

Life Skills for Personality Development

1. Name of the Organising Department/Cell/Committee: BBA

2. Name of the Event Conducted: Life Skills for Personality Development

3. Name of the Collaborating Organisation/Cell/Department/Committee (if any): IQAC

4. Mode: Online/ Offline/Blended: Offline

5. Date of the Event: 25/02/2020

6. Time: 10am-3pm

7. Place/ Venue/ (Platform -in Case of Online Programme): K.C. Das Commerce College, Chatribari

8. Objectives of the Event (Please describe point-wise):

- a) Importance of life skills in our daily life and personality development.
- b) Focus on emotional wellness, adolescent personality development, inculcating leadership qualities, time-management, decision-making skills, empathy etc.

9. Name of Resource person(s) with their Position and Organisation Name (if any):

- a) Dr. Nesmita Das (Students counsellor, IIT Guwahati)
- b) Dr. Rita Rani Talukdar (Associate professor Department of Psychology, Guwahati University)
- c) Ms. Olivia Kakati (Guest faculty, Cotton University & Visiting faculty, Royal Global University)

10. Title of the Topic(s) delivered by the Resource person(s) (if applicable):

- a) Emotion wellness: aid in personality development
- b) Life Skill-meaning, nature and significance
- c) Personality development

11. Total No. of Participants:

a. Students: 54

b. Teachers: 36

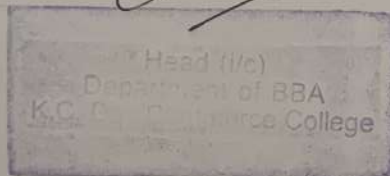
c. Others (Please Specify):

12. Total No. of Beneficiaries (in case of extension activities):

13. Outcome of the Event (Please describe within 200 words)

The workshop was based on the importance of life skills in our daily life and personality development. The event mainly facilitated on emotional wellness, adolescent personality development, inculcating leadership qualities, time-management, decision-making skills, empathy etc.

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Student Participant in Workshop on
"Life Skill for Personality Development"

Sl. No.	Name of the Participant	Signature
①	TANISHA BORA	Tanisha
②	BHAWNA VASANDANI	Bhawn
③	RISHABH JALAN	RishabhJalan
④	RISHABH BARJATYA	R
⑤	PRIYANSHU MAZUMDER	Priyanshu Mazumder
⑥	VICKY SONAR	V
⑦	MEGHA BHARECH	Megha
⑧	NANDANI JALAN	Nandani
⑨	KUNDAN KUMAR SAH	K
⑩	KALPANA TIWARI	K
⑪	RONAK BHARTIA	R
⑫	BEGUM LUTFA SHIRIN	Lutfa
13	PRAKASH KUMAR SONAR	P. K. Sonar
14	SMRITTA DEVI	S. Devi
15	PREETI PAREEK	P. Pareek
16	SURUCHI SINGH	Suruchi Singh
17	NISHIKA JALAN	Nishika Jalan

Sl. No.	Name of Participants	Signature	Sl. No.
18	Richa Jain	Richa Jain	35
19	Prakash Rabi Das	Prakash	36
20	Nandini Saraf	Nandini	37
21	SK MIJANUR RAHMAN	Mijanur	38
(22)	Sumiali Jain Sumidhi	S Jain	39
23	SHAZINI RAI	Shalini Rai	40
24	ELIZABETH MESKA	ELB	41
25	KASU KUMARI SINGH	Reingh	42
26	Shakshi Singh	Shakshi Singh	43
27	Priya Gaggan	Priya	44
(28)	Yashi Chhabra	Yashi Chhabra	45
29	AISHA KESHAR	Aisha Keshar	46
30	SIMRAN HABIB	Simran Habib	47
31	SHIKHA YASH SURANA AGARWAL	Shikha Agarwal. Yash Surana	48
32	Nishi Patel	Nishi Patel	49
33	Debangana Hazarika	Debangana	50
34	RICHA KUMARI	Richa	51

Sl. No.	Name of Participants	Signature
35	ABHAY ROY	Abhay Roy
36	TRIRANG KUMAR SOUD	Trirang Kumbh
37	PRITY RAY	Prity
38	SUBHAM JAIN	Subham Jain
39	HIRAK JYOTI SARMA	Hirak
40	PRINCE MALAKAR	Prince Malakar
41	Sharanj Kojouhar	Sharanj Kojouhar
42	Bhaskar Jyoti Gogoi	Bhaskar Jyoti Gogoi
43	Sourav Bahety	Sourav Bahety
44	Rituparna Debnath	Rituparna Debnath
45	Prithvi Patel	Prithvi Patel





Health
Money
Happiness
Success, satisfaction
Freedom
Respect
Popularity
Peace



ESSENT - FRIENDLY SCHOOL INITIATIVE

LIFE SKILLS – meaning, nature & significance



Dr Rita Rani Talukdar
Associate Professor,
Dept. of Psychology
Gauhati University



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Depart
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Date