani Parivar and Shree Bhailalbai A. Patel (Detrojwala) Umiya Arts and Commerce College for Girls, Sola, Ahmedabad]
11	Change your Life -1 <ul style="list-style-type: none"> - Life Style - Inter person relationship - Social acceptance - Standard of Life 	Mr. Chandramauli Pathak (Certified International Trainer)
12	Change your Life -2 <ul style="list-style-type: none"> - Social acceptance - Standard of Life 	Mr. Chandramauli Pathak (Certified International Trainer)
13	Stress Management -1 <ul style="list-style-type: none"> - Impressing your sleep - Stop negative thoughts getting - Breathing Exercises - Duing Meditation 	Prof. Sonal Pandya (School of Mass Communication and Journalism, Gujarat University)
14	Stress Management -2 <ul style="list-style-type: none"> - Breathing Exercises - Doing Meditation 	Prof. Sonal Pandya (School of Mass Communication and Journalism, Gujarat University)
15	Manage Exam Phobia <ul style="list-style-type: none"> - Causes of Anxiety - Reasons for phobia - Overcoming of phobia 	Dr. Priti Tiwari (Psychologist, RUDMI)

Change your image : Change your Life

Sr.No.	Subject	Resource Person 1 st Batch
1	<ul style="list-style-type: none"> • What is Image? • What is Personality? • Would you like to change your Image? Why? 	Dr.Sangeeta Ghate (Principal Umiya College) Dr.Manda Parikh (Director-RUDMI) Dr.Preeti Tiwari (Trainer and Counsellor)
2	<ul style="list-style-type: none"> • Basic personality Types and Traits • Know Yourself Activity 	Mrs.Nisha Shah (NCCCSA, A'Bad)
3	Build Your Image-I <ol style="list-style-type: none"> 1. Moral Development 2. Adaptability and Firmness 3. Positive Thinking 4. Emotional Balance 5. Self Confidence 	Dr.Iti Shukla
4	Build Your Image-II <ol style="list-style-type: none"> 1. Dressing 2. Conversation 3. Body Language 4. Habits 5. Stress & Health 	Dr.Iti Shukla
5	Crisis Management and Time Management	Dr. Abrar Ali Saiyad (Prof.Gujarat University)
6	Matching your Carriers with Personality <ol style="list-style-type: none"> 1. Why it matters? 2. Different Carriers foe Women? <ol style="list-style-type: none"> a) Home Maker b) Life Partner c) Mother d) Professional 3. Be Successful in your Carrier 	Dr.Sangeeta Ghate (Principal Umiya College)
7	Change your Life <ol style="list-style-type: none"> 1. Life Style 2. Inter person relationship 3. Social acceptance 4. Standard of Life 	Mr.Chandramauli Pathak
8	Concluding Session	

Outcome:

- 1) Participants learnt importance of image in life and how to build positive image.
- 2) They learnt Power of positive thinking, body language, importance of self confidence.
- 3) Role of positive thinking in their personality building and behavior in the society.
- 4) Students are capable to develop enthusiasm and courage in their behavior.
- 5) Personality of the students, their habits and manners in the day to day life also changed.
- 6) They got rid of anxieties, stress, depression and negativity from life with their positive attitude.

Short term course by RUDMI(Change Your Image,Change Your Life)
20/2/2018 To 27/2/2018

No.	Roll No.	Name	Sign
1	1601	CHAUDHARI KRIMABEN SHIVRAMBHAJ	H. R. Romy
2	1602	CHAUHAN PINKIBEN DIPAKKUMAR	Y. R. R.
3	1603	CHHABADA REETAKAUR BAXISHSINGH	S. R. R.
4	1604	CHUNDAVAT HIRALKUNVAR HARISINH	J. R. R.
5	1605	DAGAR PRACHI GOVINDBHAI	M. R. R.
6	1606	DALVADI POOJA KANTIBHAI	P. R. R.
7	1607	DESAI FORAM SHAMBHUBHAI	F. R. R.
8	1608	DESAI SEJU KANJIBHAI	S. R. R.
9	1609	GOSAI TARABEN BHURGIRI	G. R. R.
10	1610	GUPTA SHITAL AVNESHBHAI	G. R. R.
11	1611	JASWAL JASODA BABULAL	J. R. R.
12	1612	MALI ARCHANA ASHOKKUMAR	M. R. R.
13	1613	PANCHAL JAYA BHAVARLAL	P. R. R.
14	1614	PATEL AARTIBEN KANUBHAI	A. R. R.
15	1615	PATEL HETALBEN BHAVANBHAI	H. R. R.
16	1616	PATEL KHUSHBUBEN HASMUKHLAL	K. R. R.
17	1617	PATEL KRUPAL BHARATBHAI	K. R. R.
18	1618	PATEL PRIYANKA YOGHESHKUMAR	P. R. R.
19	1619	PATEL SHRADDHABEN NAROTTAMBHAI	S. R. R.
20	1620	PATEL SHWETABEN RAJNIKANT	S. R. R.
21	1621	PATEL SIMMY SHAILESHKUMAR	S. R. R.
22	1622	PRAJAPATI PRITI ASHOKKUMAR	P. R. R.
23	1623	RABARI ASHABEN PRABHATBHAI	R. R. R.
24	1624	RABARI POOJABEN BHALABHAI	P. R. R.
25	1625	RATHOD CHANDAKUNVAR UDAYSINH	C. R. R.
26	1626	SHAH DHRUVI MANOJKUMAR	S. R. R.
27	1627	SONI KRISHANA YOGESHKUMAR	S. R. R.
28	1628	TELI CHETANA BADRILAL	T. R. R.
29	1629	THAKOR DIVYA VAJUBHAI	T. R. R.
30	1630	THAKOR HETALBEN DEVASHIBHAI	H. R. R.
31	1631	VASAVA PRIYANKABEN UMANGBHAI	V. R. R.
32	1632	YADAV RAKHI CHANDRAPRAKASH	Y. R. R.
33	1703	JHA NISHA RAMANKUMAR	J. R. R.
34	1704	PATEL POOJABEN NANDUBHAI	P. R. R.
35	1633	AMALIYAR TRUPTIBEN NANUSINGBHAI	A. R. R.
36	1634	ASWINI CHANDNI PARSOTAMBHAI	A. R. R.
37	1635	BAROT DIPIKA OMPRAKASH	B. R. R.
38	1636	BHARVAD ALPABEN BALDEVBHAI	B. R. R.
39	1637	BHARVAD RUPAL KHENGARBHAI	B. R. R.
40	1638	BHARVAD SAMRUTABEN VAJESANGBHAI	B. R. R.
41	1639	CHAUHAN SHILPA SHITLA PRASAD	C. R. R.
42	1640	CHAVADA DHARMISHTHABEN SATUBHA	C. R. R.
43	1641	CHUDASAMA RIDDHIBA SAHADEVSINH	C. R. R.
44	1642	DARAJI KINJAL BHARATBHAI	K. R. R.



45	1643	DAVE RUSHITA MAHESHKUMAR	Remote
46	1644	DESAI DIMPAL DHARAMSINHBHAI	D. D. Desai
47	1645	DESAI KAJAL KARMANBHAI	Kajal
48	1646	DESAI KAJAL RAMESHBHAI	K. R. Desai
49	1647	DESAI MONABEN BABUBHAI	Monika
50	1648	DESAI NIRALI VISHNUKUMAR	Nirali
51	1649	DESAI SHIKHA RAJESHBHAI	Shikha
52	1650	GANGANI VAISHALIBEN PRABHUBHAI	Vaishali
53	1651	GOSWAMI DHARA JAYESHPURI	Dhara
54	1652	JANI JANKI NARESHKUMAR	Janki
55	1653	KOLIPATEL KINJALBEN NAGARBHAI	Kinjal
56	1654	KOSHTI HIRAL GOPALBHAI	Hiral
57	1655	KUNAPARA PINKALBEN PRAVINBHAI	Pinkal
58	1656	MAHESHWARI JEENALIBEN DILIPBHAI	Jeenali
59	1657	MAKWANA AARTIBEN BALDEVBHAI	A. D. Makwana
60	1658	MAKWANA DIVYA HEMENDRABHAI	DIVYA
61	1659	NAVIK ANGITA RAMNARAYAN	Angita
62	1660	PARASAR BHOOMI JANAKSINGH	Bhoomi
63	1661	PARMAR SONIYA ISWARBHAI	Soniya
64	1662	PATEL BHOOMIBEN BHIKHABHAI	B. B. Patel
65	1663	PATEL EKTA HARSHADKUMAR	Ekta
66	1664	PATEL HEMANGIBEN SANDIPBHAI	Hemangi
67	1665	PATEL JANKI DINESHBHAI	Janki
68	1666	PATEL JYOTIBEN HASMUKHBHAI	Jyoti Patel
69	1667	PATEL KARISHMABEN NILESHBHAI	Karishma
70	1668	PATEL MANSI SHAILESHBHAI	Mansi
71	1669	PATEL MISHVA KANUBHAI	M. K. Patel
72	1670	PATEL MITTAL YAGNESHKUMAR	Mittal
73	1671	PATEL TULSIBEN BHOGILAL	T. B. Patel
74	1672	PATEL YOGINI RAMPRASAD	Yogini
75	1673	PITHADIYA HIRALNEN JAGDISHBHAI	H. B. S.
76	1674	PRAJAPATI BINALBEN JITUBHAI	Binal
77	1675	PRAJAPATI HETALBEN RAMESHBHAI	Hetal
78	1676	PRAJAPATI KOMALBEN KARSHANBHAI	K. K. Prajapati
79	1677	PRAJAPATI NIMISHA ASHOKBHAI	N. Prajapati
80	1678	PUVAR DIVYABEN JILUSINH	DIVYA
81	1679	RABARI AARTIBEN JIBHAIBHAI	A. T. Rabari
82	1680	RABARI ANKITABEN RAJABHAI	Ankita
83	1681	RABARI KINJALBEN RANCHHODBHAI	Kinjal
84	1682	RABARI PRIYALBEN JIVABHAI	Priya
85	1683	RABARI REENA BABUBHAI	Reena
86	1684	RATHAUR PRITI RAMSIYA	Priti
87	1685	RATHOD HITESHREE RASIKBHAI	Hiteshree
88	1686	RATHOD POONAM SARVESH	Poonam
89	1687	RAVAL FALGUNI UPENDRABHAI	Falguni
90	1688	SAW ROMAKUMARI SURENDRAPRASAD	Saw
91	1689	SHAH KINJAL DEEPAKKUMAR	Kinjal



92	1690	SHAH NIRALI RAJESHKUMAR	Nirali
93	1691	SHETH SWEETY PANKAJBHAI	S.S.P.
94	1692	THAKOR MITTAL SAVDHANJI	M. S. Thakor
95	1693	THAKOR NIKITA BALDEVBHAI	Nikita
96	1694	VAGHELA HEENABEN GHANSHYAMSINH	Vaghela Heenaben
97	1695	VAGHELA SURBHIBEN JAGDISHBHAI	V.S.S.
98	1696	VAIDH HELIBEN KAMLESHBHAI	Helii
99	1697	VALAND SONAL PRAHALADBHAI	Sonal
100	1698	VANIYA DHARMISTHABEN KESAVLAL	Vaniya
101	1699	VARUN SWETA PRADIP	Sweta
102	1700	VATALIYA KOMALBEN DHANJIBHAI	Katalkiya
103	1701	YADAV PUSHPA RAMCHANDRA	Yadav
104	1702	YADAV VARSHA RAMLAKHANJI	Vesha
105	2601	ACHARYA DAMINI JAYESHBHAI	Damini
106	2602	ACHARYA RUSHIKA JANAKKUMAR	Acharya
107	2603	AMIN NISHA INDRAVADAN	Nisha
108	2604	BALDHA KOMAL BATUKBHAI	Baldha
109	2605	BHALA TWINKLE MAHENDRA	Bhala Twinkle
110	2606	BHAVSAR AVANI JAYESHKUMAR	Avani
111	2607	BORSANIYA DHARA NAVINBHAI	Dhara
112	2608	CHAMPANERI DIPALI ASHOKBHAI	Dipali
113	2609	CHAUHAN NEETA RANJITBHAI	Neeta
114	2610	DAMINI ASARI LAXMIBEN NARESHBHAI	Damini
115	2611	DARAJI DARSHANA SHAMBHUBHAI	D.P.S.
116	2612	DARJI ANJALI MANOJBHAI	Anjali
117	2613	DARJI MINAKSHIBEN KANTILAL	Darji
118	2614	DARJI SHIVANIBEN VINODBHAI	Darji
119	2615	DAS DOLI AJAY	Das Doli
120	2616	DAVE DEVANGI CHANDRAKANTBHAI	D. Dave
121	2617	DAVE URVI RAJESHBHAI	Dave Urvi
122	2618	DESAI ANITABEN CHEORBHAI	Desai
123	2619	DESAI ARPITA KANUBHAI	ARPITA
124	2620	DESAI KHUSHBU JAYENDRAKUMAR	Desai
125	2621	DESAI RIDDHI JAGDISHKUMAR	Riddhi
126	2622	DESAI SHARMILA GEMARBHAI	S. Desai
127	2623	GANGANI RIDDHI ASHOKBHAI	Gangani
128	2624	GHELANI RIDDHI JANAKBHAI	Riddhi
129	2625	GOHIL DARSHANABA BHUPATSINH	D. B. Gohil
130	2626	GOJODANA BINALBEN SHANTILAL	B. G. S.
131	2627	GOSAI ANJANABEN HARENDRABHARATI	Gosai
132	2628	GOTHI JANVIBEN SHANTILAL	Gothi
133	2629	HENGADA CHANDRIKABEN VIRAJI	H. C. Viraj
134	2630	JANI CHANDANI JAGDISHKUMAR	C. T. Jani
135	2631	JHA POOJAKUMARI RAMKUMAR	Jha P.
136	2632	JHA SHIKHA NARESH	Jha Shikha
137	2633	JOSHI MADHAVEE KALPESHBHAI	Joshi
138	2634	JOSHI MANISHAKUMARI LALITBHAI	M. Joshi




139	2635	KALAL DIVYA GANESHBHAI	P. Divya, Kalal
140	2636	KARODIYA RINKUBEN BHARATBHAI	R.B. Karodiya
141	2637	KHACHAR HINAL DHEERUBHAI	Hinal D.
142	2638	KHAMAR DRASHTI RAKESHBHAI	Drashti Khamar
143	2639	KOSHTI PRIYANKABEN ASHOKBHAI	Priyanka Koshti
144	2640	LAKHANI GOPIBEN RAMESHBHAI	Gopi Lakhani
145	2641	LUHAR AAKANSHA ASHOKBHAI	Aashu Luhar
146	2642	MAHERIYA URMILA RAJESHBHAI	Urmila Maheriya
147	2643	MAKASANA PRAFULLABEN GHANASHYAMBHAI	Pratima Makasana
148	2644	MAKWANA CHITRA SURESHBHAI	Chitra Makwana
149	2645	MEHTA PALAK SWAPNESH	Palak Mehta
150	2646	MEVADA KAVITA LALITKUMAR	Kavita Mevada
151	2647	MISTRI RADHIKABEN KANTILAL	Radhika Mistri
152	2648	MORDHARA NIDHIKA NARSINHBHAI	Nidhi Mordhara
153	2649	PANCHAL DHARTI KAMLESHKUMAR	Dharti Panchal
154	2650	PANCHAL NEHALBEN HASMUKHBHAI	Nehal Panchal
155	2651	PANCHAL SNEHAL DINESHBHAI	Snehal Panchal
156	2652	PANDYA MEGHABEN SURSHBHAI	Megha Pandya
157	2653	PARMAR MAYURIBEN RAKESHBHAI	Mayuri Parmar
158	2654	PATEL AARTIBEN PRAVINKUMAR	Aarti Patel
159	2655	PATEL AESHA UPESHKUMAR	Aesha Patel
160	2656	PATEL APEXKSHABEN KANTIBHAI	Apex Patel
161	2657	PATEL BHARGAVIBEN GOPALBHAI	Bhargavi Patel
162	2658	PATEL BHOOMIKABEN PANKAJKUMAR	Bhoomika Patel
163	2659	PATEL BIRVA VIKARAMKUMAR	Birva Patel
164	2660	PATEL DEVANGI KAMLESHBHAI	Devangi Patel
165	2661	PATEL DHARABEN RAJNIBHAI	Dhara Patel
166	2662	PATEL DIVYA BIPINBHAI	Divya Patel
167	2663	PATEL DIVYABEN VINODBHAI	Divya Patel
168	2664	PATEL EKTA BABUBHAI	Ekti Patel
169	2665	PATEL FILONI MUKESHKUMAR	Filoni Patel
170	2666	PATEL HEMANGIBEN CHANDRAKANT	Hemangi Patel
171	2667	PATEL HETALBEN KALABHAI	Hetal Patel
172	2668	PATEL HIMANI KANUBHAI	Himani Patel
173	2669	PATEL JANAKIBEN RASIKBHAI	Janaki Patel
174	2670	PATEL JINAL KALPESHBHAI	Jinal Patel
175	2671	PATEL JINAL NARESHKUMAR	Jinal Patel
176	2672	PATEL JINALBEN HASMUKHBHAI	Jinal Patel
177	2673	PATEL KHUSHALEEBEN SHANKARBHAI	Khushi Patel
178	2674	PATEL KHUSHBU MANUBHAI	Khushi Patel
179	2675	PATEL KHUSHBU RAMESHBHAI	Khushi Patel
180	2676	PATEL KINJALBEN TULSIBHAI	Kinjal Patel
181	2677	PATEL KRUPABEN DHARMENDRAKUMAR	Krupa Patel
182	2678	PATEL LISHABEN BHUPENDRABHAI	Lisha Patel
183	2679	PATEL MITALI GUNVANTBHAI	Mitali Patel
184	2680	PATEL NEHA PRAVINKUMAR	Neha Patel
185	2681	PATEL NIKITA YOGESHKUMAR	Nikita Patel



186	2682	PATEL NIKITABEN VINODBHAI	N.V. Patel
187	2683	PATEL NIRALI HARSHADBHAI	Nirali
188	2684	PATEL NIRALI NARESHKUMAR	Patel Nirali
189	2685	PATEL PRACHI NITINKUMAR	Prachi
190	2686	PATEL PRITIBEN CHANDRAKANTBHAI	Priti
191	2687	PATEL PRIYANKA HASMUKHBHAI	P.H. Patel
192	2688	PATEL RIDDHI RAJNIKANTBHAI	Ridhi
193	2689	PATEL SALONI RAJENDRABHAI	Saloni
194	2690	PATEL SHRUSHTI BHARATKUMAR	Patel Shrushti




 Principal
 Shree M. P. & B. A. Patel (Detrojwaja)
 Umiya Arts. & Com. College For Girls
 Solat, Ahmedabad-60



CERTIFICATE



This to certify that Miss _____
has successfully participated in a training program **“Change Your Image:
Change Your Life”** organized at Shree Umiya Arts and Commerce College for
Girls, Gota, Ahmedabad (Umiya Campus) during 20th February, 2018 to 27th
February, 2018.

Director
Rural Development and
Management Institute

Principal
Shree Umiya Arts and
Commerce College for Girls