

Name of Programme : Short Term Course on Personality Development.

Date and Year : 25st May 2017- 1 June 2017

Venue : College Auditorium

Organizers : Student Support Committee

Sponsored by : RUSA

Target Group : Final Year students of all streams

Number of Attendees : 82


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 : First Aid Skills and Stress management (RIPANS)& Motivation and Goal setting (Dr L Hnamte)
2. Day 2: Communication and Interview Skills (RTP) and Social Ethics (LTP)
3. Day 3: Career Counselling(Army)Reproductive health(SCERT) and Coffee with KL Liana(Legal awareness)
4. Day 4: Mental Health (RIPANS) and Life skill sessions (Dr L Hnamte)
5. Day 5 : Social skills (Tlawmngaihna) Dr LZi Social etiquette(LTP) and Panel discussion
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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