



Kiang Nangbah Government College, Jowal



Career Guidance and Counselling Committee

In Collaboration with IQAC, KNGC

Organised

Personality Development Programme

For

6th Semester Students

Venue: College Auditorium | Date 05th May, 2023 | Time: 2.00 P.M



Report
on

Personality Development Programme

Organised by

CAREER GUIDANCE AND COUNSELLING COMMITTEE

IN COLLABORATION WITH IQAC

Kiang Nangbah Government College, Jowai

(05th May, 2023)

Personality Development is an integral part of our well-being. It helps us identify our strengths and weaknesses as well as bring improvement in developing a good personality. By conducting a personality development programme, students can identify the gaps in their personalities and work on those areas to improve their overall performance. Personality developments give one an overview of their personality and provide the opportunity to change and improve the individual. Knowledge and application of personality development can make a difference in the quality of the whole individual. In a world which is ambitious driven, we should gear up the personality development for students' right from their collegiate level of education. In this context, recognising the importance of personality development of students, the Career Guidance and Counselling Committee in collaboration with IQAC, Kiang Nangbah Government College organised a **Personality Development Programme**. The programme aims to sensitize the students on development of personality through various ways and approach.

Date & Venue: One day **Personality Development Programme** took place on 05th May, 2023 at Multi-purpose Hall, Kiang Nangbah Government College, Jowai..

Total number of participants: 89

Resource Person: Dr. Sngewkmen Suja, Assistant Professor, Kiang Nangbah Governmnt College, Jowai.

The programme started with a formal Inaugural function by Dr (Ms). R. Lamare, Chairperson of the programme. She started by extending a warm welcome to the Principal, Resource Person, Teachers and all the participants attending the programme.

This was then followed by the inaugural address by Dr (Mrs) E.M. Blah, Principal, Kiang Nangbah Government College who addressed the audience on Personality development and also outlined the significance of this programme for the students and sensitized them on the need for personality development.



Thereafter, the resource person took over the programme.

Speaker: Dr. Sngewkmen Suja,

Topic: Personality Development

The resource person started with a warm-up exercise known as a Body-rain activity and Triangle-Square activity to keep the students ready. The quote from the Chinese Proverb "I hear and I forget, I see and I remember, I do and I understand" marked the beginning of the session. The speaker explained the meaning of personality and more specifically personality development. The speaker's reference to stories and demonstration of personality enliven the students. The programme advanced to another level where the speaker engaged in Personality development Games to enhance the confidence of the students.

In this connection, the speaker projected key premises on ways to develop a good personality which include (i) Building self-confidence (ii) Positive Thinking (iii) Learning from Mistakes (iv) Self-reliance and (v) Selfless Service. The speaker justified the stance towards the key premises by referring to stories of great people like *Mother Theresa of Kolkatta, J.K. Rowling, Oprah Winfrey, Sundar Pichai, Alibaba Founder Jack Ma, Muniba Marzari* and many more.

Approaches that promote personality development such as goal setting, time management, communication skills, and leadership qualities were dealt in great length by the resource person. Further, this was followed by demonstrations and participation from the students in various exercises and games to augment the result. The linkage of the exercises and the approaches in the life of the students was highlighted by the speaker. A significant reference was made to goal setting and time management.

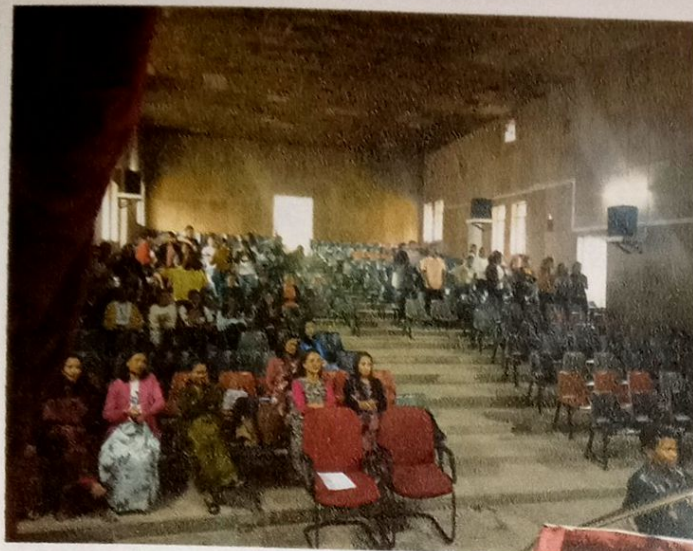
Thus, one important aspect to be productive and for personality to be fully developed according to the speaker was practice and consistency. In Conclusion, the speaker, concluded with the time management story about a lazy person and the king where the king offers golden opportunity to the lazy person but ended up giving excuses. The moral lesson is to make use of every opportunity that comes our way because opportunities don't come all the time.

According to James Hackman (Nobel Prize Winner), "Your Personality is the most important thing for your success"

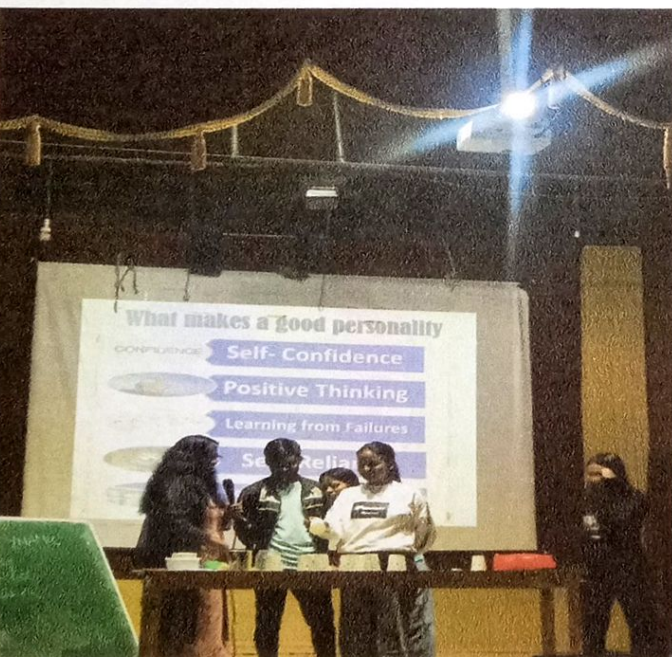
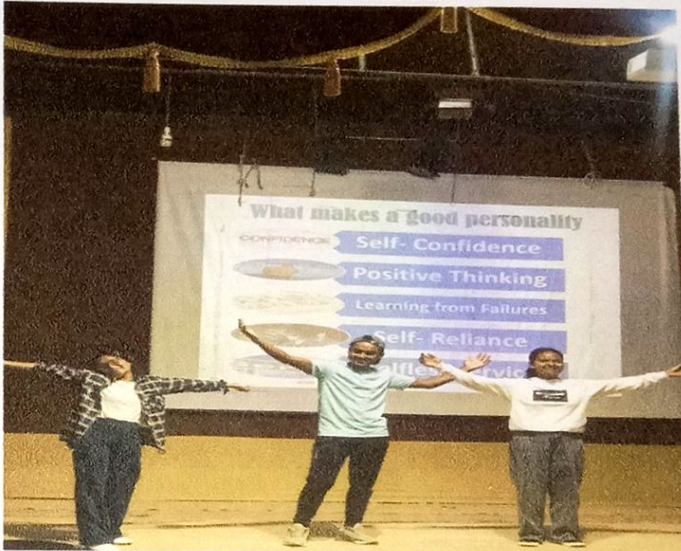
Valedictory programme

Smt. Mertan Sumer highlighted the essence of the program and concluded by proposing a vote of thanks to the resource person, teachers and all the participants for the success of the programme and urged students to understand the implication of personality development in their life.

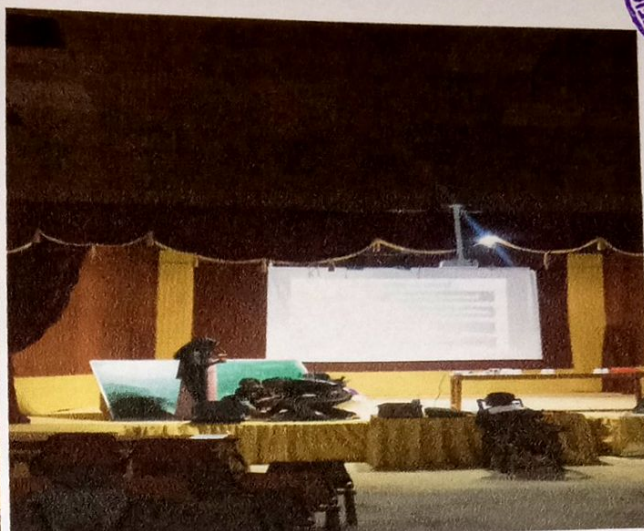
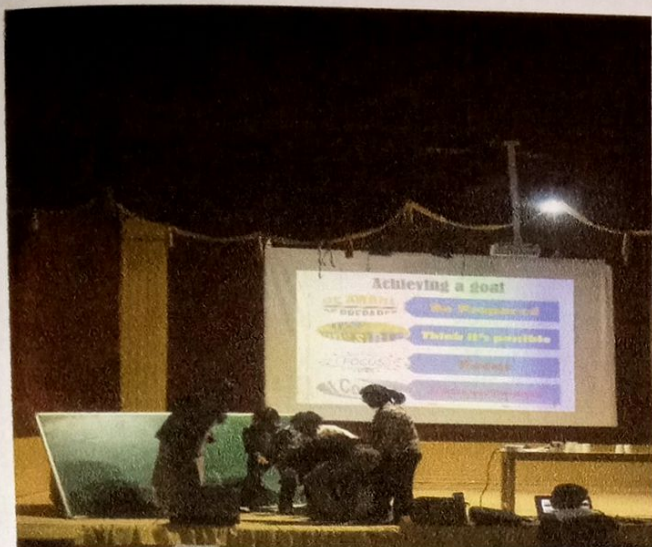
Total Number of Participants: (Attendance Sheet Enclosed)



Confidence Building Activities with the Resource Person



Positive Thinking Activities



Learning from failure activities



Group Photographs



Smt. Mertan Sumer

Singaramen

Dr. (Mrs) S. Suja

Member Secretary

Career Guidance and Counselling Committee

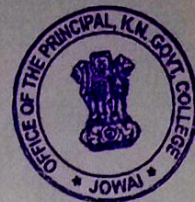
KNGC, Jowai

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Venue: Multi-Purpose Hall Kiang Nangbah Government College, Jowai

Date: 05. 05. 2023



Sl. No	NAME OF STUDENT (IN BLOCK LETTERS)	SEX	STREAM & DEPARTMENT	CONTACT NUMBER	SIGNATURE
1	SAMHAKA DKHAR	F	ENGLISH (ARTS)	6909680899	Dkhar.
2	SUMARLANGKI DKHAR	F	ENGLISH (ARTS)	7629837334	Dkhar.
3	DEI-APMI LATHONG	F	ENGLISH (ARTS)	9863120300	Lathong
4	LASTFULME PHAWA	F	ENGLISH (ARTS)	8974055607	Phawa
5	AMLIN WAR	F	ENGLISH (ARTS)	6909534004	Awar
6	CLARIFY BAREH	F	Philosophy (Arts)	9612081869	C-Bareh.
7	TIKHA PHAWA	F	Philosophy (Arts)	7629898294	T-Phawa
8	ROSEMARY PHAWA	F	Philosophy (Arts)	7005544270	Phawa
9	CONSIDERABLE SUTING	M	Philosophy (Arts)	6009571100	Suting
10	ELISHA HOUGRUM	F	Philosophy (Arts)	60936268957	E-Hougrum
11	THERESA POHSHVA	F	Philosophy	9383226120	J. Pohshva
12	REMEMBERME MOKHIM	F	English	8730884760	R-Mokhim
13	Jenny Langstang	F	Philosophy	6909535860	J-Langstang
14	Thei Lyngdoh	F	Philosophy	6009933047	T-Lyngdoh
15	Ninika Lyngdoh	F	Political Science	986334626	N-Lyngdoh
16	Bernadine Talang	F	Zoology	809009533	B-Talang.
17	Stacywitene Tongfer	F	Zoology		S-Tongfer.
18	Ebiangmidaka Syndai	F	Zoology	9366763610	E-Syndai.
19	Ms. Tsebokmi Talang	M	Pol. Science	9774147741	Talang

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Sl. No	NAME OF STUDENT (IN BLOCK LETTERS)	SEX	STREAM & DEPARTMENT	CONTACT NUMBER	SIGNATURE
	LALZAPARMOI THAIITE	FEMALE	Botany department	9366456288	d. Thaito
	MAUDAHAXA KYA	FEMALE	Zoology	9862186580	M. Kya
	SHANDAKABJANG SUCHIANG	FEMALE	Botany	7085373370	Shan
	BAITYNYAD LAPASAM	FEMALE	BOTANY	9366468482	Baitynyad
	RABIA SHYLLA	FEMALE	BOTANY	9863231882	R. Shylla
	TIA CHYRMANG	FEMALE	BOTANY	7085779233	T. Chyrmang
	DANIAL BUNHAPUI	MALE	ZOOLOGY	6009944109	D. Bunhapui
	SHILPA SHYLLA	FEMALE	ZOOLOGY	9286990993	Shylla
	DURKA PAPENG	FEMALE	History	6909533597	D. Papeng
	MINISHA BAMON	FEMALE	HISTORY	9366481065	M. Bamon
	TWINKLE SUMER	FEMALE	EDUCATION	9366523922	T. Sumer
	DAFILA . D. SUMER	FEMALE	EDUCATION	9863449439	D. Sumer
	IEIBHA U THOOH TALANG	MALE	PHYSICS	8014160557	I. Thoo
	EXTENT RAMUT	MALE	PHYSICS	9366752801	E. Ramut
	KERMA TANG	MALE	PHYSICS	9366541603	K. Tang
	Ewin Van Dame Tariang	Male	Physics	8132867118	E. Tariang
	Ambitious Laposam	Male	Physics	9774572279	A. Laposam

James Anderson Shubra
FANTIN KHYNDA
REPOSAL POHDWENG
T. Sumer

Male
male
male
Male

Chemistry
Physics
Physics
Physics

6009396871
6009059899
8418049368
9119010795

Shubra
Khynda
T. Sumer
T. Sumer

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Sl. No	NAME OF STUDENT (IN BLOCK LETTERS)	SEX	STREAM & DEPARTMENT	CONTACT NUMBER	SIGNATURE
	RIMDOD SYNNAH	MALE	BSc Zoology	8794750870	<i>Rynard</i>
	PYNSHNGA IN DKHAR	MALE	BSc Zoology	8413805700	<i>DKhar</i>
	MESANKI PHAWA	MALE	BSc Zoology	7085466229	<i>Mes</i>
	BANRILANG PDANG	FEMALE	" "	6009936897	<i>Ban</i>
	CHEMI DKHAR	MALE	" "	6009208258	<i>C.Kha</i>
	SDATIBATISHWA MAWLONG	FEMALE	" "	9366985104	<i>SD</i>
	PYNROIKI DKHAR	MALE	BSc MATHS	7005632064	<i>Pynroi</i>
	SOOKI BARDI	male	BSc Bot	7005975782	<i>Sooki</i>
	Wanplihun Sektun	FEMALE	B.A. - 6 semester	8258899319	<i>W.Sektun</i>
	Rini Suchiang	FEMALE	B.A. 6 semester	6033097784	<i>R. Suchiang</i>

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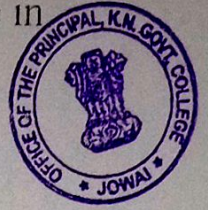


Sl. No	NAME OF STUDENT (IN BLOCK LETTERS)	SEX	STREAM & DEPARTMENT	CONTACT NUMBER	SIGNATURE
	Hamia Paswet	F	POLITICAL SCIENCE BA6 th Sem	8415014382	H. Paswet
	Ngilang Ymbai	F	BA6 th Pol.Sc	8413817496	N. Rynboj
	Betydosa Phawo	F	BA6 th Pol.Sc	8732809578	Bhawa
	Dovina Shylla	F	BA6 th Pol.Sc	7638946334	Shylla
	Theilana Siian	F	BA6 th Pol.Sc	6009120878	Siian
	BINU SHYLLA	F	BA6 th Pol.Sc	7085666679	Shylla
	DAKAHI YMBON	F	B.A6 th sem. Pol.Sc	6009488751	Ymbon
	Bansara Swa	F	BA6 th Sem. Pol.Sc	9071874010	Swa
	Stiffni Reingkhlem	F	BA6 th Sem Pol.Sc	9862565551	Stiffni
	Lily Evalui Passah	F	BA6 th Sem Pol.Sc	7629898803	Passah
	DAKAHIPAYA SUCHIANS	F	B.A6 th Sem Philo	8119911036	Suchians
	Bariyarioi Sutnga	F	B.A6 th Sem Philo	7085481664	Sutnga
	Syndu Dkhar	F	B.A6 th Sem Philo	7005054913	S. Dkhar
	Mara Phawa	F	B.A6 th Sem Philo	9862590809	M. Phawa
	Nideilang Lamare	F	B.A6 th Sem Philo	9863921958	Lamare
	Mehanskhem Langstang	M	B.A6 th Sem Pol.Sc	6009213809	Langstang
	Daehita Syre	F	BA6 th Sem Pol.Sc	8415959633	Syre

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	SANDAKINI DKHAR	F	BSC 6 th sem Mathematics	9862920698	S. Dkhar
	PLEASE RINA PHAWA	F	Bsc 6 th sem MATHEMATICS	6909633134	Phawa
	Rimaia Boreh	F	BSC 6 th sem Zoology	9362177535	R. Boreh
	Mercyful Hadisi	F	BSC 6 th sem Zoology	9774123961	M. Hadisi
	Rita Symbai	F	BSC 6 th Sem. zoology	6009422597	R. Symbai
	Rupaia Suchiang	F	BSC 6 th sem Zoology	9612356862	R. Suchiang
	Iwanpyntungen Shylla	F	Bsc 6 th sem zoology	6009869195	I. Shylla
	Edalanmi Thubru	F	Bsc 6 th semester Zoology	6909532890	F. Thubru
	Rakawanshwa Shylla	F	Bsc 6 th semester Zoology	7085655868	R. Shylla
	Rimika Niang	F	B.A 6 th sem Education	7085648328	R. Niang
	Rizuk Pakma	F	B.A 6 th sem Education	9612589493	R. Pakma
	Wanri Lytep	F	BA 6 th semester Education	9366673108	W. Lytep
	Shimprang Biam	M	B.A 6 th semester. Education	8259986917	Biam
	Rishensong Siangshai	F	BA 6 th semester Education	6009817704	R. Siangshai
	Handakasupai Symbai	F	BA 4 th Pol.sc	8414801424	Symbai
	Naphisabethlin Susngi	F	BA 4 th pol.sc	9863443937	N. Susngi
	Banteimi Mukhim	M	Pol.science		Mukhim