

## WEBINAR REPORT @ 8<sup>th</sup> July 2021

*Click here for video*

<https://www.youtube.com/live/Q5Z3VS5C9aw?feature=share>

- *Name of the Seminar*
- **Life Skills**
- *Date and Duration*
- **8<sup>th</sup> July 2021 held Online**
- *Resource Person*
- **Prof C Lalfamkima, Associate Professor, Dept Of Psychology, MZU**
- *Sponsorship*
- **Institutional**
- *Organized by*
- **Dept of Psychology, Govt Hrangbana College**
- *No of Participants*—305

### CONTEXT

- The seminar was organised to equip the students with the social and interpersonal skills that would enable them to cope with the demands of everyday life.
- The Seminar intended to help the students build self- confidence, encourage critical thinking, foster independence and help them to have better communication skill.
- The students were expected to learn from the webinar the ways of setting appropriate goals for themselves and managing time and stress.
- It would also develop their abilities and motivates them to use good use of all types of information they get.

## WHO Life Skills

- Mahni inhriat chianna
  - Self Awareness
- A pawimawh lai thir thiamna
  - Critical thinking
- Tumdanhghaidan siam thiamna
  - Decision Making
- Inbiakpawh thiamna
  - Effective Communication
- Mimal, khawtlang, pawl, ram leh hnam inkar thir thiamna
  - Interpersonal Relationship
- Taksa leh rilru rimtawng tur ven
  - Coping with stress
- Midangte dinmun thir thiamna
  - Empathy
- Thirdan tharidanglam neih
  - Creative thinking
- Harsatra hmachhawn thiamna
  - Problem Solving
- Thinglung/Thlarau khawih thil hmachhawn thiamna
  - Coping with emotion



025 F.Zorinsangi

Thazual Ashley

Timothy Lalinhua

Thazual Uniqueen

Lalinzual

Zorinpui

Chhingpui

## OUTCOME

- The resource person touched upon many topics and issues relating to developing life skills and encouraged the students to become more assertive, communicate effectively with others by developing listening skills and learn to handle stress.
- The students are now equipped with foundational skills necessary for transitioning to productive individuals, manage stress, learn to deal with difficult emotions, feel empathy learn to listen to others carefully, find balance between priorities and demands, communicate confidently and set appropriate goals.

The screenshot shows a Zoom meeting interface. At the top, there are three video thumbnails: a man on the left, a woman in the middle, and a woman on the right. Below the thumbnails is a list of participants: Lalchhandani, Zomwana, Cicilya Lalawmkimi, and C. Malsawmdawnglan. At the bottom, a presentation slide is displayed with the following content:

Nunphung/Nungchang leh Nunhaw hman thiamna  
(Personality and Life Skills)

- Miten tunge a ni min th?	- Mimal nun
- Real Me	- Khawlfang nun
- Tunge ni a ka inhriat?	- Thlarau/Sakhaw nun
- Idnal Me	- Taksa leh rilru hriselna
- Tunge ka nih?	- Midangte nen a inkar
- True Me	- Zirna leh thiamna
- Ka nih theih tha ber engnge?	- Ei zawmna/Hnathawh
- Best Me	

Mimal, chungkua, kohran leh khawlfang thir hman thiamna\*  
Dawt leh thudik\*\*  
Khawvelah hian engvangin nge ka lo pian ve\*\*\*

At the bottom right, there are three more video thumbnails: a man, a woman, and a woman, with the name Cicilya Lalawmkimi visible below them.