

**Workshop on
COMPETENCE and
CAPACITY BUILDING
26th to 28th November 2020
4:00- 5:00 p.m**

Resource Persons

Zoramawii Ralte

Esther Laltanpuii Khiangte

Mizoram Consultancy Group

**Organised by
Dept of Public Administration, GHBC
in collaboration with
Research and Consultancy Cell**



Workshop on Competence and Capacity Building was organised by the Department of Public Administration on 26th to 28th November 2020 in collaboration with Research and Consultancy Cell, Govt Hrangbana College. The workshop was targeted for the final semester students to equip themselves with skills and knowledge and enable them to transition smoothly to their post graduate endeavors. The workshop was attended by eighty four (84) students from sixth semester and fourth semester, Department of Public Administration.

Two highly qualified professionals with extensive experience, Zoramawii Ralte and Esther Laltanpuii Khiangte from Mizoram Consultancy Group were engaged as resource persons for the workshop. Zoramawii Ralte completed her Masters from Stony Brooks University, New York and Esther Laltanpuii Pachuau had graduated from Brock University, Ontario, Canada and has completed her Masters in Business Administration in Entrepreneurship.

The workshop started with a welcome address from the Head of Department, Miss Lianchhingpuii. The first day of the workshop (26th November) oriented the students to an introduction to the techniques, approaches and skills of capacity building. It was followed by topics on the importance of emotional well being and mental alertness, the need to develop digital literacy, how to use information technology and learning new courses focused on computer skills. A self assessment test was conducted through which the participants were categorized into driven/ambitious individuals and low achievement

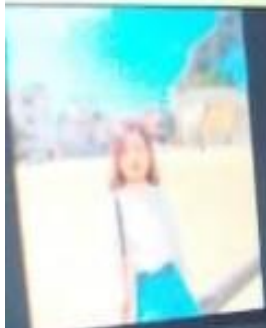
need individuals. They were then divided into break up rooms and were given mini projects on how to reflect on their own feelings, explore themselves and understand their true potential.

The second day (27th November) centered on training and familiarizing the participants on developing resilience at the time of adversity. It covered topics on coping strategies in stressful situations, solving problems, improving abilities at different levels, utilizing strengths, performing functions and achieving objectives. Importance of EQ (emotional quotient) was highly stressed upon and steps to enhance EQ were discussed in detail. The participants were again divided into groups and asked to make a note of the challenges and limits they face in achieving objectives. The challenges were analysed by the resource persons and solutions were presented.

On the final day of the workshop (28th November), the focus was on time management, stress management, communication skills, enhanced empathy, emotional health and nurturing confidence. The resource persons highlighted the need to strike a balance between being open to change and experience while at the same time not pushing oneself beyond limit. It was followed by a question and answer session where queries from participants were resolved and answered. The workshop ended with a vote of thanks from Miss Theresa Zothanpuii, Associate Prof of Dept of Public Administration.



Zoom Meeting



Dr HS Lalbiak engi

Lalhruaikima

Ruthi laihriatpulli hmar

Vivo Y81

Kim

H Lalropianga



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Lalawmsanga

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K Daisy

MacBook Air