

Department of Non-violence and Peace

Jain Vishva Bharati Institute (Deemed University)

EmpowerU: Certificate course in Technical and Life skills

Boost your confidence 2 Build your career

Course Code: CCTLS-101

Duration	-	1 month (4 days/week, 1 hour/day)															
Conducting Department	-	Nonviolence and Peace															
Course Content	-	Week 1: Computer Training • Introduction to Computers & Operating Systems • MS Office (Word, Excel, PowerPoint) • Internet & Email Etiquette • Basics of Cyber Security • Online Applications & Forms Week 2: Communication Skills • Verbal & Non-verbal Communication • Modes of Communication • 7Cs of Effective Communication • Listening and Presentation Skills • Public Speaking and Group Discussions Week 3: Personality Development • Self-awareness & Self-confidence Building • Body Language & Grooming • Time Management & Goal Setting • Stress Management & Positive Thinking • Leadership & Teamwork Week 4: Soft Skills Integration & Practice • Resume Writing & Interview Skills • Workplace Etiquette • Role-Plays & Mock Interviews • Digital branding (Patents and Social media) • Group Projects and Presentation															
Eligibility	-	12 th Pass															
Objective	-	To empower individuals with essential skills in digital literacy, communication, and personal development, enhancing their employability and confidence in professional and social settings															
Feasibility	-	Infrastructure as well as technical support is available with the Institute. Technical know-how and Expertise shall be hired as Guest faculty on need basis.															
Fees	-	INR 500/- per candidate															
Minimum Registered Students (for each batch)	-	15															
Maximum Registered Students (for each batch)	-	40															
Key Benefits	-	• Career-Ready Personality Grooming • Employability skill enhancement • Preparation for interviews and recruitment • Boost in confidence and leadership qualities • Better adaptability in digital and social environments • Suitable for all streams															
Evaluation and Examination Criteria	-	The performance of the students shall be evaluated on the basis of continuous assessment and final theory examination conducted by the Department. The break-up is as follows:- <table border="1"> <thead> <tr> <th>Component</th><th>Marks</th><th>Percentage</th></tr> </thead> <tbody> <tr> <td>Attendance and Class Participation</td><td>20 Marks</td><td>20%</td></tr> <tr> <td>Assignments and Viva-Voce</td><td>20 Marks</td><td>20%</td></tr> <tr> <td>Final Theory Examination</td><td>60 Marks</td><td>60%</td></tr> <tr> <td>Total</td><td>100 Marks</td><td>100%</td></tr> </tbody> </table>	Component	Marks	Percentage	Attendance and Class Participation	20 Marks	20%	Assignments and Viva-Voce	20 Marks	20%	Final Theory Examination	60 Marks	60%	Total	100 Marks	100%
Component	Marks	Percentage															
Attendance and Class Participation	20 Marks	20%															
Assignments and Viva-Voce	20 Marks	20%															
Final Theory Examination	60 Marks	60%															
Total	100 Marks	100%															

Department of Non-violence and Peace

Jain Vishva Bharati Institute (Deemed University)

Students must secure a minimum of:

- 40% marks in the theory examination
- 50% aggregate marks overall

Candidates who successfully complete the course and fulfill the evaluation criteria shall be awarded the: **EmpowerU: Certificate course in Technical and Life skills**

(Dr Lipi Jain)
Asst Professor, NVP

Through: HoD

Department of Non-violence and Peace

Jain Vishva Bharati Institute (Deemed University)

Two Month Certificate Course

in

Conflict and Stress Management Through Training in Nonviolence

Balancing minds, bridging differences...

Course Code: CCSMTN-101

(Hybrid Mode)

Duration	-	2months (4 days/week, 2 hours/day)
Conducting Department	-	Nonviolence and Peace
Course Content	-	(Week 1-2): Foundations of Nonviolence and Conflict • Understanding conflict: types, causes, and consequences • Violence vs. nonviolence: psychological and systemic perspectives • Philosophical Foundations: Jain, Gandhian, and Buddhist Ahimsa • Role of empathy, compassion, and inner peace in conflict resolution • Jeev Daya (Compassion for all beings) in thought, speech, and action (Week 3-4): Inner Transformation and Personality Development • Self-awareness, emotional regulation, and ego management • Kshamā (Forgiveness) as stress-relief and emotional detox • Aparigraha (Non-possessiveness): Letting go of attachments causing stress • Breath-work, Meditation, and Relaxation Techniques • Forgiveness, Detachment, and Emotional Resilience (Week 5-6): Communication and Conflict Resolution Skills • Nonviolent Communication (NVC) model – Marshall Rosenberg • Training in Nonviolence – Acharya Mahapragya • Anekāntavāda: Understanding multiple perspectives to promote peaceful coexistence • Mediation, negotiation, and restorative justice techniques • Role of body language and tone in conflict de-escalation Week (7-8): Communication and Conflict Resolution Skills • Lifestyle Design for Stress-Free Living: Diet, Routine, Sleep, Screen Time • Sallekhana as inspiration for calm acceptance and surrender in difficult situations • Time Management, Digital Detox, and Work-Life Balance • Ethical Consumption, Sustainability, and Simplicity • Nonviolence in Systems: Education, Governance, Economy, and Environment
Eligibility	-	Graduate
Objective	-	To develop holistic skills for managing conflict and stress through inner transformation, ethical living, and communication
Fees	-	INR 1000/- per candidate
Minimum Registered Students (for each batch)	-	15
Maximum Registered Students (for each batch)	-	40
Key Benefits	-	• Career-Ready Personality Grooming • Employability skill enhancement • Manage conflict and stress effectively at all levels • Practice emotional regulation and mindfulness • Better adaptability in digital and social environments • Foster multi-perspective thinking and tolerance • Contribute to peace in personal, social, and institutional settings
Evaluation and Examination Criteria	-	The performance of the students shall be evaluated on the basis of continuous assessment and final theory examination conducted by the Department. The break-up is as follows:-

Department of Non-violence and Peace

Jain Vishva Bharati Institute (Deemed University)

		Component	Marks	Percentage
		Attendance and Class Participation	20 Marks	20%
		Assignments and Viva-Voce	20 Marks	20%
		Final Theory Examination	60 Marks	60%
		Total	100 Marks	100%

Students must secure a minimum of:

- 40% marks in the theory examination
- 50% aggregate marks overall

Candidates who successfully complete the course and fulfill the evaluation criteria shall be awarded the: **Certificate in Conflict and Stress Management Through Training in Nonviolence**

(Dr Lipi Jain)
Asst Professor, NVP