

Name of Programme : Short Term Course on Personality Development (Online Mode)

Date and Year : 19Th June 2020-23rd June 2020

Venue : Online mode due to Covid -19 pandemic

Organizers : Student Support Committee

Sponsored by : RUSA

Target Group : Final Year students of all streams

Number of Attendees : 100

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 : Mental health and stress Management (Jane Vanchhawng clinical Psychologist)

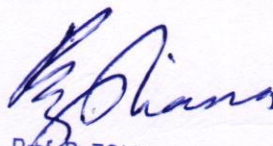
Day 2 : Life Skills (Rinthanpui SDEO)

Day 3: Social values and responsibilities (Susan R Ralte women's Polytechnic)

Day 4 : Career Counselling and Entrepreneurship (Lalhruaitluanga,GZRSC)

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

Reported by :LalrinsangiNghinglova,Secretary,Student Support Committ


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