

The Department of Education organized Personality Development Programme on 11<sup>th</sup> February 2020 at 2:00 pm at the college's Conference Hall. The resource person for the program was Professor Lalbiakdiki Hnamte, Director, CDC, Mizoram University. The programme was attended by 72 participants, from the 6<sup>th</sup> Semester core students. The resource person offered valuable information and presented a well organized information on various dimensions of personality development which is very relevant for college students. There was discussion held at the end of the program , students raised various questions which the resource person answered and the interaction was very lively. The programe ended at 4:00 pm. It was a successful program which enlightened the participants on

- i) Developing an understanding of self and others
- ii) Taking responsibility and accept criticisms
- iii) Understanding effective decision -making skills
- iv) Gaining complete control over emotions
- v) Developing interpersonal relationships

