

# Academic Enrichment Programme with Growth Centre

## 1. Academic Enrichment Program [AEP] for SYBA

No.	Activity	Outline
1.	Effective Study Techniques	Discussing their study related issues. Techniques to handle study problems effectively provided.
2.	Time Management	Time Management skills are emphasized on reinforcing the importance of time & managing the time effectively
3.	Stress Management	Identifying and Managing Stress
4.	Memory & Concentration Techniques	Difficulties in remembering and concentrating discussed. Guidelines on improving memory & concentration given.

## 2. Personal Enrichment Program [PEP] for TY BA

1.	Social Skills	Discussing Importance of Social Skill. Providing techniques to develop social skills.
2.	Interpersonal Skills	Highlight the significance of Interpersonal Skills on relationships and tips to improve it.
3.	Communication Skill	Importance of communication skill and knowing the barriers of communication. Tips ( for effective communication) to improve the communication skills