

Life skills training at Dimoria College



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The [National](#) Service Scheme (NSS), Dimoria College, Khetri organized a Training of Trainers (ToT) in Life Skills from October 31 to November 4. The programme was supported by the Rajiv [Gandhi National](#) Institute of Youth [Development](#) (RGNIYD) under the Ministry of Youth Affairs and [Sports](#), Govt. of [India](#). The Programme dealt with the [ten](#) core life skills identified by WHO and [UNICEF](#). Sri Sunil Basumatry, Director, NSS, [North East](#) Region inaugurated the programme on 31st October . Eminent Life Skills Trainer [Ranjan](#) K Baruah, Navmita Bhattacharjee, Prerna Agarwal, and Neeru Basumatary were the resource persons. The resource persons acquainted the 47 participants with the life skills. The participants felt that the [training](#) had a deep impact on their lives. The life skills dealt with were Self Awareness, Empathy, Critical Thinking, Creative Thinking, Problem Solving, Decision Making, Communication Skills, Interpersonal Relationships, Coping with Stress, and Coping with Emotions. The programme came to an end with the Valedictory Function on November 4th. The Chief Guest of the function was Sri Sunil Basumatry, Director, NSS, [North East](#) Region. In his valedictory address, Sri Basumatary lauded the activities of the Dimoria College Unit of the NSS in field of Youth Training. He also acquainted the participants with the activities and courses offered by RGNIYD for the youth. The Valedictory Function was attended by the [Principal](#) in-Charge, Dr. Hem Chandra Deka, Sri Rajib Dutta, Associate Professor, and [Ranjan](#) K Baruah, the resource person for the day. The ToT was coordinated by Sri Anup Dutta Baruah, Programme Officer, NSS.

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