



RGNIYD SPONSORED TWO DAYS WORKSHOP  
ON  
**EMPLOYABILITY SKILL AND HEALTHY LIFESTYLE**

5<sup>th</sup> and 6<sup>th</sup> February 2021

ORGANISED JOINTLY BY  
RGNIYD  
&  
DEPARTMENT OF SOCIOLOGY  
PACHHUNGA UNIVERSITY COLLEGE

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## 1. PREFACE AND ACKNOWLEDGEMENT

Mizoram has lately been featured in the top of the charts in India on active prevalence of cancer and HIV/AIDS infection. Crores of rupees are spent each year in healthcare bills. For a state depending heavily on central funds it is a worrisome trend. Moreover we have seen number of students who skipped classes or are hospitalized due to ill health that can be avoided if healthy habits are practiced. Alarming, youths involving in high risk behaviours due to mental stress and peer pressures have become a challenge that need to be tackled with utmost care. Covid-19 pandemic has also informed us the need to maintain personal hygiene. Therefore it is important to educate the younger generations on healthy lifestyles so as to have active and healthy youths who are driven to make a better world. Moreover enormous amount of money spent on healthcare will be channeled for better use.

Secondly, the youths of today are well connected to the world through development of information technologies. A lot of opportunities are opened which can be grasp by them to lead a successful life. At the same time it is a world of cut throat competition where only the sincere and resilience succeed. Proper training and guidance, apart from classroom and online learning is necessary to drive the youths towards their goal, to gain confidence and to be the best in their jobs. In a world where youths are competing to achieve the best of the best it is necessary to build their skills, abilities and enhance their knowledge and interests to develop their potential and train them to face life's challenges.

It has been highlighted in various studies that effective youth development programmes can bring about positive outcome by instilling determination, discipline, awareness, responsibilities, healthy life choices and so on. However as we face the year 2020 it has been clearly depicted through Covid-19 pandemic that possessing skills and being successful in life is not the only key to happiness. When health is lost all these things have little meanings. One need to stress upon the rising unemployment rate caused by Covid-19 pandemic. It shows the uncertainty of depending on jobs that shed its employees when the going gets tough. Amidst such environment it has become a necessity to promote innovative activities that can sustain even in difficult times. Keeping the importance of health and success for a happy life,

**‘Workshop on Employability Skill and Healthy Lifestyle’** is selected as a theme for organizing youth development programme.

According to Census data 2011, the youth consists of 28% of the total population in India. The working age population has increased considerably and it has often been lamented that India needs not just an ordinary workforce but a population of youths who are appropriately skilled. Under this circumstance, the Department of Sociology feels indebted to RGNIYD for giving us the opportunity to organise a workshop to sharpen the skill and health of the youths in Mizoram.

The project to organise this workshop dated back to June 2020 when the Principal of Pachhunga University College Dr. Tawnenga intimated us of the call for proposal under RGNIYD Programme of Development of North Eastern Youth through Higher Educational Institutions. Grasping the opportunity, the Department of Sociology, Pachhunga University College had submitted a proposal to RGNIYD to organise a workshop focussing on employability skill development, entrepreneurship and health. Fortunately, RGNIYD accepted our proposal for ‘Workshop on Employability Skill and Healthy Lifestyle’ and agreed to sponsor us with Rs. 1,10,000/- The workshop was initially proposed to be held on 28<sup>th</sup> and 29<sup>th</sup> January. However, the examination schedule for the projected participants has changed for which we have to reschedule it to 5<sup>th</sup> and 6<sup>th</sup> February, 2021. We extend our heartfelt gratitude to RGNIYD for agreeing to collaborate with us and for their extensive support.

Our Principal Dr. Tawnenga has been a supportive pillar throughout-right from the initial call for proposal till the submission of report. We are privileged and thankful to have him who truly cares for the development of the youths.

We have proposed eight keynote speakers to enlighten us on varied topics. We thank them for clearing their schedule to enrich us with their knowledge and expertise. The audiences benefitted from it.

We extend our utmost gratitude to friends, colleagues and students who helped us in organising this workshop by lending their helping hands in every step of the way.

Most of all, we thank the participants who sit through the sessions, showing enthusiasm and willingness to learn, participating in activities

wilfully and placing queries to resource persons to know more. They brought about the success of this workshop.

## **2. Background of the Programme:**

Pachhunga University College over the years have organised Finishing School for graduating students to inculcate various skill to equipped students to negotiate with life's challenges. It has been a wonderful experience for students. The call for proposal from RGNIYD came during the time when learning was shifted to online mode with people in Mizoram and other States encountered lockdown and curfew due to the pandemic caused by Covid-19. People were stressed out with the new norm, shops were closed so businessmen have to take their business online, job recruitments were postponed, health awareness has become important and the pandemic has caused severe tension all around.

Therefore, when the call for proposal came, with different themes we decided to choose health, entrepreneurship and employability skill as themes to organise the workshop looking at the need of the hour. Thinking that, the pandemic would somehow subside in the new year, we wrote a proposal for 28<sup>th</sup> and 29<sup>th</sup> January, 2021 with the thought that our final year students will be able to attend it in masses as their exams will get over by December. Thankfully, it was accepted. However the Examination Department of Mizoram University has changed the dates of examination and shifted the entire UG exam to January. We proposed a new date that is 5<sup>th</sup> and 6<sup>th</sup> February, 2021 again keeping the final year students in mind. For the third time the exams for the final year students were shifted to February. But we decided to stick along with the proposed date.

We have been in a dilemma for many months as the Standard Operating Procedures under the Government of Mizoram has changed over and over again. Sometimes only 30 people were allowed to gather while other times it expanded to 50. But we wanted to have an offline workshop so we had been crossing our fingers throughout. Alas! The newest SOP released few days before the actual workshop took place has allowed the gathering of 50 people. So we ensure that the participants, volunteers and Resource Persons stick to the SOP laid down by the Government of Mizoram, to evade fines.

RGNIYD has sponsored this programme with Rs. 1,10,000/- and Pachhunga University College has agreed to lend the Seminar Hall free of cost for two days along with its staff.

Resource persons who we considered as expertise in their respective fields were contacted to speak in the workshop. They readily comply and all have delivered lectures in line with our expectations and beyond.

### **3. Objectives of the Programme:**

- i) To inculcate employability skills in the youth by increasing their capacities to land them in the job they aspire.
- ii) To foster confidence and prepare them to face challenges to reach their goal despite the obstacles that may come in their way.
- iii) To enhance the abilities of the participants and guiding them be a successful entrepreneur.
- iv) To promote healthy lifestyles by training the participants in personal hygiene, mental health and motivating them to follow healthy habits thereby enabling them to contribute actively to society and be an example for their peers and community.

The objectives of this programme can be summarised in three different aspects. Firstly, Covid-19 pandemic has taught us the need for self-care in terms of health especially. People who live a healthy life seem to have the ability to fight back against this virus and recover quicker as compared to people who aren't. Maintaining personal hygiene has surfaced as key importance. Therefore the first objective is to create health awareness among the youth population so as to ensure that they continue to lead a healthy lifestyle.

Secondly, Covid-19 has closed down several jobs and people have become quite uncertain of the future. In the light of that, we decided to include entrepreneurship as a theme in the workshop because it is the key to survival when everything else fails.

As for the third objective, we suppose that better times will come when jobs will be opened and youth population can venture out grasping opportunities in the competitive world. So we include employability skill to equip the students with skill that will make them do fairly better than their competitors in a world where the mantra is survival of the fittest.

4. **Target group for the Programme:** As the call for proposal suggested we targeted youth who are in colleges and universities. They are the backbone of our society and the future. Training them to face life challenges is of utmost importance.
5. **Brief biodata of the Resource Persons:**

Keynote Speaker: Dr. C. Vanlalramsanga: He is an Indian Economic Service (IES), 2001 batch currently working as Secretary to the Government of Mizoram, Planning and Programme Implementation Department, Urban Development & Poverty Alleviation Department and Secretary, Mizoram State Planning Board. In academics he holds Ph.D. in Economics.

#### **Resource Persons:**

**Dr Rinpari Ralte, Associate Professor, Department of Psychology, Pachhunga University College.** She is the Head of Department in Psychology at Pachhunga University College. She is specialized in clinical psychology. Her research interest is on Stress/Stress Management and Mental Health. She has been constantly invited as a trainer and resource persons in workshops and seminars and has published more than twenty research articles.

**Lalthlamuana Ralte, Associate Professor, Department of Economics, Pachhunga University College.** He is an Assistant General Secretary in Mizoram Economics Association. He has been frequently invited as resource persons not only in academic seminars but also on local cable talk shows for discussions on economic and political issues.

**Dr C. Vankhuma, Assistant Professor, Community Medicine, Zoram Medical College.** He is an MD Community Medicine. He graduated from Maulana Azad Medical College, New Delhi. His areas of interest are health system, planning and management, non-communicable diseases.

**Dr Laldinliana, Associate Professor, Department of Commerce, Mizoram University.** He has been trained professionally on entrepreneurship and community development and mobilization. His research interests include marketing, organizational behavior, entrepreneurship and social cost benefit analysis. Prior to joining Mizoram University he had worked as an Assistant Director, State Institute of Rural Development, Government of Mizoram. He has published several papers in books and renowned journals.

**Dr Vanramhlimpuii, Director, Zonu Meat Processing Pvt. Ltd.** She completed MVSc.Ah from Mumbai. She started Zonu Meat Processing with

Lalrinzuala Pachuau in 2015. Zonu Meat Processing Pvt.Ltd. was awarded National Entrepreneurship Award by Ministry of Skill Development & Entrepreneurship on January 4, 2019 by Skill Development & Entrepreneurship minister Dharmendra Pradhan in New Delhi.

**Lallungmuana, Associate Professor, and Head of the Department of Sociology, Pachhunga University College.** Lallungmuana has more than 35 years of experience in teaching. He has been sitting as an external expert in job interviews in recruitment of several jobs under Government of Mizoram. He has attended number of seminars, conferences, symposiums, etc as an invited speaker to motivate the youths. He has been approached by hundreds of people for personal counseling which he obliged voluntarily to help people seeking jobs. The success rates of such persons are enormous.

#### **Profile of Project Coordinator**

Lalhmingmawii has joined Pachhunga University College as an Assistant Professor at the Department of Sociology, Pachhunga University College in 2016. She completed BA from Jesus and Mary College, MA from Jamia Millia Islamia and is currently pursuing Ph.D. in Sociology from University of Hyderabad. Her area of interest is sexuality and society and religion.

She has been one of the Coordinators of Finishing School in Pachhunga University College since 2018. Finishing School is a programme organized by the college for the final year and few students of IV semester to train the students on various life skills for a period of 15 days or more.

As a research scholar and a student she had volunteered in organizing national seminars and workshops in Jamia Millia Islamia and University of Hyderabad.

#### **6. Inaugural Function of the Programme:**

The inaugural function of ‘Worshop on Employability Skill and Healthy Lifestyle’ was held at Pachhunga University College Seminar Hall on 5<sup>th</sup> February, 2021 at 10.00 a.m.

Lallungmuana, Head of Department, Sociology, Pachhunga University College chaired the session. As invited, Dr. C. Vanlalramsanga (IES), graced us with his presence and delivered keynote address. The Director, RGNIYD was expected to be the Chief Guest but since he was travelling at that time, Dr. Vasanthi Rajendran took his place and addressed the gathering. The Chair made concluding remark and we break for tea.



## 7. Topics Covered by the Resource Persons:

Theme	Resource Person
India's National Youth Policy and Sustainable Development Goals	Dr. Daniel Lalawmpuia Assistant Prof. Dept. of Economics PUC
Emotional and Mental Health Among Youth	Dr. Rinpari Ralte HoD, Associate Professor, Dept. of Psychology PUC
Healthy Lifestyle and Preventive Care Against Diseases and High Risk Behaviours	Dr. C Vankhuma Assistant Professor ZMC & Dr. Vanlaldusaki Assistant Professor, ZMC
Entrepreneurship	Dr. Laldinliana Associate Professor, Dept. of Commerce, MZU
Key to Successful Entrepreneurship	Dr. Vanramhlimpuii Director, Zonu Meat Processing Private Limited
Direction for Job Seekers	Lallungmuana HoD, Associate Professor, Department of Sociology, PUC
Interview Skills	Lallungmuana
Discussion, Activities and	Speakers, Coordinator, Participants

Feedback	and Registrar, etc, RGNIYD
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## 8. Feedback from Participants:

All the participants feel that the objectives of the programme were achieved and were quite happy with the programme design, methodology, resource persons, etc. They feel that the programme enhanced their knowledge, motivate them to lead a healthy lifestyle, helped them in decision making process, encouraged them to work hard and it developed their creativity skill and personality too.

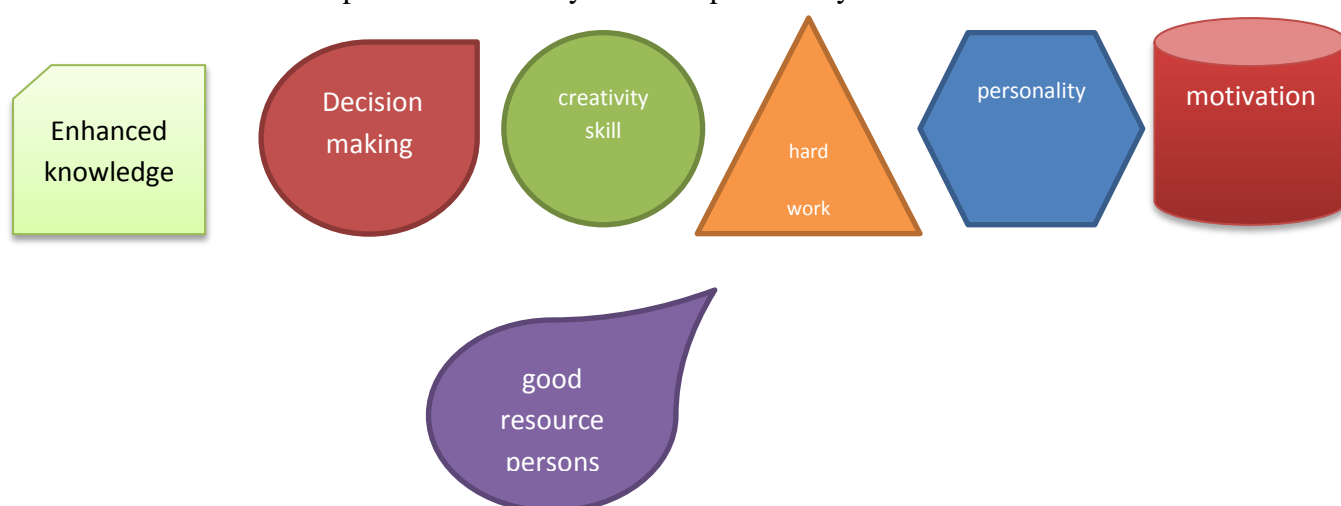


Fig1: Strength of the workshop



Fig 2: Weakness of the workshop

The weakness which they mention is the timing. In Mizoram the sun sets early in winter. So many participants have to reach home after it gets dark because of the longevity of the programme. Some of the participants have to go home before the end

of the programme to avoid reaching home late. Moreover we have four to five themes covered each day so that calls for time constraints too.

On a positive note, the participants benefitted from the workshop and would like to have more of its kind in future more so on mental health. They believe that the workshop give them knowledge and experience.

## **9. Conclusion and Recommendations:**

It has been an honour to collaborate with RGNIYD in organising this workshop on 'Employability Skill and Healthy Lifestyle'. Though it has been organised at the time when people rather wanted to sit comfortably in their home without being exposed to the virus, it has been marvellous to see the youths coming out to participate and gain knowledge and skill. The Resource Persons and Keynote speaker are well prepared and they truly enlightened our participants. Thankfully, we did not get any negative remark from the participants. There is the time constraint though; there is limited time for interactive sessions since the participants have a lot of queries. However, it could be taken as a compliment as it pointed towards the sincerity of the participants and the success of the workshop.

In terms of recommendation, the participants as suggested in the feedback form would like to have more workshops of this kind especially relating to mental health and career. It shows how much stress and tension the youth have been through these days. And it takes courage to seek mental help. If RGNIYD could continue to sponsor workshop relating to it it would be indeed beneficial. Also, the feedback form if it could be more compact and provided in a scale format it would be easier for the participants to fill in.

As a concluding remark, I once again wish to thank RGNIYD. it has been wonderful to be able to work with this institution for the welfare of the youth. I wish the officials could be present in person to see how much the participants have gained through the workshop it sponsored.

## 10.Scenes from the Workshop









*Thank you*

Lalhmingmawii  
Workshop Co-ordinator