

**Women Studies & Research Centre(WS&RC)
Rajiv Gandhi University
Arunachal Pradesh**

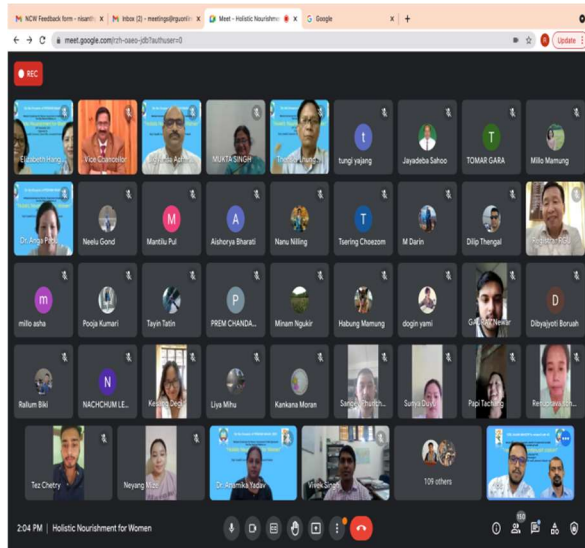
Annual Report 2021- 2022

I. Webinar Organised

- i. Organised one day National Webinar on “Holistic Nourishment for Women” on 28th, September, 2021.

The programme was sponsored by National Commission for Women (NCW), Government of India, on the occasion of POSHAN MAAH with a view to make women aware of holistic nourishment. Thus, Dept. of Education, Women Studies & Research Centre, and Career Counselling Cell Rajiv Gandhi University jointly conducted successfully the webinar through online platform. Exploring various necessary elements of holistic nourishment for women, reflecting on various issues and necessary measures for quality nutrition in women’s reproductive health, giving clear notions on nutritional management among women of reproductive age having Polycystic Ovarian Syndrome (PCOS) were the important objectives. Bringing the desired change and positive behavior towards holistic nourishment among women was the expected outcome of the webinar. The resource persons were Dr. Vanita Padwadhan, Senior Research Consultant, Department of Psychology, Jnana Prabodhini institute of Psychology, Pune, Dr. Chindeikim Lungdim, Senior Medical Officer, Rajiv Gandhi University, Arunachal Pradesh and Prof. Mukta Singh, Department of Home Science, Banaras Hindu University, Varanasi.





Webinar on holistic nourishment for women held

RONO HILLS, 28 Sep: The education department, the career counselling cell and the Women Studies and Research Centre of Rajiv Gandhi University (RGU) organized a National Commission for Women (NCW)-sponsored webinar on 'Holistic nourishment for women' on Tuesday.

Education HoD Prof Keesang Degi informed that the objective of the programme, held under the Poshan Abhiyan, was to improve the nutritional and reproductive health of women, while pro-

gramme coordinator Dr Anga Padu said that the core objective of the webinar was to create awareness on holistic nourishment for women.

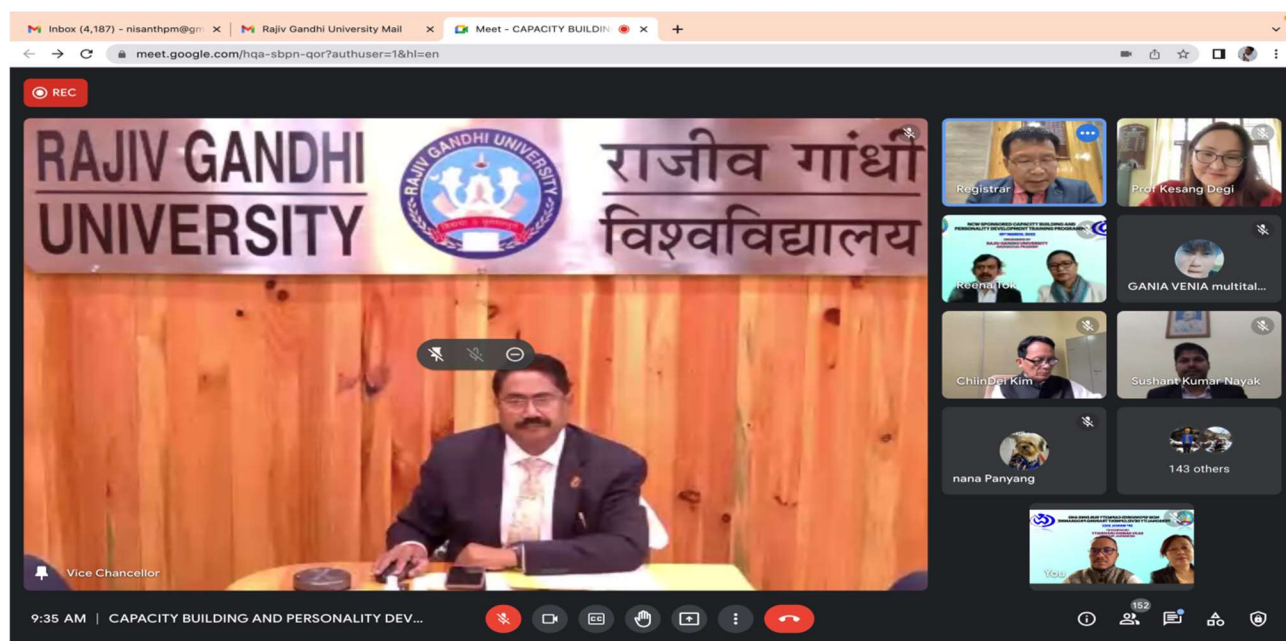
Addressing the gathering virtually, RGU Registrar Dr NT Rikam said that "it is the responsibility of men to look after the nutritional nourishment of women. If women are healthy, they can run the family happily."

Senior Research Officer Dr Ashitosh Pandey informed that "the goal of the NCW is to influence the behaviour *(Contd. on P-3)*"

2. National Commission for Women, Government of India Sponsored One Day 'Capacity Building and Personality Development Training Programme' was jointly organized by the Department of Education, Women Studies & Research Centre, Career Counselling Cell and Central Library, RGU on 31st March 2022. The objectives of the training programme were to enable students learn and apply life skills in day to day life, to strengthen professional career skills among the students with a view to choose right career for bright future and to generate awareness among students on digital literacy and effective use of social media.

The Capacity Building and Personality Development Programme for UG & PG Students was organized on 31st March, 2022 from 09:30am onwards through online mode. Emphasizing on personality development during inaugural session, Prof. Saket Kushwaha, Hon'ble Vice-Chancellor, RGU, illustrated with various pragmatic examples with a view to develop one's own persona. He has also added that time management is one of the most important types of life skills and it is essential in all spheres of life for personal capacity building. Prioritizing your tasks, setting of clear and defined goals, breaking activities into small steps, keeping a record of how successful you are managing time and delegating responsibility are strategies for effective time management. Career skills are concerned with employment. Identifying the career opportunities, considering one's own strengths and weaknesses, imparting the skills of preparing an appropriate resume for the identified career opportunities, attending the interviews and avoiding common mistakes, imparting the skills of preparing an effective presentation are very essential for bright career. Dr. N. T. Rikam, the Registrar, RGU also stressed upon significance of personality development.

Three technical sessions were carried out in this programme. In technical session-I, Prof. Rita Rani, Dept. of Psychology, Gauhati University, Guwahati, explored on personal capacity building. In technical session-II, Shri Sougata Chakraborty, Professional Career Counselor, Prefectice, delivered his talk on career skills. In technical session-III, Dr. N.A Reddy, Dept. of Education, NEHU, Shillong, has given lecture on digital literacy and effective use of social media. This program was organized by Prof. Kesang Degi, Head, Dept. of Education, Prof. T. Lhungdim, Dean, Faculty of Education, RGU, Prof. Elizabeth Hanging, Director, Women Studies and Research Centre, RGU, Prof. P.K. Acharya, Professor i/c Central Library, RGU, RGU, Dr. B. Reena Tok, Coordinator, Career Counseling Cell, RGU, Dr. C. Siva Sankar, Dr. Nisanth PM, Mr. Susanth Kumar Nayak, Dept. of Education, RGU and Ms. Neha Singh, Cousellor, NCW, New Delhi. All together around 450 students from various colleges and University of Arunachal Pradesh got benefitted from this programme.



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Vice Chancellor
To Bang Ngukir
Sushant Kumar
Prof Kesang De
Reena Tok
Sougata Chakr
Anje Rieng
Nuyang Paron
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