

REPORT ON ONLINE PERSONALITY DEVELOPMENT COURSE 2020

Lalrinsangi Nghinglova,
Secretary, Student Support committee

The Covid-19 pandemic posed a great challenge for everyone. Many situations and things underwent a change and nothing could be taken for granted anymore. However, there is always the positive and negative side to everything. And so, it is with this pandemic too. The upside to this pandemic is that the college made history by organizing the Personality Development course in the online mode for the first time in the history of the college. The Personality Development course was introduced for the first time in 2013 under the UGC merged scheme to benefit the final year students of the college. The course aims at imparting knowledge and skills that will equip our outgoing students with the basic know-how to face the challenges in life. Initially the course was run by two sub-committees under the scheme namely:

- 1) Career Counselling and Placement Cell
- 2) Coaching for Entry into Services

With the termination of the scheme, the course continued to be organized by the student Support Committee. The course has been made partially self-financing with students paying a nominal amount of Rs.50 as registration fee and the rest of the expenditure is borne out of funds received from RUSA. The event is also supported by IQAC and it is run along Course on Computer Concept (CCC) for final year students of Science and Home Science streams. The course normally ranges from a one week course to a two weeks course depending on the availability of time. Members of the committee are :

	Mrs. Zodinpuui, Chairperson	
	Lalrinsangi Nghinglova, Secretary	
Members:	Lalsangkimi Hmar	Caroline Zaihmingthangi
	Dr.Lalzahawmi Chenkual	Lalthanpuui Ralte
	M.SDawngliani	H.Thangkhanhau
	Lalhruaitluanga	Laltlanchhungi
	Lalrintluangi	

This year too, the Student Support Committee, supported by IQAC and RUSA was all set to organize the 8th Personality Development Course 2020 when the Pandemic hit and almost everything, we were familiar with had to undergo a change. We had two options: Cancel the program or wait for better days. But cancelling the program would be a great loss to our final year students as we believe the course will provide them with life skills that are so crucial for them. So, the committee decided to initiate the online mode of the course and made necessary contacts. Our resource persons were contacted and they willingly decided to support us in our venture. Our Member Sir H.Thankhanhau took up the task of arranging the technical details. We decided to use Cisco WebEx and the students were invited through WhatsApp to download the application and

join the course which were to be held between 19th June -23rd June 2020 from 5:00 pm onwards. The committee was cautious in choosing the time slot, keeping in mind the convenience of the students who are dispersed throughout the state. The committee decided on the following program :

SHORT TERM COURSE ON PERSONALITY DEVELOPMENT 2020(Online Mode)

19th June – 23rd June 2020

Organized by Student Support committee

Supported by IQAC & RUSA GZRSC

Date & Time	Resource Person	Designation & Profile	Topic
19 th June (5:00-6:00pm)	Jane Lalduhchungi Vanchhawng	Clinical Psychologist District Mental health Programmatical.	Mental Health & Stress Management
20 th June (5:00-6:00pm)	Carolyn Rinthanpuii Fanai	Circle Education Officer Aizawl West 1. Former trainer at Infosys (voice & accent and soft skills). Former English instructor for Govt Teachers at Taipei, Taiwan.	Life skills
22 nd June (5:00-6:00pm)	Susan R. Ralte	Lecturer & HOD Garment technology Department Women's Polytechnic, Aizawl. NIFT Alumni. Works with Mizo handloom artisans &Dept of Sericulture. Judge of Miss Mizoram contests & Involved in Personality development of Contestants.	Social values & responsibilities

23 rd June (5:00-6:00pm)	Lalhruaitluanga	Asst Professor, GZRSC. Certified career analyst. International certified career counselor. Certified Life Coach. Master trainer in Entrepreneurship.	Career Guidance and Entrepreneurship

The first day of the program was hosted by our member Mrs. MS Dawngliani. The session was attended by 72 participants including 7 teachers. After the secretary introduced the Resource Person Ms. Jane Lalduhchhungi Vanchhawng who is a clinical psychologist, District mental health Program, Aizawl. She spoke on the much –needed topic of **Mental health & Stress Management**. Her session was rated as very useful and very good by a majority of the students.

The second day was once again hosted by Miss MS Dawngliani and the resource person for the day was Mrs. Carolyn Rinthanpuii Fanai, Circle Education officer, Aizawl west. A former trainer at Infosys and Taiwan her expertise in imparting knowledge on **Life Skills** lessons was greatly appreciated by the students. The students rated her session as excellent and very interesting. The Secretary delivered the vote of thanks after the end of the Question and Answer session. The session was attended by 89 participants including 9 teachers.

The third day was hosted by Sir H. Thangkhanhau and the resource person for the day was Mrs Susan R Ralte who is Lecturer & HOD, Garment Technology, women’s Polytechnic. She has been actively involved in Personality Development programs and is well known for her involvement in the Miss Mizoram Contests as a judge and a mentor. Her team had been stitching Masks and PPE for health workers during the pandemic and her role in the society makes her extremely suitable to speak on the topic of “ **Social Values and Responsibilities**”. Her session was rated as excellent and very relevant. Mrs. Zodinpuii, Chairman of the committee delivered the vote of thanks. The session was attended by 92 participants with 11 teachers.

The last day was hosted by Mrs Ms Dawngliani. The Principal, Professor B. Zoliana was invited to give a speech .After the Principal’s address, the resource Person Mr. Lalhruaitluanga was invited to give his talk on **Career Guidance and Entrepreneurship**. Apart from being an Asst. Professor of our college, he is a certified career analyst, International certified Career Counselor, Certified Life coach and a Master trainer in Entrepreneurship. His session, attended by 95 participants was rated as excellent and very relevant. The Secretary, Mrs Lalrinsangi Nghinglova was invited to

give the Secretary Report and the session ended with a vote of thanks from a member of the committee, Dr. Lalzahawmi Chenkual.

All the proceedings have been recorded and uploaded on YouTube. Certificates were given to all participants via email after filling up the feedback form. Feedback was collected after every session and an overall rating on the course showed that the course was a great success. Most of the Resource persons and the courses introduced were rated as excellent. Long discussions followed during and after the sessions and this is a good indicator of the success of the programme. Normally the Personality Development course ends with a grand dinner. But due to the lockdown we cannot be sure when we can have the farewell dinner. All we can do now is to hope and pray for better days when lives get back to normal and we can look forward to more successful courses for our students.

Attachments:

1. The detail programme with resource persons

Govt. Zirtiri Residential Science College
Online Course on
Personality Development 2020

	Day 1 (19.6.2020) Mental Health & Stress Management by Ms. Jane Lalduhchungji Vanchhawng
	Day 2 (20.6.2020) Life Skills By Carolyn Rinthanpuii Fanai
	Day 3 (22.6.2020) Social Values & Responsibilities By Mrs. Susan R. Rate
	Day 4 (23.6.2020) Career Guidance & Entrepreneurship By Lalhruaitluanga

 Organized by Student Support Committee,
Supported by IQAC & RUSA, GZRSC

2. Overall Feedback about the programme



3. Overall Feedback about the resource persons



4. Youtube Links for all the events

Day 1

<https://youtu.be/PJQjvnuiFRc>

Day 2

<https://youtu.be/1CNzm8wqUpq>

Day 3

https://youtu.be/t_3xtPFLdUM

Day 4

https://youtu.be/nHjXFqg_Ado
