



গড়গাঁও মহাবিদ্যালয় GARGAON COLLEGE

NAAC accredited with 'B' Grade

Report on Seminar/Workshop conducted by Commerce Department

Gargaon College
Department of Commerce
in
Collaboration with Parent-teacher Association
Presents
A
Workshop On
Life Skills & Personality Development

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/GBEibgX9lsXm9Rmj6>

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



Overview

Name of the Seminar/conference/workshop: Life Skills and Personality Development

Type of Activity: Workshop

Venue: Zoom Platform

Date: 25th of June 2022

Time: 5.00 pm

Resource person: Mr. Shantanu Chakraborty

No. of Workshop: 47

Flyer

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Link for the List of participants





About The Program

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 Honorable Principal of Gargaon College, was the inaugurator of the workshop. The program was coordinated by Mrs. Nomami Dutta.

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.

Rationality of the Program

The program will help the students in developing communicative skills, emotional intelligence, stress management, time management, leadership skills. The practical session will help the students in utilizing the skills in day to day life and they will be more confident.



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