



GOVERNMENT OF WEST BENGAL

Office of the Principal

**SHAHID MATANGINI HAZRA GOVT. GENERAL DEGREE COLLEGE FOR WOMEN**

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### Report of the Event

#### **One Day workshop on Mind Management Technique, Leadership Skills, Soft Skills, and Career Counselling**

*On November 20, 2018, a seminar was held in the College Seminar Room organised by the IQAC and the NSS, featuring the speaker Ms. Sohini Chakraborty from The Art of Living Foundation. The event focused on a comprehensive list of topics, including mind management techniques, leadership skills, soft skills development, and career counselling.*

*Ms. Chakraborty's insightful presentations aimed at enriching the students' academic and personal development, providing them with the necessary tools to tackle life's challenges, make informed career choices, and excel in their respective fields.*

*The seminar was well-received by students who actively participated and engaged in the sessions, taking a step forward in their journey of self-improvement and professional growth. The organizing committee, represented by members from both IQAC and NSS, facilitated this valuable opportunity, encouraging students to leverage these learnings for their holistic development.*

*Ms. Chakraborty's expertise in career counselling was particularly beneficial, offering students clarity and direction in their career paths. This initiative by IQAC and NSS exemplified the college's commitment to nurturing well-rounded individuals, equipped to face the professional world with confidence and resilience.*

Principal  
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