

NSS Report on Soft skills Training on Emotional Intelligence 2024

Date: 27th March 2024

Subject: Report on “Soft skills Training on Emotional Intelligence: A necessary condition” by NSS

The National Service Scheme (NSS), in collaboration with the NCC, YRC and Rangers, organised a Soft skills Training programme on Emotional Intelligence which was held in the college auditorium on the 27th of March, 2024. The resource person for this training was Mr. Eboton Kharkongor (Counsellor, Trainer and Coach - Shlem jingim Counselling Centre, Madanrting) and around 110 students from various Extension Services Cell of Lady Keane College, Shillong attended the programme.



Soft Skill Training
On
“Emotional Intelligence: A Necessary Condition”
Organised by
NSS Unit, Lady Keane College
In Collaboration With
NCC, YRC & Rangers of Lady Keane College
Venue: College Auditorium Date: 27th March 2024



The objective of this training was to enhance self-awareness of emotions, to develop strategies for managing emotions effectively and to improve empathy and understanding of others' emotions. The programme also emphasized to foster stronger communication and relationship-building skills and increase overall emotional resilience.



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, and social skills, ultimately contributing to their overall success.



ATTENDANCE

Sl. No.	Name	Class	Signature
1	Rithika Rai	BA 4 th Semester	Rithika
2	Tanu Singh	BA 4 th Semester	Singh
3	Uma Chettri	BA 4 th Sem	Umachettri
4	Sunanjana Das	BA 4 th Sem	Das
5	Sania Kumari	BA 4 th Sem	Sania
6	Pooja Kumari	B.A 4 th Sem	Kumari
7	Nikita Dey	BA 4 th Sem	N Dey
8	Rikehina Sangma	BA 4 th Sem	Sangma
9	Shruti Deb	BA 4 th Sem	Shruti Deb
10	Dayaphika Pathan	BA 6 th Sem	D. Pathan
11	Carefully Syiemlieh	BA 6 th Sem	C. Syiemlieh
12	Ngangkham Babyme	BTM 8 th Sem	Babyme
13	Philawanket Rymbai	BTM 8 th Sem	Philawanket Rymbai
14	Enrichment Akhar	BTM 8 th Sem	Akhar
15	Dakarushwa Suchiang	BCA 4 th Sem	Suchiang
16	Sharailin Nongphlu	"	Sharailin
17	Ribakmerlang Lyndoh Nongphud	BCA 4 th Sem	R. Lyndoh
18	Susi Mary Kharkongor	BCA 4 th Sem	S. Mary
19	Ridoski Suchiang	BCA "	Ridoski
20	Wadahum Boruh	"	W. Boruh
21	Philani Manih	"	P. Manih
22	Phibankerlang Kharkongor	"	P. Kharkongor
23	Libika Kharsati	"	L. Kharsati
24	Sringoni Dey	"	S. Dey
25	Kritika Kalita	"	
26	KRITIKA KALITA	BA 4 th Sem	K. Kalita
27	RIA DUTTA	BA 4 th Sem	R. Dutta
28	Kristina Bharali	BA 4 th Sem	Kristina
29	Ruthi Ramdismanii	BA 6 th Sem	R. Ramdismanii
30	Chesalon M Merak	BA 6 th Sem	C. Merak
31	Medazika L Mairang	BA 6 th Sem	M. Mairang
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ATTENDANCE

Sl. No.	Name	Class	Signature
1	RA Tharshim Horam		
2	Osiyam Jaku	BTM (6 th Semester)	Tharshim
3	Mebarikum Mynsong	BTM (6 Sem)	Osiyam
4	Pyngrape Phawa	BTM (6sem)	M. Mynsong
5	Shintihun Pariong	11	P. Phawa
6	Wandarisha Khonglam	B.Sc - (6 th Sem)	S. Pariong
7	Haphilabiang Girod	B.Sc (6th sem)	W. Khonglam
8	Doephika Marwein	BA (4 th semester)	H. Girod
9	Rijai Langbang	BA 4 th Semester	D. Marwein
10	Isakymai Dkhar	BA 4 th Semester	R. Langbang.
11	Khushboo Gupta	BA 4 th Semester	Iskhar
12	Muskan Kumari	BA 6 th Semester	K. Gupta
13	Gwati Shah	BA 6 th Semester	K. Gupta
14	Senoritha .N. Sangma	BA 4 th Semester	G. Shah
15	Tengsuchina R. Marak	BA 4 th Semester	S. Sangma
16	Phibari Kharpan	BA 4 th "	Phibari
17	Therali Ngullie	BA 4 th Semester	Therali
18	Riya Khan	BA 4 th Semester	T. Ngullie
19	Tamir Kropi	"	R. Khan
20	Deiphibanni Sjiemlich	"	T. Kropi
21	Rikudari Masharing	BA 4 th Semester	D. Sjiemlich
22	Lawentha Hymienta	BA 4 th Semester	R. Masharing
23	Mushabanni Sjiemlich	BA 4 th Semester	Lawentha
24	Wanrisha Marbanang	BA 4 th Semester	M. Sjiemlich
25	Naneyblene Tongper	BA 4 th Semester	Wanrisha
26	Sansimai Shabong	BTM 6sem	Tongper
27	Deifli banni Khamusabong	BA 6 th Semester	S. Shabong.
28	Enica Jana	11	D. Khamusabong
29		BA 6 th Semester	E. Jana
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Sl. No.	Name	Class	Signature
1	Maya Chettri		
2	Pinky Kumari	4 th Semester	Kumari
3	Rukhsana Begum	4 th Semester	Rukhsana
4	Suneha Singh	4 th Semester	Singh
5	Amisha Kumari Jadar	1 st semester	Jadar
6	Salsa Debbarna	4 th semester	Debbarna
7	Meemita Das	XII class	Debbarna
8	Bapynjanai Nongbri	4 th Semester	Nongbri
9	Murkam Thapa	XII class	B. Nongbri
10	Riakor Nongspung	II class	Murkam Thapa
11	Taxilang Kyntethiang	BA 1 st Semester	Taxilang
12	Monikwang Shymang	BA 1 st semester	Shymang
13	Lalhan Kimi	BA 1 st Semester	Shymang
14	Pattisha Kharsing	BA 1 st semester	Thi
15	Poonam Kumari	" "	P. Kharsing
16	Gendan Drema	BSC 1 st Semester	Drema
17	Amar Lego	BA 6 th semester	Legu
18	Barvisuklang Marngar	B.A 6 th Semester	Legu
19	Ibadashisha Sylliang	BTM 8 th Sem	M. Marngar
20	Rishika Hajong	BTM 8 th Sem	Sylliang
21	Sureuchi Thapa	BA 4 th Sem	R. Hajong
22	Roshni Sharma	BA 4 th Sem	Thapa
23	Tukta Samhal Joshi	BA 4 th Sem	Sharma
24	Sushmita Das	BA 4 th Sem	Joshi
25	Amindita Sarkar	BA 4 th Sem	S. Das
26		BA 4 th Sem	A. Sarkar
27		BA 4 th Sem	
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ATTENDANCE

Sl. No.	Name	Class	Signature
1	I Barisha Khasiyanti	BSc. 4th Sem (Zoology)	<i>I Barisha</i>
2	Daphinsuk H. Khaziana	BSc. 4th Sem (")	<i>D. Khaziana</i>
3	Wandabet Sohtun	BSc. 4th Sem (")	<i>Wandabet Sohtun</i>
4	Esha Gouram	BSc 4th sem (chemistry)	<i>Esha Gouram</i>
5	Nene chechina R. Marak	BSc 4th sem (zoology)	<i>Nene</i>
6	Nisha singha	BSc 4th sem (chemistry)	<i>Nisha</i>
7	Sneha Malakar	BA 4th sem (Political Science)	<i>Sneha Malakar</i>
8	Bretanjali Thakur	BA 4th sem (PHILO)	<i>B. Thakur</i>
9	Rimpi Deb	" " "	<i>R. Deb</i>
10	Felicity Kharsar	B&L 6th Sem (Biochem)	<i>F. Kharsar</i>
11	D. Badarisa Lyngkhai	B&L 6th Sem (Biochem)	<i>D. Lyngkhai</i>
12	Shimti Mary Jane Nongbet	BSC 6th Sem (Biochem)	<i>S. Nongbet</i>
13	Lareen Rida Nienkor Massar	BTM 8th Sem	<i>L. Massar</i>
14	Emaiaphika Passah	BTM 8th sem	<i>Emaiaphika</i>
15	Ladianghoun Nongsiej	BTM 8th sem	<i>L. Nongsiej</i>
16	RAHA Kumar I	BA 4th sem	<i>R. Kumar</i>
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