

Personality Development Course 2025

Dr. Lalrinsangi Nghinglova

Secretary

Student Support Committee.

Personality Development is a self-financed course that was introduced in 2013 to provide necessary life skills to the outgoing students of all streams. This is the 12th batch of students that have undergone this short-term course on Personality Development, It has been organized by the Student Support Committee under the aegis of the IQAC. Since the year 2023, the course was conducted in a phased manner throughout the entire even semester to ensure attendance of all final year student The course is intended for the outgoing/final year students of all streams. All final year students got themselves registered at the beginning of the sixth semester and this year we had 176 core students who registered for the course. The course is conducted by the students support committee consisting of the following members

Chairman : Zodinpuui secretary : Dr Lalrinsangi Nghinglova Treasurer : Laltlanchhungi

Members : Lalsangkimi Hmar, Dr Lalahawmi Chenkual, Dr Lalhmingliana Hnamte, Lalhruaitluangam C. Zarzokimi, Lalrintluangi, Lalmawipuii, Dr Lalremruata , Lalremtluanga

Our programme seeks to adopt a holistic approach to learning. It works towards building confidence, mental health, image and creativity enhancement. It aims at bringing about positive change in our students who are positioned to face the greater challenges of life as they graduate from the college. 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.

Day 1 : 14^h February 2025

Topics : I) First Aid Skills

Sub Theme : Be my Valentine : Love yourself and your neighbours

Resource Person: Lalmuanpuui Hnamte , is a Tutor at College of Nursing, RIPANS

Students were taught basic first aid skills. The ability to help others in times of medical emergency is an important step towards fellowmen. This lesson was inculcated on the first day of PD which happened to fall on Valentine's Day

Day 2: 21st February 2025

Topics: i) Life Skills : Leadership and Teamwork

ii) Career counselling : PIBM

Resource Persons: Carolyn Rinthanpuii Fanai is currently serving in the Government of Mizoram as SDEO Aizawl East & West She had worked as a “voice accent trainer and soft skills trainer” at Infosys and had conducted trainings on Personality development. Her sessions were enjoyed immensely by the students

CA Ukarsh Upadhyay, a distinguished corporate trainer and business advisor from Pune Institute of Business Management taught the students the basics of start-ups and business management

Day 3 : 28th March 2025

Soft Skills : Social Skills and Facing Interviews

Resource Person : Susan R Ralte is a senior Lecturer , training and placement officer at women’s polytechnic.

There are many students who are socially awkward. Higher education and job seeking entails effective social interaction. Life lessons on social skills were taught in this session. Tips for successful job interview were also provided.

Day 4 : 11th April 2025

1. Mental wellness: The present age has seen many youths afflicted with stress and depression, which sometimes lead to suicide. Hence, stress Management and mental health is of great importance to students who are to face different challenges of the modern era. The sessions proved to be very useful to the students. The Resource Person: for the session was Dr Lalremruati, an Associate Professor, Department of Psychology, Govt Aizawl West College.
2. My Struggles & Success (Cracking Competitive Examinations): Malsawmkima MPS. The resource person narrated his struggles to become successful, thereby offering them useful tips on cracking competitive exams
3. Mock competitive examination : All participants were made to answer an objective mock competitive examination paper. Prizes for top 3 highest scorers were distributed during PD closing function.