

REPORT ON WORLD YOUTH SKILLS DAY (15.07.24)

Aligned with the United Nations' objective to recognise and encourage creativity amongst youth to enhance fulfilling employment, the Sociology Department, under the patronage and support of the management of the college, organised a one day workshop to celebrate this important day for youth.

OBJECTIVE-

- To create awareness on the role youth can play in nation building and in creating a congenial society for growth.
- To create awareness on the multiple avenues for start ups, employment and skill development.
- To create awareness on self reliance.
- To enhance communication skills (this is also a part of the SEC Under the FYUP(NEP 2020)
- To create awareness on the importance of health and wellness.

Sessions- The workshop was divided into two sessions.

Session 1- The first session was conducted by a well known radio personality and voice coach, Mr. Gordon J. Thabah. Gordon is an alumnus of the college. The session was very interactive as the resource person talked about 'what is required' to establish a healthy rapport and effective communication in different situations.

Session 2- The second session was taken by Miss Dapalie Warjri recipient of the Youth Icon Award by DEMNTV, and owner and founder of Linna Dance and Fitness Academy. Among other things Miss Dapalie is a certified Zumba instructor and initiated aqua Zumba in the state of Meghalaya. She started her session through a

presentation/ lecture on the value of health and wellness and how to optimise health benefits through correct exercises, diet and lifestyle.

She took the crowd to her stride as she demonstrated a few zumba steps where she received very enthusiastic response from all participants.

OUTCOME-

SESSION 1

- The students were able to understand the importance of effective communication in dealing with different situations in life.
- They came to realise the need for prompt and confident speaking especially in the face of an interview.
- They were made to understand how important ‘choice of words’ to prove a point without incurring injury to people’s sentiments.
- The students were made to understand that effective communication cannot take place in the absence of poor listening skills or wavering attention.

SESSION 2

- The students got to understand that:-
- Health issue is not associated only with old age.
- Health issues may not always be physical and readily visible, but can be mental and less visible
- Health benefits can be reaped through dance or physical exercises.
- Discipline lifestyle and regular exercise is the ticket to good health.
- Taking part in the zumba session not only created excitement among the students, but it enabled them to come to terms that ‘a healthy mind in a healthy body’ is the best combination and something worth striving for.

The programme was conducted in the College Auditorium and stretched for two and a half hours.

ATTENDANCE:

Name	Designation	Semester
Bobby Sultana Laskar	Student	Second Semester
Andrian	Student	Second Semester
Biakhmangaihsanga Pautu	Student	Fifth Semester
Seiminlun Kipgen	Student	Second Semester
Ibasuk Khyriem	Student	Fifth Semester
J.Pdahkasiej	Student	Second Semester
Dr. Ronald Peel Kharshiing	Assistant Professor	Others
Liona Moirangthem	Student	Second Semester
Lalruatmawii	Student	Fifth Semester
Tithi Rupini	Student	Fifth Semester
Nabya Kalita	Student	Second Semester
Ochin Ch Marak	Student	Fifth Semester
Chesrang K Momin	Student	Second Semester
Wanpli Kharwanlang	Assistant Professor	Others
Harshini Saikia	Student	Second Semester
Imsubenla	Student	Fifth Semester
Dr. Rosa Mystica Mawlong	Assistant Professor	Others
Tiakumla Imchen	Student	Fifth Semester
Kothomati Debbarma	Student	Second Semester
Bhaktima Brahma	Student	Fifth Semester
Khisor Kumar	Student	Second Semester
VI Hmangaihi	Student	Fifth Semester
VI Tleipuii	Student	Fifth Semester
Airis Marbaniang	Student	Second Semester
Mepyn Tongper	Student	Fifth Semester
Angel Lalhuolhim	Student	Second Semester
Gallileo Nialang	Student	Fifth Semester
L.Shiluchubala Imchen	Student	Fifth Semester
Ivestfeller Lyngdoh Rngaid	Student	Fifth Semester
Nengnunhoi Chongloi	Student	Fifth Semester
Manjur Jamali Laskar	Student	Second Semester
Sukanya Deka	Student	Fifth Semester
Akumnaro Imsong	Student	Second Semester
Sarah Elizabeth Darngawn	Student	Fifth Semester
Dean F. Marbaniang	Student	Second Semester
Augustine	Student	Second Semester
Adrina S. K Marak	Student	Fifth Semester
Neema Lama	Student	Second Semester
Faustina T Jyrwa	Student	Second Semester
Shyamsruti Debbarma	Student	Fifth Semester

Hosea Lalchunghnung Inbuon	Student	Second Semester
Jordan Hynniewta	Student	Second Semester
Alfiroza G Mawthoh	Student	Second Semester
Angela Hoihneihthiem	Student	Second Semester
Dapimaya Shylla	Student	Second Semester
L Jessie Khongsai	Student	Second Semester
Badapdianghun Khongsngi	Student	Fifth Semester
Ayaskriti Saha	Student	Fifth Semester
Lhingpithem Baite	Student	Fifth Semester
Shivani	Student	Fifth Semester
Fatima Khriam	Student	Fifth Semester
Mebankerlang Suchiang	Student	Fifth Semester
Aichi Wasane A Sangma	Student	Fifth Semester
Pherdor Khardewsaw	Student	Fifth Semester
Freeddy Lamare	Student	Second Semester
Mawifamkim	Student	Second Semester
Lhingngainem Haokip	Student	Second Semester
Ridashisha Warjri	Student	Fifth Semester
Weyo Kapfo	Student	Fifth Semester
Gerald Gareth Myllemngap	Student	Fifth Semester
Phitoriakor Kharmujai	Student	Second Semester
Azelea Adreana Pyngrope	Student	Second Semester
Ankit Thapa	Student	Fifth Semester

FEEDBACK:

Name	Designation	How relevant is the content of the programme?	How is the content the programme?	How would you grade the resource persons? [Mr. Gordon Thabah (Content)]	How would you grade the resource persons? [Mr. Gordon Thabah (Delivery)]
Bobby Sultana Laskar	Student	4	4	Good	Good
Andrian	Student	3	5	Excellent	Excellent
Biakhmangaihsanga Pautu	Student	5	5	Excellent	Excellent
Seiminlun kipgen	Student	5	5	Excellent	Excellent
Ibasuk khyriem	Student	5	5	Excellent	Excellent
J.Pdahkasiej Master Of Social Work 2nd sem	Student	5	5	Excellent	Excellent

Dr. Ronald Peel Kharshiing	Assistant Professor	4	4	Satisfactory	Satisfactory
Liona Moirangthem	Student	5	5	Satisfactory	Good
Lalruatmawii	Student	5	5	Excellent	Excellent
Tithi Rupini	Student	5	5	Excellent	Excellent
Nabya kalita	Student	5	5	Excellent	Excellent
Ochin ch Marak	Student	3	5	Excellent	Excellent
Chesrang K Momin	Student	5	5	Good	Good
WANPLI K HARWANLANG	Assistant Professor	5	5	Excellent	Excellent
Harshini Saikia	Student	5	5	Good	Excellent
Imsubenla	Student	4	4	Excellent	Excellent
Dr. Rosa Mystica Mawlong	Assistant Professor	5	5	Excellent	Excellent
Tiakumla Imchen	Student	4	4	Excellent	Excellent
Kothomati Debbarma	Student	3	3	Good	Satisfactory
BHAKTIMA brahma	Student	5	5	Good	Good
Khisor kumar	Student	5	5	Good	Good
VL Hmangaihi	Student	5	4	Good	Good
VL Tleipuii	Student	3	4	Good	Good
Airis Marbaniang	Student	5	4	Good	Good
Mepyn Tongper	Student	3	4	Excellent	Excellent
Angel Lalhuolhim	Student	4	4	Excellent	Excellent
Gallileo Nialang	Student	3	3	Good	Good
L.Shiluchubala imchen	Student	4	5	Satisfactory	Good
Ivestfeller Lyngdoh Rngaid	Student	3	3	Good	Satisfactory
Nengnunhoi Chongloi	Student	5	4	Good	Excellent
Manjur Jamali Laskar	Student	3	3	Good	Good
Sukanya Deka	Student	5	5	Good	Good
Akumnaro Imsong	Student	5	5	Good	Excellent
Sarah Elizabeth Darngawn	Student	2	2	Good	Good
Dean F. Marbaniang	Student	4	5	Good	Excellent
Augustine	Student	4	4	Excellent	Excellent
Adrina S. K Marak	Student	5	5	Excellent	Excellent
Neema Lama	Student	4	4	Excellent	Excellent
Faustina T Jyrwa	Student	4	5	Excellent	Excellent
Shyamsruti Debbarma	Student	5	5	Good	Good
Hosea	Student	3	3	Good	Good

Lalchunghnung Inbuon					
Jordan Hynniewta	Student	3	3	Good	Good
Alfiroza G Mawthoh	Student	5	5	Good	Good
Angela Hoihneihthiem	Student	4	4	Good	Good
Dapimaya Shylla	Student	5	4	Satisfactory	Satisfactory
L Jessie Khongsai	Student	4	4	Good	Good
Badapdianghun Khongsngi	Student	4	5	Excellent	Excellent
Ayaskriti Saha	Student	5	5	Good	Good
Lhingpithem Baite	Student	5	5	Good	Good
Shivani	Student	5	5	Good	Good
Fatima khriam	Student	5	5	Good	Good
Mebankerlang suchiang	Student	4	5	Satisfactory	Satisfactory
Aichi Wasane A Sangma	Student	4	4	Good	Good
Pherdor Khardewsaw	Student	5	5	Good	Excellent
Freedy Lamare	Student	5	5	Excellent	Excellent
Mawifamkim	Student	4	5	Good	Excellent
Lhingngainem Haokip	Student	4	4	Good	Good
Ridashisha Warjri	Student	5	5	Good	Good
Weyo Kapfo	Student	5	5	Good	Good
Gerald Gareth Mylliemngap	Student	5	5	Excellent	Excellent
Phitoriakor Kharmujai	Student	1	1	Good	Good
Azelea Adreana Pyngrope	Student	5	5	Good	Excellent
Ankit Thapa	Student	4	4	Excellent	Good

Continuation of feedback:

Name	Designation	How would you grade the resource persons? [Ms Dapalei Warjri (Content)]	How would you grade the resource persons? [Ms Dapalei Warjri (Delivery)]	Overall Experience of the programme.	Any Other suggestions
Bobby Sultana Laskar	Student	Good	Good	4	It was fine
Andrian	Student	Excellent	Good	4	No
Biakhmangaihsanga Pautu	Student	Excellent	Excellent	5	No
Seiminlun kipgen	Student	Excellent	Excellent	5	Yes these are great as what they did and teach us.
Ibasuk khyriem	Student	Excellent	Excellent	5	Nothin
J.Pdahkasiej Master Of Social Work 2nd sem	Student	Excellent	Excellent	5	No
Dr. Ronald Peel Kharshiing	Assistant Professor	Satisfactory	Satisfactory	4	No
Liona Moirangthem	Student	Excellent	Excellent	5	No
Lalruatmawii	Student	Excellent	Excellent	5	More physical class
Tithi Rupini	Student	Excellent	Excellent	5	No
Nabya kalita	Student	Excellent	Excellent	5	More programs like these
Ochin ch Marak	Student	Excellent	Excellent	4	No
Chesrang K Momin	Student	Good	Good	5	Nothing
WANPLI KHWANLANG	Assistant Professor	Excellent	Excellent	5	No
Harshini Saikia	Student	Excellent	Excellent	5	None
Imsubenla	Student	Good	Good	4	No
Dr. Rosa Mystica Mawlong	Assistant Professor	Excellent	Excellent	5	According to me, the programme was excellent. Thank you so much for all of you in the Sociology department. All the Best for the coming

					programmes
Tiakumla Imchen	Student	Good	Good	4	No
Kothomati Debbarma	Student	Excellent	Excellent	4	No suggestion
BHAKTIMA brahma	Student	Excellent	Excellent	5	No
Khisor kumar	Student	Good	Good	1	I don't have any suggestion because they are so good .
VL Hmangaihi	Student	Good	Good	4	None
VL Tleipuii	Student	Good	Good	4	Non
Airis Marbaniang	Student	Good	Good	5	No
Mepyn Tongper	Student	Good	Excellent	4	None
Angel Lalhuolhim	Student	Excellent	Excellent	4	would love to do zumba again but with an extra set of clothes
Gallileo Nialang	Student	Good	Good	3	The very enjoyable
L.Shiluchubala imchen	Student	Good	Satisfactory	5	No
Ivestfeller Lyngdoh Rngaid	Student	Good	Good	3	No
Nengnunhoi Chongloi	Student	Good	Excellent	5	None
Manjur Jamali Laskar	Student	Good	Excellent	3	Refreshments in between the program and not at the end
Sukanya Deka	Student	Excellent	Excellent	5	none
Akumnaro Imsong	Student	Good	Excellent	4	To invite more and more successful alumnis for college programmes to share their experiences and inspire students.
Sarah Elizabeth Darngawn	Student	Good	Excellent	2	No
Dean F. Marbaniang	Student	Good	Excellent	5	.
Augustine	Student	Satisfactory	Satisfactory	5	No
Adrina S. K Marak	Student	Excellent	Excellent	5	-
Neema Lama	Student	Excellent	Excellent	4	No
Faustina T Jyrwa	Student	Excellent	Excellent	5	The programme was smooth and well

					managed,hence no suggestions.
Shyamsruti Debbarma	Student	Good	Good	5	No
Hosea Lalchunghnung Inbuon	Student	Good	Good	3	Wish we can do more programs like this
Jordan Hynniewta	Student	Poor	Satisfactory	3	I would've liked some more information on health and fitness and how zumba helps with these, and why it could be better for some people than others etc, the speech was too short whereas the zumba session was too dragged out
Alfiroza G Mawthoh	Student	Good	Good	5	Nothing it was so good
Angela Hoihneihthiem	Student	Excellent	Excellent	4	No I don't have any other in particular
Dapimaya Shylla	Student	Good	Good	5	No
L Jessie Khongsai	Student	Excellent	Excellent	4	No
Badapdianghun Khongsngi	Student	Excellent	Excellent	4	No
Ayaskriti Saha	Student	Excellent	Excellent	5	no
Lhingpithem Baite	Student	Good	Good	5	No
Shivani	Student	Excellent	Excellent	5	no
Fatima khriam	Student	Good	Good	3	No
Mebankerlang suchiang	Student	Satisfactory	Satisfactory	4	It's was a good experience... I'm so bless
Aichi Wasane A Sangma	Student	Good	Good	4	None
Pherdor Khardewsaw	Student	Excellent	Excellent	5	None
Fredy Lamare	Student	Excellent	Excellent	5	No
Mawifamkim	Student	Excellent	Good	4	nothing much
Lhingngainem Haokip	Student	Excellent	Excellent	5	No
Ridashisha Warjri	Student	Excellent	Excellent	4	Nil

Weyo Kapfo	Student	Good	Good	5	.
Gerald Gareth Mylliemngap	Student	Excellent	Excellent	5	No comments
Phitoriakor Kharmujai	Student	Good	Good	1	No
Azelea Adreana Pyngrope	Student	Excellent	Excellent	4	More programs that also involve activities
Ankit Thapa	Student	Good	Excellent	4	Nothing



SOCIOLOGY DEPARTMENT ST. EDMUND'S COLLEGE, SHILLONG

IN COLLABORATION WITH IQAC

INVITES YOU TO THE CELEBRATION OF WORLD YOUTH SKILLS DAY

DATE: 15TH JULY, 2024

TIME: 11:00 A.M. - 02:00 P.M.

VENUE: COLLEGE AUDITORIUM

WORKSHOP ON

**YOUTH VOICES: MASTERING
THE ART OF COMMUNICATION**

**ZUMBA: A WAY TO
HEALTH & FITNESS**



RESOURCE PERSON

MR. GORDON THABAH

RADIO PERSONALITY



RESOURCE PERSON

MS. DAPALEI WARJRI

OWNER & FOUNDER, LINNA
DANCE & FITNESS ACADEMY



SHILLONG DEPARTMENT
ST. EDMUND'S COLLEGE, SHILLONG
WORLD YOUTH SKILLS DAY
15th JULY 2024
10:30 AM - 12:30 PM
VENUE: BALLROOM

WORKSHOP BY
LADIES' LINDA VASANTHINI, M.A. (M.A. IN ENGLISH)
GENTLEMEN' MS. DAPALSI WABLAN

GPS Map Camera

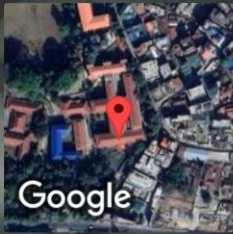


Shillong, Meghalaya, India
HV8W+RMR St. Edmund's College, Laitumkhrah, Shillong, Meghalaya 793003, India
Lat 25.567193°
Long 91.897024°
15/07/24 11:49 AM GMT +05:30



HEALTH BENEFITS

BLESSED EDMUND RICE
1762 - 1844



Shillong, Meghalaya, India

HV8W+RMR St. Edmund's College, Laitumkhrah, Shillong, Meghalaya 793003, India

Lat 25.567217°

Long 91.89703°

15/07/24 12:40 PM GMT +05:30

GPS Map Camera





Shillong, Meghalaya, India
HV8W+RMR St. Edmund's College, Laitumkrah, Shillong, Meghalaya 793003, India
Lat 25.567191°
Long 91.897003°
15/07/24 11:55 AM GMT +05:30

Google

GPS Map Camera