

HAFLONG GOVT. COLLEGE

CAREER COUNSELLING PROGRAMME

ON 5TH APRIL'2023.

IN COOPERATION WITH EMPLOYMENT EXCHANGE
DEPARTMENT, HAFLONG.

NAME	Signature	Contact No.
1.		
2. Danish Liwan	Diwan	700202427
3. Ron Tengrai	Ron	9435730153
4. Dr. Loikhangthianglimi Namfue	Namfue	9401001621
5.		
6.		
7.		
8.		
9.		
10.		

STUDENT	Signature	Contact No.
1. Bineta Dewi	Bineta	9101215702
2. Mamta Basumatary	Mamta	7086408617
3. Priya Ghimire	Priya	7099151478
4. Chijal Roy	Chijal	6002451099
5. Dipika Thakur	Dipika	
6. Dehina Nonisa	Dehina	9954451294
7. Binari Haggier	Binari Haggier	9365011084
8. Punjali Thakur	Punjali Thakur	8134814966
9. Nibitha Kemprai	Nibitha	6003551456
10. Kimneiphal Gamthou	Kimneiphal	8133040314
11. Lovelysia Rupsi	Lovely	9707348380
12. Keyiseasaulle Nriame	Nriame	8413021995
13. Keheukangile Nriame	Akriame	8473022413
14. Leukhuangle Nriame	Leukhuangle Nriame	9934459928
15. Keringhleule Nriame	Keringhleule	9754954505
16. Swangraile Nriame	Swangraile	7086249189
17. Monita Nabensa	Monita	6001432420
18. Lilony L. Bangkheng	Lilony	7086716080
19. Anna B. Khobung	Anna Khobung	8134846792
20. Sangpui Lalim	Sangpui	6001944137

STUDENT	SIGNATURE	CONTACT NO.
21. Pooja Thakur	Pooja Thakur	9661252491
22. Poli Changmai	Poli Changmai	6000980013
23. Rita Deb Barman	Rita Deb Barman	6901659226
24. Deepa Thapa	Deepa Thapa	9954477614
25. Meena Thapa	Meena Thapa	8135014916
26. Anjali Sunar	Anjali Sunar	8453598348
27. Gelica Lakshmi Hmar	Gel.	9366178332
28. Rhuinglu Hmar	Rhuinglu Hmar	600043693
29. Shibom Adhikari	Shibom Adhikari	9401636208
30. Anar Tanti	Anant	80030080
31. Nobjit Kemprai	Nobjit Kemprai	8812031838
32. Hampton Maidling	Hampton Maidling	7099152495
33. Vajilluar Thawen	vajilluar Thawen	8011503311
34. Anjit Rayiung	Anjit	9395669168
35. Florence Chetia	Chetia	6901659231
36. Sneha Deb	SDeb	8811934719
37. Joyham Thawen	Joyham Thawen	9613972305
38. Maximica Kemprai	Maximica Kemprai	9957487149
39. Mamu Langthasa	mamu Langthasa	9395246570
40. Vanjoirong Hrangkhoh	Vanjoirong Hrangkhoh	8136020321
41. Kibamlungke Hwame	Kibam	9365254036
42. Davidbe Parre	Davidbe	6901867994
43. Nomsota Langthasa	N. Langthasa	9395375407
44. Sombila Sorongpong	Sombila Sorongpong	8136020726
45. Jasmira Suchiang	Jasmira Suchiang	9101226349
46. Esha Bodo	Esha Bodo	8474077223
47. Demairing Warisa	demairing Warisa	8135040834
48. Deborah Thiek	Deborah Thiek	6003171512
49. Emmanuel Pudaite	Emmanuel Pudaite	6901041719
50. Judith Hingpui Hmar	Judith Hmar	6001506054
51. Ilungbuile Riane	Ilungbuile Riane	9954450555
52. Rafuabuing Riane	Rafuabuing Riane	8638170997

STUDENT	SIGNATURE	CONTACT NO.
53. Sebdsing Hojai	Sebdsing Hojai	9678529047
54. Nemtinkim Kipgen	Nemtinkim Kipgen	9395447648
55. Detarjoy Hojai	Detarjoy Hojai	6002653242
56. Kundingben Vankal	Kundingben	6001527052
57. Wyclief Ngente	W Ngente	6002472538
58. Elvis Hekle	Elvis Hmar	9707348891
59. Jakobbe Nriame	Jakobbe Nriame	7099655569
60. Nemhoithing Changam	Nemhoithing Changam	8473864673
61. delkhanwang Singon	delkhanwang Singon	7637059737
62. Kenny Vaiphei	Kenny Vaiphei	7896679124
63. Naina Naiding	Naina Naiding	6003921386
64. Bijoni Kempoi	Bijoni Kempoi	6202791738
65. Lalthazuol Thiek	Lalthazuol Thiek	6900911766
66. Beula Lalthietpui pangamte	Beula L pangamte	8134912745
67. Lalnunhlrim Hmar	Lalnunhlrim	8486451674
68. Jehova L. Khawbung	Jehova L. Khawbung	9957005869
69. Alvart Bothari	Alvart Bothari	6006748326
70. Kaluin Saithunai	Kaluin Saithunai	6001698650
71. Youraj Thapa	Youraj Thapa	6000825501
72. Zakaria Khawbung	Zakaria	9957586982
73. Moonchum Rajiyung	M. Rajiyung	7086408818
74. Afsan Maibangsa	Afsan	7898680066
75. Muhamdao Tideng	Mechamdao Tideng	7896380947
76. John Inferiate	John Inferiate	7002782949
77. Janggougin Chongsan	Janggougin Chs.	7635911874
78. Baby Naiding	Baby Naiding	6000790913
79. Semoni Bodo	S. Bodo	7896719183
80. Mercy Lalremthlurangi	Mercy Lalremthlurangi	6001699251
81. Simashree Saulagun	Simashree Saulagun	9954598616
82. K. Pnanali Singha	K. Pnanali Singha	8761893801
83. Dourinthay Dourgel	Dourgel	7636915919
84. Herahunghse Riane	Herahunghse Riane	9707201476

STUDENT NAME

SIGNATURE

CONTACT NO.

- | | | |
|----------------------------------|----------------------------|------------|
| 85. Elizabeth Dinkar Hrangthol | Elizabeth Dinkar Hrangthol | 9387836345 |
| 87. Harmon Paosangthang Ngente | Harmon P. Ngente | 8473833907 |
| 88. Langoulal Lhouyem | Langoulal Lhouyem | 8822351574 |
| 88. Anthony Faibriem | Anthony Faibriem | 9395514255 |
| 89. Vastly R. Changam | Vastly R. Changam | 8812943066 |
| 90. Ebenezer Thiek | Ebenezer Thiek | 6901041922 |
| 91. Poithvisay Naisodao Daulagyn | Poithvisay N. Daulagyn | 9957441724 |
| 92. Lalsiemthar Purnolli | Lalsiemthar Purnolli | 9954063251 |
| 93. Kalvari Kalnghatzo Tuolor | Kalvari L. Tuolor | 8473014979 |
| 94. Grace Lalsiemthar Hmar | Grace L. Hmar | 8473914682 |
| 95. Chingnunthem Changsan | Them Changsan | 7099655595 |
| 96. D. Lahmpui Hmar | D. Lahmpui Hmar | 8099581307 |
| 97. Helen Zeme | H. Zeme | 6003140660 |
| 98. Doscas K. Chongloi | Doscas | 9707200805 |
| 99. Buthlehem Hmar | Buthlehem | 8453898976 |
| 100. Keyipungbiak Riame | K. Riame | 8822049279 |
| 101. Massena N. Dagnei | M. Dagnei | 8822452286 |
| 102. Othniel Dagnei | O. Dagnei | 995700891 |
| 103. Seijaiclan Keivom | S. Keivom | 7099655877 |

~~104. [Signature] [Signature]~~

**HAFLONG GOVT. COLLEGE
CAREER GUIDANCE AND COUNSELLING CELL**

PROGRAMME REPORT 2021-2022

Date: 15th February 2022

Location: Seminar Hall, Commerce Block, Haflong Govt. College

Resource Person: Smti. Pracy Tiwari

Introduction:

A Career Guidance and Counseling Cell was organized on 15th February 2022 at the seminar hall in the Commerce Block of Haflong Govt. College. The purpose of this event was to provide students with valuable insights into cognitive and behavioral development and help them make informed career choices. The session was conducted by Mrs. Pracy Tiwari, an experienced resource person in the field of career counselling.

Session on Cognitive Development:

The session started with a discussion on cognitive development, which focused on the intellectual abilities and processes that students undergo during their educational journey. Mrs. Pracy Tiwari explained the concept of cognitive development and its significance in understanding an individual's learning ability, problem-solving skills, and decision-making processes. She highlighted various stages of cognitive development and emphasized the importance of continuing education and lifelong learning for personal and professional growth.

Session on Behavior Development:

The second part of the session focused on behavior development. Mrs. Pracy Tiwari highlighted the importance of self-awareness, emotional intelligence, and social skills in shaping one's behavior. She discussed the influence of personal values, beliefs, and cultural factors on behavior and emphasized the importance of developing positive attitudes and ethical behavior in various life domains, including career development.

Career Guidance and Counselling:

Following the discussions on cognitive and behavior development, Mrs. Pracy Tiwari provided comprehensive career guidance and counseling to the students. She shared valuable insights into different career options available in various fields such as commerce, science, arts, and humanities. She discussed the key skills and qualifications required for different professions and provided guidance on how students can explore their interests, strengths, and career aspirations.

Interactive Session:

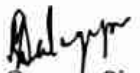
The session also included an interactive segment where students had the opportunity to ask questions and clarify their doubts regarding career choices and personal development. Mrs. Pracy Tiwari patiently addressed each query and provided personalized counseling to help students make well-informed decisions about their future careers.

Conclusion:

The Career Guidance and Counselling Cell organized at Haflong Govt. College on 15th February 2022 proved to be highly beneficial for the students. Mrs. Pracy Tiwari's expertise in the field of career counselling, along with her insights into cognitive and behavioral development, provided students with a solid foundation for making informed career choices. The session not only equipped the students with

valuable information but also encouraged self-reflection and personal growth. The college administration and the students expressed their gratitude to Mrs. Pracy Tiwari for her time, knowledge, and guidance.




Counter Signature
Principal
Haflong Govt. College

HAF LONG GOVT. COLLEGE
CAREER GUIDANCE AND COUNSELLING CELL

PROGRAMME REPORT 2021-2022

Date: 15th Feb 2022

Venue: Haflong Govt. College

Introduction:

On 15th February 2022, Haflong Govt. College organized career guidance and counselling cell programme for the final year students pursuing their TDC (Three-Year Degree Course). The event aimed to provide valuable insights into marketing, networking, and placement opportunities in the private sector. Mrs. MoitrieGoswami, MD of Educative Pvt. Ltd. was the esteemed resource person for the session.

Programme Highlights:

1. Marketing in the Private Sector:

Mrs. MoitrieGoswami shared her expertise and extensive knowledge on marketing in the private sector. She highlighted various marketing strategies, including market research, branding, advertising, and digital marketing. Students were given practical insights into the importance of effective marketing techniques for successful business growth.

2. Networking:

Another key theme of the programme was networking. Mrs. MoitrieGoswami emphasized the significance of building a strong professional network in today's competitive job market. She provided students with tips on how to establish and leverage connections, attend networking events, and utilize social media platforms for career advancement. The session aimed to in still networking skills and the knowledge to create fruitful professional relationships.

3. Placement Opportunities:

Understanding the concerns of final year students regarding placements, Mrs. MoitrieGoswami addressed various aspects of the placement process in the private sector. She discussed the significance of a well-prepared resume, effective interview skills, and techniques to highlight one's strengths during job interviews. Furthermore, she shared information on current job trends and areas where potential career opportunities exist.

Conclusion:

The career guidance and counselling cell programme at Haflong Govt. College on 15th February 2022 provided valuable insights into marketing, networking, and placement opportunities in the private sector. Mrs. MoitrieGoswami, MD of Educative Pvt. Ltd. played a pivotal role as the resource person, sharing her expertise and knowledge with TDC final year students.




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HAFLONG GOVT. COLLEGE
CAREER GUIDANCE AND COUNSELLING CELL

PROGRAMME REPORT 2021-2022

The Haflong Govt. College had organised an International Yoga Day in collaborating with Art of Living, Haflong Branch for this special occasion.

Mr. Dejanon Hakmosa as the expert, explain and conduct live demonstrations with his expertise, attendees may gather unique opportunity and learn huge activities in the field of yoga. They can gain valuable insights and practical knowledge to enhance their own yoga practice. It's always beneficial being knowledgeable person he guide the participants through the practice of yoga and provide live demonstrations. Which help participants more understanding the poses and techniques better.

The International Yoga Day event at Haflong Govt. College has offers numerous benefits for both physical and mental well-being, and having an experienced practitioner like Mr. Dejanon Hakmosa can greatly enhance the event's value. Participants are avail the great opportunity to learn from his expertise and witness firsthand the techniques and principles of yoga




Counter Signature
Principal
Haflong Govt. College

Members present in the Career Counselling programme
held on 15-02-2022 at Seminar Hall of Hailong Govt. College,
Hailong.

1. Dr. Sanbar Neogi ————— ~~Dr. Neogi~~ 15/2/22
2. Anish Jivan. ————— ~~Dr.~~ 15/2/22
3. Dr. Mandira Lohar ————— ~~Dr. Lohar~~ 15/2/22
4. Roger L. Fairclough ————— ~~Dr. Fairclough~~ 15/2/22
5. Harun Rashid Lashar ————— ~~Dr. Lashar~~ 15/2/22
6. Dr. Shalini Hemant Lashar ————— ~~Dr. Lashar~~ 18/2/2022
7. Dr. C. K. Phookan ————— ~~Dr. Phookan~~
8. Dr. R. K. Upadhyay ————— ~~Dr. Upadhyay~~
9. Kiranika Sharma ————— ~~Dr. Sharma~~
10. Deepika Kempster ————— ~~Dr. Kempster~~
11. Rishu Das ————— ~~Dr. Das~~
12. KAZI KAWASAR AHMED. ————— ~~Dr. Ahmed~~ 15-02-2022
13. Samely Vaichei ————— ~~Dr. Vaichei~~
14. Ria Hazumdar ————— ~~Dr. Hazumdar~~
15. Sraddhya Dhar. ————— ~~Dr. Dhar~~

16. Ayush Sinha
17. Surja M. Pratan
18. Ujjwal Pandey
19. Bikash Borah
20. Saulule Riame
21. Moinai Naiding
22. Ntinglungle Zeme
23. Leukeisuangle Nriame.
24. Baledi Haflongbar
25. Ratna Naiding
26. Hoipireng Changsan
27. Chinnem Serthang.
28. Phatiksha Upadhyay
29. Garkingliu Kamel
30. Teresa Lalhlawting Dargamon
31. Lungkangzile Riame
32. Keyichile Kuame
33. Dohini Dao
34. Fima Shaps
35. Pannitha Wariisa
36. Jakabed. Late
37. Lisa Nivarmawi
38. Zakaria Khawbung
39. Pastirsem Kholhou
40. David Songthariem Hmar
41. Lalompua Ngamlei

~~Ayush~~
~~Sinha~~

~~Ujjwal~~
~~Pandey~~

~~Borah~~

~~Riame~~

~~M. Naiding~~

~~Zeme~~

~~Nriame.~~

~~B. Haflongbar~~

~~R. Naiding~~

~~Hoipireng Changsan~~

~~Chinnem Serthang.~~

~~P. Upadhyay~~

~~G. Kamel~~

~~Teresa Dargamon.~~

~~L. Riame~~

~~K. Kuame~~

~~D. Dao~~

~~B. Shaps~~

~~P. Wariisa.~~

~~Jakabed. Late~~

~~Lisa Nivarmawi~~

~~Zakaria Kb.~~

~~Kholhou.~~

~~David S. Hmar.~~

~~Lalompua.~~

2. Julie Englipi
43. Vinod Sunar
44. Rohit Rajak
45. Abishak Nandy
46. Ronasi Kemmai
47. Merina Hrangkhoh
48. Pynshingair Saphai
49. Nisha Maibangsa
50. Prena Hnglongban
51. Keyingzengle Newme
52. Pamenue Shadap
53. Ipungwangle Newme
54. Sori Das —
55. Hansh L. Fakhrem
56. Rangouhao Gink
57. Homsan Tharsen
58. Minfush Naiding
59. Ronita Langthasa
60. Dilima Langthasa
61. Riduro' Seongphang
62. Uniki Hrangkhoh
63. Chijal Roy
64. Jehova L Thiel
65. Janadas Bathori
- 66) Salem R Joute
- 67)

- J. Englipi
- Vinod Sunar
- R. Rajak
- ~~Abishak~~
- Ronasi Kemmai
- Merina Hrangkhoh
- Saphai
- Nisha Maibangsa
- P. Hnglongban
- Keyingzengle Newme
- Pamenue
- Ipungwangle.
54. Sori Das
- Hansh L. Fakhrem
- ~~Rangouhao Gink~~
- Homsan Tharsen
- ~~Minfush Naiding~~
- Ronita Langthasa
- Dilima Langthasa
- Riduro' Seongphang
- Uniki
- Chijal Roy
- Jehova L Thiel
- Janadas Bathori
- Salem R Joute
- ~~67)~~

67. Binuljoy Nunisa
68. Debjoy Ardao
69. Naisoring Hojai
70. Lalkhupjem Hrangkhoh
71. Sainxing Phonglo
72. Brojesh Hojai
73. Ponghamdao Johari
74. Joyham Thaoren
75. Budyit Khema
76. Sonia Singha
77. Pungliawangle Newme
78. Tashmi Eingdi Khazisa
79. Manita Hagjer
80. Ringli Hapila
81. Vantalpaw/Zat
82. Marina Chongdeikim Keivon.
83. Grace Lalripaz Parate
84. Hatthingboi Guite
85. Rutli mampui xhawbung
86. Victoria Hoishwachang Lurkin
87. Kitapeule Zeme
88. Paudisauhungle Ndaime
89. Sphirri Kemprai
90. Bishnu Pradhan

- Binuljoy Nunisa.
- Debjoy Ardao
- Naisoring Hojai
- Lalkhupjem Hrangkhoh
- Sphosesa.
- Hojai
- Ponghamdao Johari
- Joyham Thaoren
- Budyit ~~Khema~~
- Sonia Singha
- P. Newme.
- ~~Khazisa~~
- Manita Hagjer
- Ringli Hapila
- Vantalpaw/Zate
- Marina C. Keivon.
- Grace - L. Parate
- Hatthingboi Guite
- Rutli mampui xhawbung
- Victoria Lurkin
- Kitapeule Zeme
- Paudisauhungle Ndaime
- S. Kemprai
- Bishnu Pradhan

Name

Jitahungle Zanne.

72) Vantalpawl Zate

93. Marina Chongdeibim Keivom.

94. Grace Lalripas Parate

95. Canid Lalchhimawi Bunglung

96. Jhangsodi Langthuse

97. Kitapeule Zeme

98. Ruthi mangui Khawbung

99. Pungliawangle Newme

100. Sonia Singha

101. Jashoni Singdi Akarisa

102. Monita Hagjer

103. Ringli Hapila

104. Sainsing Phenglo

105. Brojesh Hojai

106. Ponghamdao Johari

107. Joyham Thaoson

108. Binobjit Khersa

109. Sonraj Hojai

110. Swadesh Thaoson.

111. Jogjib Ardoo

Signature

Jitahungle Zanne

Vantalpawl Zate

Marina. Keivom.

Grace A. Parate.

Canid Bunglung

Jhangsodi Langthuse

Kitapeule Zeme.

Ruthi mangui Khawbu

P. Newme

Sonia Singha

Jhlausa

M. Hagjer

Ringli Hapila

Phenglo

Hojai

Johari

Joyham Thaoson

Bkhera

Sonraj Hoja

Swadesh Thaoson.

Jogjib Ardoo

**HAFLONG GOVT. COLLEGE:: HAFLONG
CAREER GUIDANCE & COUNSELING CELL**

Date:- 15th Feb' 2022.

Agenda-

1. Formation of Dias
2. Felicitation of Guest
3. Welcome Speech by Mr. Ron Kemprai, Assistant Professor, Department of Botany.
4. Speech from Principal
5. Session by Resources Persons-
 1. Smti. Prachi Tiwari
(Cognitive, behavioral etc.)
 2. Smti. Moitrie Goswami,
Marketing, Operating placement manager, Educative, Guwahati.
6. Vote of thanks by Mr Dinesh Tiwari, Associate Professor, Department of English.

