

## Short Term Course on Personality Development (Online Mode)

Lalrinsangi Nghinglova  
Secretary  
Student Support Committee

Duration: 28.6.2021- 1.7.2021

Venue: Online mode due to Covid -19 pandemic

Organizers: Student Support Committee under the Aegis of IQAC

Target Group: Final Year students of all streams

Number of enrolment: 130

Objective of the Programme: The programme seeks to adopt a holistic approach to learning. It will work towards building confidence, mental health, image and creativity enhancement. It will also equip the students with the essential etiquette, protocol knowledge and refined social skills to enable them to face any social situation with confidence.

Programme Details:

Day 1: Life Skills

Resource Person: Carolyn Rinthanpuii Fanai is presently posted at Kawnpui SDEO, Mizoram as Sub-Divisional Education Officer. She has worked as a "voice accent trainer and soft Skills trainer "at Infosys and had conducted trainings on Personality Development. She has also worked in Taipei county, Taiwan as an English instructor for Taiwanese Elementary teacher as voice and accent trainer. She had been our resource person in all the Personality Development courses that had been conducted by the institute.

The programme was hosted by Zodinpuii, Chairman, Student Support Committee. The Secretary, Lalrinsangi Nghinglova was invited to give a report on the Program and to introduce the resource person. The resource person gave a very impressive and well-informed presentation on the various aspects of life skills which was greatly appreciated by the participants as reflected in their feedback submitted through google form. Some Participants commented that they were grateful to have such an impressive resource person and that the PD was the best programme they attended so far.

Day 2: Career Awareness and Entrepreneurship

Resource Person: Lalhruiailuanga is an Assistant Professor in the Department of Computer Science, GZRSC. He is an international Certified career counsellor, certified career analyst, Certified life coach and Master trainer in Entrepreneurship. He is also in charge of the Career Clinic run by the institute.

The programme was hosted by Dr. Lalahawmi Chenkual, Member , Student support Committee. The resource person is a faculty of the college and a renowned certified trainer. He gave a very

informative presentation which taught the students how to select their area of interest and manage their own business. Some participants commented they learnt a lot from the session and it was helpful for their future Career. An interactive session followed and many questions that came from the participants were answered by the resource person.

#### Day 3: Stress Management and Mental health

Resource Person: Dr. R . Lalduhawmi is an Assistant Professor in the Department of Optometry at RIPANS, Zembawak . She also takes classes in the Departments of Nursing, MLT and Pharmacy. She had successfully attended training of trainers on Stress Management at National Institute of Health and Family Welfare at New Delhi. She had been invited as our resource person for the Personality development course in the previous years.

The Programme was hosted by Lalhrualtuanga, Member, Student Support committee. The resource person is a cancer and Covid-19 survivor who was undergoing Home quarantine during the programme because her husband and son had turned Covid Positive. She spoke on the importance of good mental health and suggested strategies for overcoming mental stress and how these strategies had helped her overcome her own stress. The Programme was thoroughly enjoyed by students and a very lively interaction followed. Some participants commented that her preparation and presentation was excellent.

#### Day 4: Social Values and Responsibilities

Resource Person: Susan R Ralte is a lecturer and HOD, Garment Technology, Women's Polytechnic. She is also in charge of training and placement Cell of the Institution. She is deeply involved in Personality Development training of the contestants of Miss Mizoram. She is the first Mizo to pass out from NIFT and has been working closely with Mizo handloom artisans.

The Programme was hosted by Lalthanpui Ralte, Member, Student Support committee . The Secretary once again gave a summary report of the four days event. The early bird winners ( first person to join the webinar among the students ) were announced and they were given a cash prize of Rs 200 each. The resource person spoke on the importance of social Values and responsibilities. She imparted valuable lessons on social responsibilities especially in times of the Pandemic.

Programme Outcome: Students gave their feedback .The Feedback reflected the satisfaction of the students with the programme.

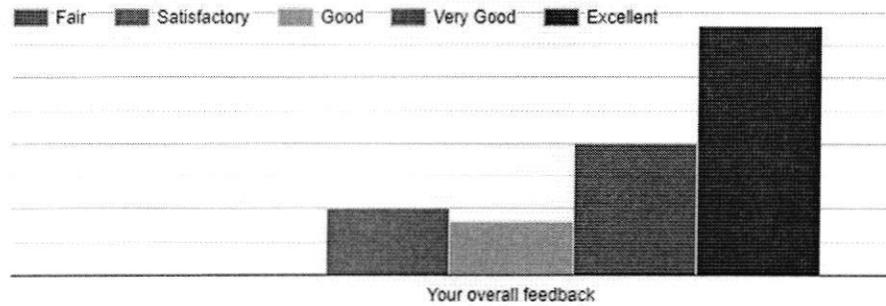
FEEDBACK ABOUT RESOURCE PERSON



FEEDBACK ABOUT THE PROGRAMME



OVERALL FEEDBACK



*[Handwritten Signature]*  
**Principal**  
**Govt. Zirtiri Resi.Sc.College**  
**Aizawl**