

Name of Programme: Short Term Course on Personality Development.

Date and Year: 21st May 2018- 25th May 2018

Venue : College Auditorium

Organizers : Student Support Committee

Sponsored by : RUSA

Target Group : Final Year students of all streams

Number of Attendees : 95


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:

1. Day 1 : Communication skills and Interview Skills (Rinthanpuii SSA)
2. First Aid and Stress management (Dr Lalduhawmi RIPANS) and Time Management (Vanlallawmi GZRSC)
3. Day 3: Life Skills (Susan R Ralte, Womenpolytechnic) Coffee with KL Liana MJS(Legal awareness)
4. Day 4 : Career Counselling (Lalhruaitlanga, GZRSC) Entrepreneurship(Dr L Varte, MZU)
5. Day 5 : Social etiquette (Lalthanpuii GZRSC) Social valued and Tlawmngaihna(Dr Lalzahawmi GZRSC) Motivation & Goal Setting (Dr L Hnamte MZU)
6. Day 6 : Closing Function

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

Reported by : Lalrinsangi Nghinglova, Secretary, Student Support Committee


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