

Seminar on Life Skills for College Students

As proposed by the department of Biochemistry on 5th August 2022 at the Principal's Chamber, a special lecture was organized for Biochemistry Students, GZRSC on 11th Aug 2022 (1:15pm) at College New Campus, Durtlang Leitan. The main aim of this seminar is to inculcate interpersonal skills among the students that will help them in solving their problems, building healthy relationships, and manage their lives in a healthy and productive manner.

Mrs Lalrosangpuii, Assistant Professor, Department of Biochemistry, GZRSC hosted the program. The Speaker, Dr LALREMRUATI, an Associate Professor, Department of Psychology, Govt. Aizawl West College delivered a talk on “**Life Skills with special emphasis on Mental Health**”. The talk was very interesting and informative and gave us deep insight into the topic and we are sure that our students will be able to face their life challenges and create healthy environment among themselves. The session was concluded with a vote of thanks conveyed by the host and Certificate was handed over by Dr.P.C.Lalrinfela, Assistant Professor, Department of Biochemistry.

Special Lecture on “ Life Skills for College Students”

Date: 11th August 2022

Time: 1:15 pm

Venue: Room No 101

Resource person:

Dr Lalremruati

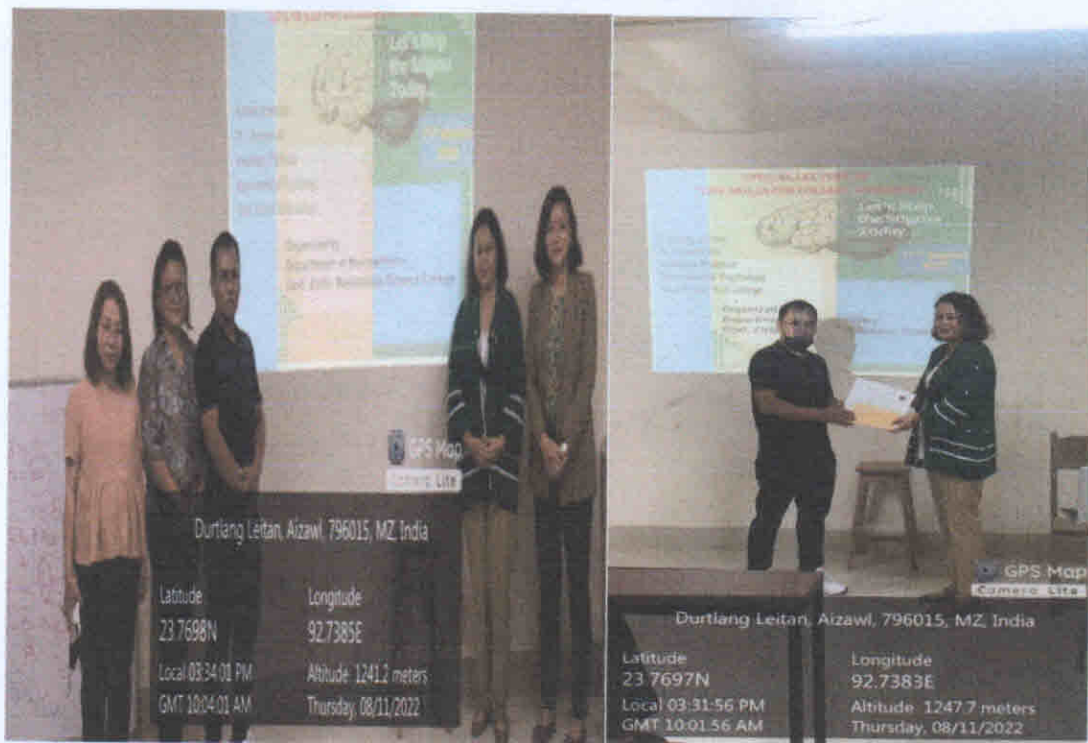
Associate Professor

Dept. of Psychology

Govt. Aizawl West College

*Organized by
Department of Biochemistry, GZRSC*

Picture 1: Flyer for the programme



Picture 2: Activity photos

Principal
Govt. Zirtiri Residential Science College
Aizawl: Mizoram