



ACTIVITY REPORT

(to be submitted at activityreport@gzrsc.edu.in within one week after the conduct of the activity)

I. Activity Details:

1	Name of the Activity:	Personality Development Course Day 2 : LIFE SKILLS
2	Date and Time:	30.01.2026
3	Venue:	Room 2/301
4	Resource Person with short bio-note:	Carolyn Rinthanpuii Fanai SDEO, Aizawl E&W Former Trainer at Infosys
5	Number of Participants: i. Number of Students: ii. Number of Teachers:	171 7
6	Target Group:	Final Year Students
7	Organisers:	Student Support Committee
8	Sponsoring Agency:	Self- Financed
9	Whether Institutional/ State/ Regional/ National/ International Level?	Institute
10	Reported by	Dr Lalrinsangi Nghinglova, Secretary

II. Activity Summary:

The program was chaired by Dr Lalhmingliana Hnamte, Member of student Support Committee.

On invitation from the chairperson, Dr MS Dawngliani, IQAC Co-ordinator gave a brief introduction to online courses conducted under Swayam and encouraged the students to register themselves for the course

The Chairman then invited the main resource person, Carolyn Rinthanpuii. She explained the fact that life skills are abilities for adaptive and positive behavior that enable humans to deal effectively with the demands and challenges of life. She also reiterated the fact that life skills are essential to cope with the everyday challenges of life. She explained with activities from the students that communication skills is of utmost importance . Her session was followed by a lively Q&A session.

III. Activity Picture:

SHORT TERM COURSE ON PERSONALITY DEVELOPMENT



RESOURCE PERSON:
CAROLYN RINTHANPUII FANAI
SDEO, AIZAWL E&W, FORMER TRAINER
AT INFOSYS

TOPIC: LIFE SKILLS

Date: 30th January 2026
Time: 2:30pm onwards
Room No: 301



MORE INFO
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ORGANISED BY
STUDENT SUPPORT COMMITTEE, GZRSC





