



গড়গাঁও মহাবিদ্যালয়
GARGAON COLLEGE





**CAPACITY DEVELOPMENT
AND
SKILLS ENHANCEMENT ACTIVITIES
2019-2020**

**SOFT SKILLS,
LANGUAGE AND COMMUNICATION SKILLS
AND
LIFE SKILLS**

5.1.2. Capacity development and skills enhancement activities taken by the institution include.



- 1. Soft Skills**
- 2. Language and Communication Skills**
- 3. Life Skills**

1. Soft Skills: For the overall development of the students, teachers and non- teaching staff of the College, the IQAC, Academic Departments and different cells of the College have undertaken different skill development initiatives at the College. Soft skills include interpersonal (people) skills, communication skills, listening skills, time management, problem-solving, leadership and empathy. The details of the programme are given below.


Title of the Program	Objectives	Date	Report Link	Official YouTube Link
TET Training Programme	To strengthen the participants' subject knowledge, pedagogical skills, and overall confidence	25-10-2019 30-10-2019		
Dibrugarh University Inter-College Youth Festival	To enhance the motor abilities like force, speed, endurance, coordination and flexibility	2019-20		
Miss Gargaon Competition	To evaluate the multifaceted qualities of the participants, offering them a stage to embody	2019-20		

	grace, confidence and eloquence			
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2. Language and Communication Skills: There are four language and communication skills: listening, speaking, reading and writing. These four skills of language allow an individual to comprehend and produce spoken language for proper and effective interpersonal communication. Different activities have been organized by the college to develop language and communication skills of the students. The details of the programme are given below.

Title	Objectives	Date	Report Link	Official YouTube Link
Cultural Rally	To teach the students about the rich culture and language of different ethnic community of north easter region	2019-20		

3. Life Skills: Life skills are defined as a group of psychosocial competencies and interpersonal skills that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with other and manage their lives in a healthy and productive manner. Different programs have been organized by the College to enhance the life skills of the students. The details of the programme are given below.

Title	Objectives	Date	Report link	Official YouTube Link
Wetland for Sustaining Life and Livelihood with Special Reference to Assam	To aware the students about the importance of conserving and preserving wetlands for sustainability and healthy livelihood	10.09.2019		



[Signature]
Principal
Gargaon College
Simaluguri