

SHORT TERM COURSE ON PERSONALITY DEVELOPMENT 2022

30th May – 3rd June 2022

Organized by Student Support committee & IQAC

Lalrinsangi Nghinglova,

Secretary, Student Support committee

Organizers: Student Support Committee under the Aegis of IQAC

Target Group: Final Year students of all streams

Number of Enrolment: 91

Mode : Offline

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.

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 Counseling 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.100 as registration fee. The event is also supported by the IQAC and it is run along with 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:

Chairperson: Zodinpuui

Secretary: Lalrinsangi Nghinglova

Treasurer: Laltlanchhungi

Members: Lalsangkimi Hmar, Caroline Zaihmingthangi, Dr.Lalzahawmi Chenkual Lalthanpuui Ralte, Dr M.SDawngliani, H.Thangkhauhau, Lalhruaitluanga, Lalrintluangi

After two years of running the course in the online mode due to Covid -19 pandemic it was decided that the course will be held in the offline with situations easing up due to decline in positivity rate.

DAY 1

Resource Person: Carolyn Rinthanpuii Fanai is presently posted at Kawnpui SDEO, Mizoram as Circle Education officer, Aizawl west. 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.

Mrs Carolyn Rinthanpuii fanai exhibited her expertise on imparting knowledge in **Life Skills** lessons and was greatly appreciated by the students. The students rated her session as very interesting.

Teachers on duty : Dr MS Dawngliani and Mrs Lalrintluangi.

DAY2

Resource Person: Dr. R . Lalduhawmi is an Assistant Professor in the Department of Optometry at RIPANS, Zemabawk. 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. At present she is a member of IQAT under H&FW department, Member of BOS, MZU, OB at IMA Mizoram Branch , GBM at SHALOM and Mapuia Crisis centre, an NGO for Clients with mental health issues.

The resource person spoke on the importance of physical and mental health. Practical session on stress management was also conducted. The students greatly benefitted from her session.

Teachers on duty: Dr Lalzahawmi Chenkual and Mrs Laltlanchhungi

DAY 3

Resource Persons: Mr Zonunsanga Addl. Sp CID (Crime) Mizoram Police is a renowned resource person whose experience in Cyber crime may be unparalleled in the state. The resource person for the second session Mrs Lalmuanpuii, Demonstrator, Dept of Nursing RIPANS is a very trained demonstrator with many years of experience in teaching first Aid skills.

The resource person for the first session spoke on cybercrimes and how to protect oneself against such crimes. Mrs Lalmuanpuii, Demonstrator, Dept of Nursing RIPANS gave the much needed practical training on First Aid skills

Teachers on duty: Mrs Caroline Zaihmingthangi and Sir H.Thangkhanhau.

DAY 4

Resource Persons : Mr Michael Lalmuanpuia is a facilitator, Global Institute of learning who got his graduation from USA.

The second resource person Mr. Lalhruaitluanga 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.

Teachers on duty: Mrs Lalsangkimi Hmar and Lalhruaitluanga

DAY 5

Resource Persons: Mrs Susan Ralte is a Lecturer & Head of Department, 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 which makes her a befitting resource person to speak on the topic of Personal grooming. She is the first Mizo to pass out from NIFT and has been working closely with Mizo handloom artisans.

Dr Lalzahawmi is an associate professor of the college. Well loved by students for her endearing demeanor she makes the perfect resource person for the topic given to her.

Teachers on duty: Mrs Lalthanpuii and Sir H. Thangkhanhau

Closing Function and Grand Dinner

Motivational Speech : Linda Lallawmsangi

The Short term course on Personality Development ended with a closing program hosted by Mrs Zodinpuii, Chairman of the committee. After the opening speech by the Principal Prof B. Zoliana, the resource person was invited to give a motivational speech. She spoke on her academic journey to the United States of America and encouraged the outgoing students to pursue higher studies in international institutes of good repute. The Secretary, Mrs Lalrinsangi Nghinglova was invited to give the Report and the session ended with a vote of thanks from Mrs Caroline Zaihmingthangi. Certificates were given to all participants. Feedback was collected after the sessions 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 good or excellent.

SEMINAR BROCHURE:

GOVT. ZIRTIRI RESIDENTIAL SCIENCE COLLEGE

PERSONALITY DEVELOPMENT PROGRAMME 2022

30th May - 3rd June, 2022



CHAIRMAN

Mrs. Zodinpuii

SECRETARY

Mrs. Lalrinsangi Nghinglova

MEMBERS

Mrs. Lalsangkimi Hmar
Mrs. Caroline Zaihmingthangi
Dr. Lalzahawmi Chenkual
Mrs. Lalthanpuii Ralte
Mrs. Laltlanchhungi
Mrs. Lalrintluangi
Dr. MS Dawngliani
Mr. Lalhruaitluanga
Mr. H. Thangkhanhau

ORGANIZED BY

Students Support
Committee, GZRSC

CCC CLASS

Course on Computer
Concepts (CCC) class at
1:00pm onwards from
day 1 to day 4 in
Computer Science
Laboratory, GZRSC for
CCC students only.

Venues: Day 1 - 4: Auditorium, Ramthar Campus
Day 5: Top Floor, Block - 2, Durtlang Campus

DAY 1 : 30.05.2022 (MONDAY)



Topic1 : Life Skills (10:00 - 11:00am)

Topic2 : Soft Skills (11:00am - 12:00)

Resource Person : Mrs. Carolyn Rinthanpuii Fanai
Dy. State Project Director & SDEO Kawnpui

DAY 2 : 31.05.2022 (TUESDAY)



Topic1 : Physical & Mental Health (10:00 - 11:00am)

Topic2 : Stress Management (11:00am - 12:00)

Resource Person : Dr. R. Lalduhawmi, Asst. Professor,
Department of Optometry, RIPANS

DAY 3 : 01.06.2022 (WEDNESDAY)



Time : 10 - 11 am

Topic : Cyber Crimes

By : Mr. Zonunsanga
Addl. SP CID(Crime)
Mizoram Police



Time : 11:00am - 12:00

Topic : First Aid Skills

By : Mrs. Lalmuanpuii Hnamte
Demonstrator,
Dept. of Nursing, RIPANS

DAY 4 : 02.06.2022 (THURSDAY)

**Topic : Career Guidance
& Higher Studies**

(10:00 - 11:00am)

By : Mr. Michael
Lalmuanpuia, Facilitator,
Global Institute of
Learning



Topic : Entrepreneurship

(11:00am - 12:00)

By : Mr. Lalhruaitluanga,
Asst. Prof. Dept. of
Computer Science,
GZRSC



DAY 5 : 03.06.2022 (FRIDAY)



Topic : Personal Grooming (10:00 - 11:00am)

Resource Person: Mrs. Susan R. Ralte, Lecturer,
Women's Polytechnic Aizawl



**Topic : Social Ethics & Values including
Tlawmngaihna** (11:00 am - 12:00)

Resource Person: Dr. Lalzahawmi Chenkual, Associate
Professor, Department of Zoology, GZRSC



GRAND DINNER

SEMINAR PICTURES







FAREWELL DINNER PICTURES



