



## **REPORT OF THE TRAINING PROGRAM OF SUSTAINABLE LIFE SKILLS FOR YOUTHS**

**19<sup>th</sup> -20<sup>th</sup> April 2022, Conference Hall, GANC**

A life - skill training, organised by State Institute of Rural Development & Panchayati Raj, Mizoram in collaboration with Research Extension & Innovation Committee, Govt. Aizawl North College was conducted for 100 students on April 19<sup>th</sup> and 20<sup>th</sup>, 2022. Students from the Department of Education and English participated in this program. The course covered various aspects such as mental health, sustainable life skills, leadership & professional skills, professional etiquette, human values and guide to opportunities in Defence Services and Central Services.

The training was conducted for two days from 11:00a.m. to 4:30p.m. It is a privilege to have amazing and well-established line-up of speakers from the academia and other various fields.



### **INAUGURATION & KEYNOTE ADDRESS**

Dr. Lalzarmawii, Asso. Professor and Chairman of Research Innovation & Extension Committee chaired the session for Day 1. She introduced the organisers of the program and welcomed the participants.

Prof. S. Haukhanlian Mate, Principal GANC delivered a welcome speech followed by a keynote address by Pu. Lalhmunsga Hnamte, Director, SIRD&PR who also explained the basic objective of the whole training program.



## DAY 1

### ***LIFE SKILL: MEANING & OBJECTIVES - Khuangthansanga Pakhuangte, Asso.Professor & Course Co-ordinator.***

The resource person explained the effectiveness of life-skills training and how the young minds are the most productive member of the society owing to their physical and intellectual capability. He talked about the importance of having empathy towards others and how to develop one's thinking skills. He challenged the students by drawing an example from his own experiences and hardships he faced in the past.



***Khuangthansanga Pakhuangte***



***Jane Lalduhchhungi Vanchhawng***

### ***MENTAL HEALTH - Jane Lalduhchhungi Vanchhawng, Clinical Psychologist.***

The resource person talked about the importance of resisting media influence and how to be able to generate solutions to difficult problems by identifying SWOT (Strength, Weakness, Opportunities & Threats). She talked about the necessity of having creative thinking so as to generate new ideas from things that have been taken for granted. She also stressed on the importance of having emotional intelligence.

## ***YOUTH CHALLENGE: ENTREPRENEURSHIP - Dr. Laldinliana Varte, Asso. Professor, MZU***

The resource person clarified the meaning of ‘Entrepreneurship’ which is often misunderstood. He said that in order to be a successful entrepreneur, one has to be self-disciplined. For the qualities that all successful entrepreneurs possess are self-discipline and integrity. He also talked about other traits that which are necessary to possess - integrity, persistence, a clear sense of direction and to have a decisive and action oriented thinking.



***Dr. Laldinliana Varte***

***Lalhruaitluanga Chawngte***

## ***SUSTAINABLE LIFE SKILL -Lalhruaitluanga Chawngte, Writer/ Journalist***

The resource person talked about periods of challenges that one must face, but that the real challenge is how one grows and learns from overcoming them. He mentioned how each is born on this earth with a purpose and therefore it is important to acknowledge one’s value with humility. In-order to have a sustainable life skills he said, one must learn to walk with a slow pace in this fast-paced world and to always remember what the Bible says, “I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want”. (Philippians 4:12)

## **DAY 2**

### ***OPPORTUNITY IN DEFENCE SERVICES - Major H.Lalnunsangi (Retd.) Indian Army***

The resource person explained that any skill that can be useful in one’s life is called ‘Life Skills’. Drawing from her own experience, she stressed on the importance of choosing Right even when no one is doing it and to not to do the Wrongs even when everyone else is doing it. She talked about the six pillars which are the fundamentals in human’s life. She elaborated on how to enforce good ethics in workplace and the necessity of respecting one another. She ended the session with a quote, “Leading with positive ethical values builds trust and brings out the best everywhere which leads to great results.”



***Major H.Lalhunsangi***

***OPPORTUNITY IN CENTRAL SERVICES - Dr. Malsawmdawngliana Managing Director, MS Academy***

The resource person talks about the importance of having life’s goals and explained what central service literally means - which includes both established services known as central civil service and civil posts created outside of established services, which comprise the general central service. He encourages the students to think outside Mizoram and urged them to develop reading habit. He talked about the benefits of central service jobs and how to prepare oneself for these kind of exams.



***Dr. Malsawmdawngliana***

***SKILL DEVELOPMENT FOR YOUTHS - Rinzuala, Managing Director, MIZOFED***

The resource person stresses on business development skill and the necessity of having critical thinking and problem solving skills. He explains how technical skill is completed by soft skill. He educated the students about the importance of stock market and why it exists. He further explains that stock market plays an important role in the economy of a country in terms of spending and investment. Without stock markets, many countries would not be as developed as they are. He challenged them to empower themselves through leadership, social, advocacy and social entrepreneurship skills.



### *Rinzuala*

The Training Program concluded with feedback and questions from the students followed by a Vote of Thanks by Dr. Malsawmkima, Asso. Professor, GANC.

At the end of the Training Program students have informed that they have benefitted well from the program and that the lectures and guidance improved their knowledge and confidence in imparting life-skills. Hence it can be concluded that the Training Program was successful in delivering the desired results.

