



গড়গাঁও মহাবিদ্যালয়
GARGAON COLLEGE





**CAPACITY DEVELOPMENT
AND
SKILLS ENHANCEMENT ACTIVITIES
2019-2020**

**SOFT SKILLS,
LANGUAGE AND COMMUNICATION SKILLS
AND
LIFE SKILLS**

5.1.2. Capacity development and skills enhancement activities taken by the institution include.



- 1. Soft Skills**
- 2. Language and Communication Skills**
- 3. Life Skills**

1. Soft Skills: For the overall development of the students, teachers and non-teaching staff of the College, the IQAC, Academic Departments and different cells of the College have undertaken different skill development initiatives at the College. Soft skills include interpersonal (people) skills, communication skills, listening skills, time management, problem-solving, leadership and empathy. The details of the programme are given below.


| Title of the Program | Objectives | Date | Report Link | Official YouTube Link |
|--|---|--------------------------|---|---|
| TET Training Programme | To strengthen the participants' subject knowledge, pedagogical skills, and overall confidence | 25-10-2019 30-10-2019 |  | |
| Dibrugarh University Inter-College Youth Festival | To enhance the motor abilities like force, speed, endurance, coordination and flexibility | 2019-20 |  | |
| Miss Gargaon Competition | To evaluate the multifaceted qualities of the participants, offering them a stage to embody | 2019-20 |  |  |

| | | | | |
|--|---------------------------------|--|--|--|
| | grace, confidence and eloquence | | | |
|--|---------------------------------|--|--|--|

2. Language and Communication Skills: There are four language and communication skills: listening, speaking, reading and writing. These four skills of language allow an individual to comprehend and produce spoken language for proper and effective interpersonal communication. Different activities have been organized by the college to develop language and communication skills of the students. The details of the programme are given below.

| Title | Objectives | Date | Report Link | Official YouTube Link |
|-----------------------|--|---------|---|---|
| Cultural Rally | To teach the students about the rich culture and language of different ethnic community of north easter region | 2019-20 |  |  |

3. Life Skills: Life skills are defined as a group of psychosocial competencies and interpersonal skills that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with other and manage their lives in a healthy and productive manner. Different programs have been organized by the College to enhance the life skills of the students. The details of the programme are given below.

| Title | Objectives | Date | Report link | Official YouTube Link |
|---|--|------------|--|-----------------------|
| Wetland for Sustaining Life and Livelihood with Special Reference to Assam | To aware the students about the importance of conserving and preserving wetlands for sustainability and healthy livelihood | 10.09.2019 |  | |



[Signature]
Principal
Gargaon College
Simaluguri