



## Life Skills and Personality Development



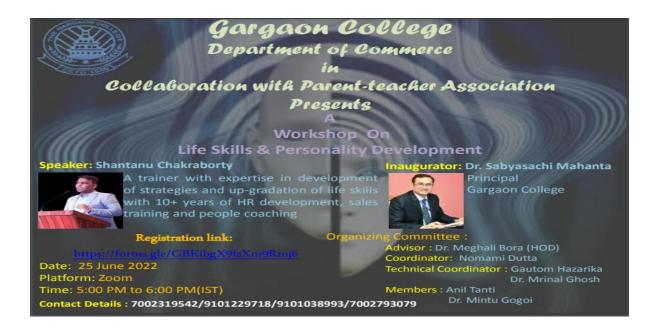


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Department of Commerce in collaboration with the Parents Teachers Association organized a workshop on Life Skills and Personality Development on 25.05.2022:



The Department of Commerce in collaboration with the Parents Teachers Association organized a workshop on Life Skills and Personality Development on June 25th, 2022. The workshop was conducted online, and the resource person was Mr. Shantanu Chakraborty. Dr. Sabyasachi Mahanta, the Honourable Principal of Gargaon College, was the inaugurator of the workshop. The program was coordinated by Mrs. Nomami Dutta.

The workshop began with an inaugural address by Dr. Sabyasachi Mahanta. In his speech, he highlighted the importance of life skills and personality development for students. He also emphasized the need to integrate these skills into the college curriculum.

The resource person, Mr. Shantanu Chakraborty, started the workshop by defining life skills and personality development. He explained how these skills are necessary for students to succeed in their personal and professional lives.



The workshop covered various topics, including communication skills, time management, stress management, leadership skills, and emotional intelligence. Mr. Chakraborty provided examples and case studies to illustrate the importance of each of these skills.

The workshop also included interactive activities and group discussions. Participants were encouraged to share their experiences and ideas on various topics. The workshop was highly engaging, and participants found it to be very useful.

At the end of the workshop, participants were asked to provide feedback on the program. The feedback was overwhelmingly positive, with participants praising the resource person and the organizers for conducting such a useful workshop.

The workshop was highly beneficial for students as it provided them with practical skills that they can apply in their daily lives. It also helped students develop their personalities and become more confident and assertive.

In conclusion, the workshop on Life Skills and Personality Development organized by the Department of Commerce in collaboration with the Parents Teachers Association was a resounding success. The resource person, Mr. Shantanu Chakraborty, provided valuable insights and practical advice to the participants. The organizers should continue to conduct such workshops in the future to help students develop essential life skills and become successful in their personal and professional lives.



## Workshops on life skill development held OUR CORRESPONDENT

OUR CORRESPONDENT SIVASAGAR, June 29: The Department of Commerce, Gargaon College, in collab-tration with the argum-ized an online workshop on the topic 'Life Skills and Personality Development' recently. Dr Meghali Bora, head of the department, welcomed the participants and highlighted the pur-pose of the programme. Dr Sabyasachi Mahan-

ta, noted columnist and the Principal of Gargaon Col-lege, inaugurated the ses-sion and appreciated the initiatives taken by the far-ument in enriching the skills of the students. In his inau-gural address, Dr Mahanta opined that life skills and personality are the keys to enhancing adaptability to society and are essentially required to complete the process of socialization suc-cessfully. He areued that

there is a need for develop-ing a personality for com-petency and ability of deci-sion making. He also point-ed out that NEP-2020 also occess of students in the deci-sion-making process and the area of critical thinking and problem-solving. The programme was en-rison Santanu Chakraborty, Regional Training Manag-er, Bajaj Allianz, through his valuable insights and

life experiences. The gramme was coordinate Nomami Dutta and me

Nomami Dutta and moder-ated by Dr Minuu Gogei, and Guidance Cell of Gar-gaon College also conduct-ed a workshop on 'Stress: Its Awareness and Manage-ment' on Tuesday. Inaugu-rating the workshop, Dr Sabyasachi Mahanta, the Principal, highlighted the importance of stress man-agement for leading a bal-parad life.

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