

Women’s Cell, 2023 :

Name of Programme	“The Inner Self and DigitALL, a capacity building programme”
Date	28 th of March, 2023
Venue	College Auditorium
Funded by	Shillong College
Resource person	Smt. B. Ryngnga , Counsellor and Shri Ankush Kurkalang, Skills Trainer
Number of participants	193 Students + 14 Faculty (Names available)
Objective	Aims to help students make informed choices in areas like education, employment and mental health Develop rational, cognitive skills amidst the wave of social media and technology Promote self esteem and self confidence

Women’s cell Shillong College organised “**The Inner Self and DigitALL, a capacity building programme**” on the 28th of March,2023.. Speaking on the occasion, Resource Person Smt. B. Ryngnga, Counsellor, enlightened the young minds on many pertinent issues, like coping with negativity, realising one’s inner worth and beauty, being assertive and becoming meaningful individuals. The Resource Person also shared pointers regarding mental well being, adjustment and happiness.

The second Resource Person Shri Ankush Kurkalang, Skills Trainer, focussed on the need to carve out one’s career paths and managing opportunities regarding various levels of employment, as well as equipping oneself with relevant skills in order to climb the ladder of success. Shri Kurkalang also shared tips on understanding interviews, body language and comprehending the idea of priority with regards to the different jobs. The priority list is juggled among four factors, namely, nation, state, people and personal. He also emphasised on the difference between motivation and discipline. While the former moves one to act and do something, the latter nudges one to act even when faced with difficulties and challenges. The key phrase here being “Be strict with yourself and lenient with others.”

The Principal of Shillong College, Dr E. Kharkongor, speaking on the occasion, reminded those present of the challenging scenario regarding the inclusivity of the digital world and the rat race that is inevitable in every student’s life. The programme aimed at helping the students make informed choices in a highly digitally saturated world.

Session in progress



Participants and Resource Persons

