



গড়গাঁও মহাবিদ্যালয়

GARGAON COLLEGE

NAAC accredited with 'B' Grade

Life Skills and Personality Development

College of Commerce
in
Parent-teacher Association
Presents
A
Workshop On
Personality Development

Inaugurator: Dr. Sabyasachi Mahanta
Principal
Gargaon College



Organizing Committee :
Advisor : Dr. Meghali Bora (HOD)
Coordinator: Nomami Dutta
Technical Coordinator : Gautam
Dr.
Members : Anil Tanti
Dr. Mintu

2793079

Personality Development Workshop held

For development of decision-making skills and life experiences. The programme was coordinated by Nomami Dutta and moderated by Dr Mintu Gogoi. The Career Counseling and Guidance Cell of Gargaon College also conducted a workshop on 'Stress: Its Awareness and Management' on Tuesday. Inaugurating the workshop, Dr Sabyasachi Mahanta, the Principal, highlighted the importance of stress management for leading a successful life.





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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:

Speaker: Shantanu Chakraborty
A trainer with expertise in development of strategies and up-gradation of life skills with 10+ years of HR development, sales training and people coaching

Inaugurator: Dr. Sabyasachi Mahanta
Principal
Gargaon College

Registration link:
<https://forms.gle/GBKihgX9fsXm9Rmj6>

Date: 25 June 2022
Platform: Zoom
Time: 5:00 PM to 6:00 PM(IST)
Contact Details : 7002319542/9101229718/9101038993/7002793079

Organizing Committee :
Advisor : Dr. Meghali Bora (HOD)
Coordinator: Nomami Dutta
Technical Coordinator : Gautom Hazarika
Dr. Mrinal Ghosh
Members : Anil Tanti
Dr. Mintu Gogoi

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
SIVASAGAR, June 29: The Department of Commerce, Gargaon College, in collaboration with the Parent-Teacher Association, organized 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 purpose of the programme. Dr Sabyasachi Mahanta,

noted columnist and the Principal of Gargaon College, inaugurated the session and appreciated the initiatives taken by the faculty members of the department in enriching the skills of the students. In his inaugural 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 successfully. He argued that

there is a need for developing a personality for competency and ability of decision making. He also pointed out that NEP-2020 also emphasizes the competencies of students in the decision-making process and the area of critical thinking and problem-solving.

The programme was enriched by the resource person Santanu Chakraborty, Regional Training Manager, Bajaj Allianz, through his valuable insights and

life experiences. The programme was coordinated by Nomami Dutta and moderated by Dr Mintu Gogoi.

The Career Counseling and Guidance Cell of Gargaon College also conducted a workshop on 'Stress: Its Awareness and Management' on Tuesday. Inaugurating the workshop, Dr Sabyasachi Mahanta, the Principal, highlighted the importance of stress management for leading a balanced life.