



**EDUCATION DEPARTMENT**  
**ST.EDMUND'S COLLEGE, SHILLONG**

---

**TWO-PART SERIES OF SPECIAL  
LECTURE**

**GUEST SPEAKER: DR.TANIA SUR ROY,  
HEAD OF EDUCATION DEPARTMENT, ASSAM DON BOSCO  
UNIVERSITY**



|                      |   |
|----------------------|---|
| <b>Date</b>          | 22/03/2024  |
| <b>Location</b>      | College Auditorium, St. Edmund's College  |
| <b>Organizer</b>     | Education Department, St. Edmund's College, Shillong  |
| <b>Guest Speaker</b> | Dr. Tania Sur Roy, Head of Education Department, Assam Don Bosco University   |
| <b>Topics</b>        | “Mental health in higher education: Supporting student well-being in a stressful environment” & “Motivation and engagement: Understanding what drives students to learn”. |



### ABOUT THE SPEAKER

DR. TANIA SUR ROY IS PRESENTLY THE HEAD OF THE DEPARTMENT OF EDUCATION, ASSAM DON BOSCO UNIVERSITY, TAPESIA CAMPUS, GUWAHATI.. SHE HAS OVER TWELVE YEARS OF EXPERIENCE IN THE FIELD OF ACADEMICS AND RESEARCH. DR. ROY HAS AUTHORED THREE BOOKS IN THE FIELD OF EDUCATION AND CONTRIBUTED MORE THAN 30 PUBLICATIONS IN JOURNALS AND EDITED BOOKS. HER AREAS OF SPECIALISATION INCLUDE EDUCATIONAL PSYCHOLOGY, GUIDANCE & COUNSELLING, TEACHER EDUCATION, AND DISTANCE EDUCATION, AMONG OTHERS

# THE DEPARTMENT OF EDUCATION

ST. EDMUND'S COLLEGE,  
SHILLONG

**CORDIALLY INVITES YOU TO A  
TWO-PART SERIES OF SPECIAL  
LECTURES**

**ON**

**"MENTAL HEALTH IN HIGHER EDUCATION:  
SUPPORTING STUDENT WELL-BEING IN A  
STRESSFUL ENVIRONMENT"**

**&**

**"MOTIVATION AND ENGAGEMENT:  
UNDERSTANDING WHAT DRIVES STUDENTS  
TO LEARN."**

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**FRIDAY, 22 MARCH  
2024**

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**10 A.M. – 12 P.M.**



# St. Edmund's College

## The Department Of Education

presents



**Dr. Tania Sur Roy**

Special lecture on

**“ Mental health in higher education: Supporting student in a stressful environment”**

**&**

**“ Motivation and engagement :Understanding what drives students to learn”**

**Date: 22nd March 2024**

**Timing: 10am to 12pm**



# PROGRAMME

DATE: 22/03/2024

Venue: College Auditorium

Host: Ms. CLARISSA NONGBET

9:30 AM-  
10:00 AM

REGISTRATION

10:00 AM-  
10:05 AM

INVOCATION PRAYER: DR.MS.B.W NONGBRI, DEAN, ST. EDMUND'S COLLEGE, SHILLONG.

10:05 AM-  
10:10 AM

WELCOME ADDRESS: MS.GENIFA KHARBANI, HEAD OF EDUCATION DEPARTMENT, ST.EDMUND'S COLLEGE, SHILLONG

10:10 AM-  
10:15 AM

INTRODUCING THE RESOURCE PERSON: DR.CAPT.K.P.MALHAN, VICE PRINCIPAL (ACA)  
ST.EDMUND'S COLLEGE, SHILLONG.

10:15 AM-  
10:20 AM

TOKEN OF APPRECIATION TO DR.TANIA SUR ROY, HEAD OF EDUCATION DEPARTMENT, ASSAM DON BOSCO UNIVERSITY.

10:20 AM-  
10:25 AM

SPEECH: BR.DR.SIMON COELHO, PRINCIPAL I/C, ST.EDMUND'S COLLEGE, SHILLONG

10:25 AM-  
10:30 AM

KEYNOTE ADDRESS : PROFESSOR MONOTOSH CHAKRAVARTY, VICE PRINCIPAL (ADMIN),  
ST.EDMUND'S COLLEGE, SHILLONG.

## SESSION 1: DR.TANIA SUR ROY

TOPIC: "MENTAL HEALTH IN HIGHER EDUCATION: SUPPORTING STUDENTS WELL-BEING IN A STRESSFUL ENVIRONMENT"

10:30AM-  
12:00 PM

## SESSION 2: DR.TANIA SUR ROY

TOPIC: "MOTIVATION AND ENGAGEMENT: UNDERSTANDING WHAT DRIVES STUDENTS TO LEARN"

## Q and A Session

12:00 PM-  
12:05 PM

VOTE OF THANKS : MS. GEORGINA B KHARLUKHI, FACULTY MEMBER

12:05 PM

REFRESHMENT



# DEPARTMENT OF EDUCATION SEMINAR

## TEACHERS REGISTRATION FORM

DATE: 22/03/2024

# TEACHERS

| Sl. No | Name (BLOCK)               | Department / <del>Signature</del> | Signature       |
|--------|----------------------------|-----------------------------------|-----------------|
| 1      | Georgina B. Khachar        | Education                         | Georgina        |
| 2      | GENIFA KHARBANI            | EDUCATION                         | Genifa          |
| 3      | AUDREY D. DOHLING          | BSW                               | Audrey          |
| 4      | ANANDAIA Sywakani          | MSW                               | Anandaia        |
| 5      | Mr. F.F. J. Duryani        | Sociology                         | F.F. J. Duryani |
| 4      | WILLIAM B.F. LYMKAH        | Sociology                         | William         |
| 5      | LORRAINE CLAUDIA MASSAR    | Economics                         | Lorraine        |
| 6      | LABET P. PHANBUH           | Economics                         | Labet           |
| 7      | DR. JENNIEFER DKHAR        | ENGLISH                           | Jennifer        |
| 8      | Dr. ROSA M. MAWLONG        | KHASI                             | Rosa            |
| 9      | MEBARI VANESSA R. DORPHANG | ZOOLOGY                           | Mebari          |
| 10     | GRAHAM B. RANEE            | ZOOLOGY                           | Graham          |
| 11     | DR. O. N. GONSALVES        | INCUBATION CENTRE                 | O. N. Gonsalves |
| 12     | RAJESH DUTTA               | ECONOMICS                         | Rajesh          |
| 13     | Balchuba R. Marak          | Sociology                         | Balchuba        |
| 14     | NAFISABETH SYIEMLIH        | Sociology                         | Nafisabeth      |
| 15     |                            |                                   |                 |
| 16     |                            |                                   |                 |
| 17     |                            |                                   |                 |
| 18     |                            |                                   |                 |

Teachers

Teachers

Teachers

| Sl. No | Name BLOCK                               | Department       | Signature  |
|--------|--|------------------|------------|
| 19     | JARISA ANETTE R. DORPHANG                | SOCIAL WORK (UG) | Jarisa     |
| 20     | SHUBHANKAR SARMA                         | SOCIOLOGY        | Shubhankar |
| 21     | <del>DR. ANIKA</del> DR. ANIKA K. SHADAP | Economics        | Anika      |
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# DEPARTMENT OF EDUCATION SEMINAR

## STUDENTS REGISTRATION FORM

DATE: 22/03/2024

| Sl. No | Name (Block)               | Department / Semester | Signature |
|--------|----------------------------|-----------------------|-----------|
| 1      | Gallito Nialan             | Sociology 4th         |           |
| 2      | J. LALREMPII J             | Education 1st         |           |
| 3      | ELINA V. HINGHIANZUALI     | Education 1st         |           |
| 4      | M.K. LAI HUAN SANGI        | Education 1st         |           |
| 5      | LARIHON LYNGDOH            | Education 1st         |           |
| 6      | DARSALA KHAEMUSAI          | Education 1st         |           |
| 7      | ASHI RABHA                 | Education 1st         |           |
| 8      | ALBA SENGIERA B. MARAK     | Education 1st         |           |
| 9      | JENNY LAHREVAIZELI         | Education 1st         |           |
| 10     | SAMUEL KONGSANG KHONGSANG  | Education 1st         |           |
| 11     | Aijingsuk Ponthmi          | Education 1st         |           |
| 12     | PHI TADA KHONGTAM          | Education 1st         |           |
| 13     | JESSICA SALDAMANI SINGHANG | Education 1st         |           |
| 14     | CAROLINE SANGHAI LAMKANG   | Education 1st         |           |
| 15     | SAMUEL LUNGOUN KHONGSANG   | Education 1st         |           |
| 16     | MATHIKA CHONGHANG          | Education 1st         |           |
| 17     | JOYKALI AYE                | Education 1st         |           |
| 18     | MICHELLE DHAR              | Education 1st         |           |
| 19     | KASIN CHEMLKANG D. MARAK   | Education 1st         |           |
| 20     | EVEN CHAKMA                | Education 1st         |           |

# STUDENTS

| Sl. No | Name / BLOCK           | Department / Semester   | Signature |
|--------|------------------------|-------------------------|-----------|
| 66     | BANKOROR WAHLANG       | POLITICAL SCIENCE / 4th |           |
| 67     | PAWELIN SONGEL         | POLITICAL SCIENCE / 4th |           |
| 68     | Benjamin Doungel       | Sociology 4th Sem       |           |
| 69     | GUNGUN SAKMA           | Economics 4th Sem       |           |
| 70     | VIKASH KUMAR RAY       | Economics 4th Sem       |           |
| 71     | THUMMAYA SONGEL        | PHYSICS 6th Sem         |           |
| 72     | HITA H/DA VANATHAPUI   | BIOCHEMISTRY 1st Sem    |           |
| 73     | LARA BALAMUK KHATHAN   | ENGLISH 1st Sem         |           |
| 74     | ANISHA PANDIT          | English 1st Sem         |           |
| 75     | KONGJAN PANDIT         | English 1st Sem         |           |
| 76     | PASIMYONGEN DITAS      | English 1st Sem         |           |
| 77     | JELLY VEDIAN SINGHAPAI | English 1st Sem         |           |
| 78     | KONGJAN KHONGSANG      | English 1st Sem         |           |
| 79     | ALAN GEE BUNGEL        | English 1st Sem         |           |
| 80     | ALAN GEE BUNGEL        | English 1st Sem         |           |
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| 87     | ALAN GEE BUNGEL        | English 1st Sem         |           |
| 88     | ALAN GEE BUNGEL        | English 1st Sem         |           |
| 89     | ALAN GEE BUNGEL        | English 1st Sem         |           |

| Sl. No | Name / BLOCK                | Department / Sem  | Signature |
|--------|-----------------------------|-------------------|-----------|
| 19     | BINITA SAPKOTA              | EDUCATION         |           |
| 20     | YIMAT YIMKUMARO. OZUKUM     | EDUCATION 1st Sem |           |
| 21     | Gopin Kumar                 | EDUCATION 1st     |           |
| 22     | K. BEVENHATHA               | EDUCATION 1st     |           |
| 23     | LAKKI EAKY D. SANGMA        | EDUCATION 1st     |           |
| 24     | THANGHANG HANGHANG HANGHANG | EDUCATION 1st     |           |
| 25     | SEIMHUN KIRAN               | EDUCATION 1st     |           |
| 26     | MANEAL HARIL                | EDUCATION 1st     |           |
| 27     | ALISH SONGHAIHOT TOUTHANG   | EDUCATION 1st     |           |
| 28     | L. RABAL CHANG              | EDUCATION 1st     |           |
| 29     | THANGHANG HANGHANG          | EDUCATION 1st     |           |
| 30     | DANIEL L. TOUTHANG          | EDUCATION 1st     |           |
| 31     | KHISOR KUMAR                | EDUCATION 1st     |           |
| 32     | HELONG CHAKMA               | EDUCATION 1st     |           |
| 33     | C. PRECILLA LHOVUM          | EDUCATION 1st     |           |
| 34     | BOBBY SULTANA LASEAR        | EDUCATION 1st     |           |
| 35     | BOBBY SULTANA LASEAR        | EDUCATION 1st     |           |
| 36     | BOBBY SULTANA LASEAR        | EDUCATION 1st     |           |
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| 40     | BOBBY SULTANA LASEAR        | EDUCATION 1st     |           |
| 41     | BOBBY SULTANA LASEAR        | EDUCATION 1st     |           |

| Sl. No | Name / BLOCK         | Department / Semester     | Signature |
|--------|----------------------|---------------------------|-----------|
| 90     | NANDAPHI K. BARMON   | BSW / 1st Sem             |           |
| 91     | LOUISA KHAKKANGOR    | ENGLISH / 1st SEM         |           |
| 92     | BANRI KINTI LYNGHOT  | BSW 1st Sem               |           |
| 93     | WAILAD PRAWA         | BSW 1st Sem               |           |
| 94     | CHRISTINE HONGSANG   | BSW 1st Sem               |           |
| 95     | BIEMANGA LINGCHAB    | POL SCIENCE 4th Sem       |           |
| 96     | YENGKHAM ANJITA DEVI | PHYSICS 6th SEM           |           |
| 97     | SENDERSON BARMON     | POLITICAL SCIENCE 4th Sem |           |
| 98     | KELTYNIA SONGEL      | POLITICAL SCIENCE 4th Sem |           |
| 99     | SENDERSON BARMON     | POLITICAL SCIENCE 4th Sem |           |
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| 113    | SENDERSON BARMON     | POLITICAL SCIENCE 4th Sem |           |

| Sl. No | Name / BLOCK             | Department / Semester     | Signature |
|--------|--------------------------|---------------------------|-----------|
| 42     | MANUJIT LAL VAIPHEI      | EDUCATION 1st             |           |
| 43     | DAVID CALENGZANA         | GEOGRAPHY 4th             |           |
| 44     | ADITHYAN S. D. SANGMA    | EDUCATION 1st             |           |
| 45     | ANASKRITI SAHA           | Sociology 4th             |           |
| 46     | SHIVANI DEVI             | Sociology 4th             |           |
| 47     | NARARIA R. MARAK         | EDUCATION 1st             |           |
| 48     | LAVISA A. SANGMA         | SOCIOLOGY 1st             |           |
| 49     | M. JESSICA .KOM          | Sociology 4th             |           |
| 50     | NENGHUNHAI CHONGHAI      | Sociology 4th             |           |
| 51     | ANUSKATI H. ANUSKATI     | BSW 1st                   |           |
| 52     | SILVIA CHINGHANGHAI      | BSW 1st                   |           |
| 53     | GERBIA A. MUIFONGHAI     | Sociology 4th             |           |
| 54     | HERANKERLAKA K. SACHHANG | Sociology 4th             |           |
| 55     | ORAZHUBANNA K. KHARJAHAN | BSW 1st                   |           |
| 56     | SATINILLA NONCPHOD       | BSW 1st                   |           |
| 57     | APRYMENTALONG JONGHANG   | BSW 1st                   |           |
| 58     | GOURANGA RABA            | BSW 1st                   |           |
| 59     | HACHINA D. D. RUPAI      | POLITICAL SCIENCE 1st SEM |           |
| 60     | SENDERSON KHAIR KONGOR   | BSW 1st                   |           |
| 61     | ANUSKATI H. ANUSKATI     | Physics - 6th             |           |
| 62     | FEDDIA S. OTHAN          | BSW 1st                   |           |
| 63     | VIVIANI N. N. N. N.      | Political Science - 4th   |           |
| 64     | JOFFERDIT HANG           | Political Science - 4th   |           |
| 65     | LYDIA RIVA YS            | Physics 6th Sem           |           |

# Students

| Sl. No | Name / BLOCK             | Department / Semester | Signature |
|--------|--------------------------|-----------------------|-----------|
| 114    | SHANMUKHAR LINGCHAB      | Political Science 4th |           |
| 115    | JESMIN CHAKMA            | Economics / 4th Sem   |           |
| 116    | Yash Kumar Singh         | Economics / 4th Sem   |           |
| 117    | ENRICH ALBERT MARRANIANG | Economics / 4th Sem   |           |
| 118    | ALAN NEIL MINGCH         | Economics / 4th Sem   |           |
| 119    | SENDERSON BARMON         | Economics / 4th Sem   |           |
| 120    | SENDERSON BARMON         | Economics / 4th Sem   |           |
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| 137    | SENDERSON BARMON         | Economics / 4th Sem   |           |





| Sl. No | Name/Block          | Department/Semester           | Signature |
|--------|---------------------|-------------------------------|-----------|
| 162    | LUCKYTUSH D. SANGMA | Physics 6 <sup>th</sup> Sem   | L. Sangma |
| 163    | ASHISH MEITEI       | Physics 6 <sup>th</sup> Sem   | A. Meitei |
| 164    | BUTE ALBERT VAIPHEI | Education 1 <sup>st</sup> Sem | Albert    |
| 165    | SUJAL THAKUR        | BCA 4 <sup>th</sup> Sem       | Sujal     |
| 166    |                     |                               |           |
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Students

| Sl. No | Name/Block          | Department/Semester                    | Signature      |
|--------|---------------------|--|----------------|
| 188    | PINKY PAUL          | PHYSICS / 6 <sup>th</sup> SEMESTER     | P. Paul        |
| 189    | LIZA DEBBARMA       | PHYSICS / 6 <sup>th</sup> SEMESTER     | Liza D/B.      |
| 190    | MEIDINGGU GANGMEI   | SOCIAL WORK / 1 <sup>st</sup> SEMESTER | M. Gangmei     |
| 191    | DAMINOT RUPHANG     | SOCIAL WORK / 1 <sup>st</sup> SEMESTER | D. Ruphang     |
| 192    | Shankupat Ryniah    | Social Work / 1 <sup>st</sup> Semester | S. Ryniah      |
| 193    | WANLAM GYM PAD      | ZOOLOGY / 6 <sup>th</sup> SEMESTER     | W. Gym Pad     |
| 194    | SAHIL THAKUR        | ZOOLOGY / 6 <sup>th</sup> SEMESTER     | S. Thakur      |
| 195    | MARIA K LAHRIATPUII | ZOOLOGY / 6 <sup>th</sup> SEM          | M. Lahriatpuii |
| 196    | KIM HAKIP           | POL. SC / 4 <sup>th</sup> SEM          | K. Hakip       |
| 197    | NILISA TARIANG      | POL. SC / 4 <sup>th</sup> SEM          | N. Tariang     |
| 198    | SAPHIBANROI SUSNGI  | ECONOMICS / 4 <sup>th</sup> SEM        | S. Susngi      |
| 199    | NGIPLO CHUHWANGLIM  | ECONOMICS / 4 <sup>th</sup> SEM        | N. Chuhwanglim |
| 200    | BENJONGSANGKA JANIR | ECONOMICS / 4 <sup>th</sup> SEM        | B. Janir       |

## TWO-PART SERIES OF SPECIAL LECTURE

The Education Department at St. Edmund's College, Shillong, organized a highly successful two-part lecture series on March 22, 2024. The event aimed to address the crucial topics of mental health in higher education and motivation and engagement among students. The main speaker for the program was Dr. Tania Sur Roy, the Head of the Education Department at Assam Don Bosco University. The lecture series witnessed a remarkable turnout, with approximately 154 participants in attendance.

### PROGRAM DETAILS:

Miss Clarissa Nongbet, a Guest Faculty of the Education Department, served as the host for the event. The program commenced with an invocation prayer led by Dr. B.W. Nongbri, the Dean of St. Edmund's College. Miss Genifa Kharbani, the Head of the Education Department, delivered a warm welcome address to set the tone for the seminar. Dr. Capt. K.P.P Pallavi Malhan, Vice Principal (Academic) formally introduced Dr. Tania Sur Roy, acknowledging her expertise and contributions in the field of education. In recognition of her presence, a token of appreciation was presented to Dr. Roy. Dr. Br. Simon Coelho, Principal of St. Edmund's College, expressed his profound gratitude to Dr. Roy and all distinguished guests for their participation. Professor Monotosh Chakravarty, Vice Principal (Administration), further enriched the program with insightful opening remarks.

**DR. TANIA SUR ROY, GUEST  
SPEAKER**



**DR. BR. SIMON COELHO,  
PRINCIPAL I/C, ST. EDMUND'S  
COLLEGE**



**MISS GENIFA KHARBANI, HOD,  
EDUCATION DEPARTMENT**



**DR. CAPT. K.P. PALLAVI  
MALHAN, VICE  
PRINCIPAL (ACADEMIC),  
ST. EDMUND'S COLLEGE**



**DR. B.W. NONGBRI  
DEAN OF  
ST. EDMUND'S  
COLLEGE**



**PROF. MONOTOSH  
CHAKRAVARTY, THE  
VICE PRINCIPAL (ADMIN)**





## SESSION 1: MENTAL HEALTH IN HIGHER EDUCATION:



### Session 1

In the first session, aptly titled "Mental Health in Higher Education," Dr. Tania Sur Roy began by warmly introducing herself. She fostered a welcoming and inclusive environment, ensuring that every participant felt comfortable and ready to engage with the topic. Recognizing the importance of mindfulness, Dr. Roy guided the participants through a video-mediated meditation session, promoting a sense of tranquility and focus. She then expertly navigated the challenges faced by students in managing mental health within a demanding academic landscape. Dr. Roy's presentation resonated deeply, offering valuable strategies and initiatives for supporting student well-being. Throughout the session, she incorporated engaging activities that encouraged active participation from both students and teachers, fostering a dynamic learning experience.





## SESSION 2: MOTIVATION AND ENGAGEMENT:



In the second session, Dr. Tania Sur Roy continued with her engaging approach. She began by showing a captivating story about Mr. Falker. Dr. Roy then proceeded with her presentation on various aspects related to motivation and engagement among students. She covered topics such as the importance of motivation, different types of motivation, strategies for engaging students in the classroom, the role of self-efficacy and goal setting, creating a positive learning environment, the impact of technology on motivation, learning styles, and the use of evaluation to drive motivation and engagement.





## QUESTION AND ANSWER SESSION

After the second session, a vibrant question and answer session took place, where numerous students actively participated by asking thought-provoking questions. Dr. Tania Sur Roy graciously addressed each query, providing insightful and comprehensive responses.







## CLOSING REMARKS

Miss Georgina Kharlukhi, a faculty member in the Department of Education, delivered a sincere and heartfelt vote of thanks. She expressed deep appreciation to Dr. Tania Sur Roy, management, faculty members and all the participants for their valuable contributions and active engagement throughout the event. To commemorate the event, a group photo was taken, capturing the attendees' cherished memories. The program concluded with a refreshment session, providing an opportunity for informal interactions and further networking among the participants.



**DR. TANIA, DR. B.W. NONGBRI, DR. CAPT. K.P.P. PALLAVI (VP) AND  
FACULTY MEMBER**



**MISS GEORGINA B. KHARLUKHI,  
FACULTY MEMBER**





## OVERALL SUCCESS

The lecture series attracted a significant audience of approximately 154 participants. The program fostered a deeper understanding of mental health and student engagement, providing valuable insights for both students and faculty. This successful event equipped attendees with practical strategies to support student well-being and promote a more engaging learning environment. We are particularly grateful to Dr. Tania Sur Roy for her invaluable expertise and engaging presentations. Her insights will undoubtedly have a lasting impact on our institution's approach to student well-being and academic success





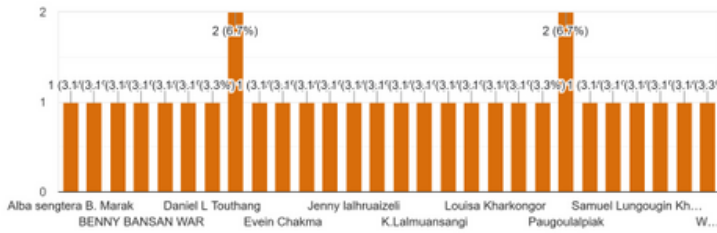
# CERTIFICATE



# FEEDBACK

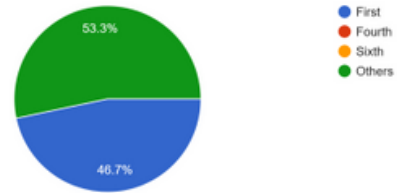
Name

30 responses



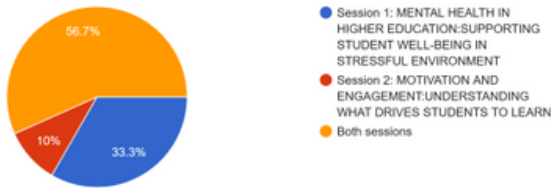
Semester

30 responses



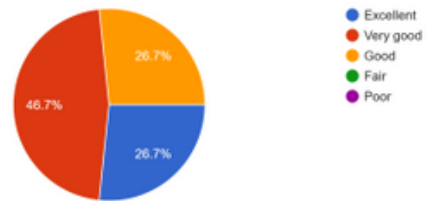
Which session of the lecture did you attend?

30 responses



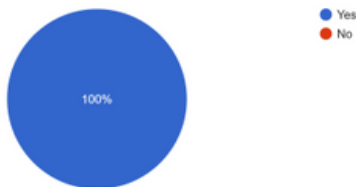
How would you rate the resource person's delivery and presentation skills?

30 responses



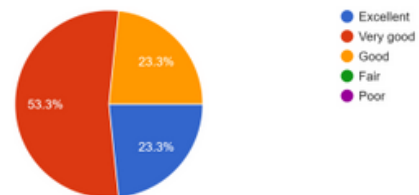
Did the lecturer create a positive and engaging learning environment?

30 responses



How was the overall program?

30 responses



What aspects of the lecture did you find most valuable or interesting?

30 responses

The kind reaction of the lecturer toward the student

Supporting the students in stressful environment

In traditional system they didn't give importance to mental health and well being but slowly the world changes giving importance to it which help the students in needs

I find the The balloon game that others play very interesting and I think the lessons we learn from the game is valuable

Getting motivation to learn more and in implementing it in day to day life

Any additional comments or feedback you would like to provide?

30 responses

It was a good experience

The programme is excellent and motivate us thoroughly

NA

It's fine and good

Maybe some more activities

I wish if they conduct more lectures like this in the future. It was really helpful

It was a great opportunity to be able to attend this session

It was an excellent experience for me