

NSS Report on Soft skills Training on Confidence that Build

Date: 19th February 2024

Subject: Report on “Soft skills Training on Confidence that Build

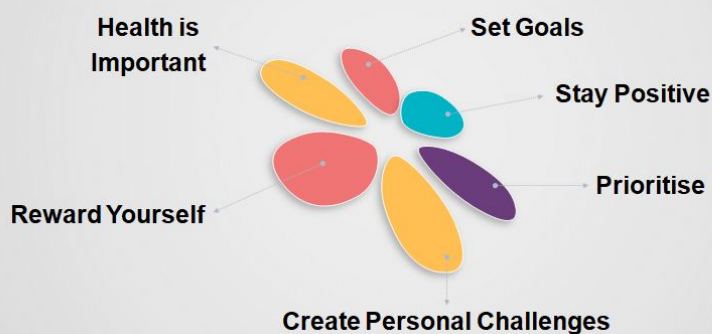
The National Service Scheme (NSS), organised a Soft skills Training programme on Confidence that build which was held at Sohryngkham Village on the 19th of February, 2024. The resource person for this training was Mr. Eboton Kharkongor (Counsellor, Trainer and Coach - Shlem jingim Counselling Centre, Madanrtng) and around 50 students from various School attended the Programme.

The objective of this training was to enhance self-awareness and how to have a confidence to face many challenges in life. And how to overcome the fear of exams.

The 2-hour programme included interactive lectures and discussions, Self-assessment exercises, Role-playing scenarios and many more. The program concluded with a vote of thanks given by one of the NSS Programme Officer and it was followed by a small photo session with the resource person as well as light refreshments for all participants. Overall, it was a satisfactory successful program which effectively enhanced participants' self-awareness, emotional regulation, Self Confidence, ultimately contributing to their overall success.



Few Things to Remember:



Acronyms and Acrotics

unicef United Nations Children Emergency Fund

Thoughtful
Encouraging
Amazing
Caring
Hardworking
Enthusiastic
Resourceful

✓ Rain drops drip drop on my shoes
And more drops fall, in ones and twos
I think of all my friends inside
Not me, I think, I shall not hide
Stormy weather makes me run
To puddles outside, so much fun
On rainy days, I'll always be
Running around for all to see
Mud and splashes cover me!

List of NSS Volunteers

- 1 Indaniewkor Iawphniaw BSc 6th
- 2 Phinsaiabet Lyngdoh Mairang BSc 6th
- 3 Erica Jana BA 6th
- 4 Sansimai Shabong BA 6th
- 5 Devoleena Borah BA 6th
- 6 Muskan Kumari BA 6th
- 7 Ria Dutta BA 4th
- 8 Radha Kumari BA 4th
- 9 Umma Chettri BA 4th
- 10 Jaya Sree Hajong BA 4th
- 11 Yani Kahit BA 4th
- 12 Sneha Deb BA 4th
- 13 Minam Tayeng BA 6th
- 14 Puyir Tali BA 6th
- 15 Diijuvi R.Nyuwi BA 6th
- 16 Sharailin Iawphniaw BA 6th
- 17 Jerisha Nongbsap BA 6th
- 18 Aman Lego BA 6th
- 19 Kritika Kalita BA 4th
- 20 Gendan Drema BA 6th