

# Yoga Samaroh-2022

Theme: "Yoga for youth"



Sponsored by: Morarji Desai National Institute of Yoga, Ministry of Ayush

Unveiling Excellence

Organised by

## Yoga Centre

### UNIVERSITY OF SCIENCE AND TECHNOLOGY MEGHALAYA

Accredited "A" Grade by NAAC



**Name of asanas practice:**

Basic Yoga practice

Sitting posture and standing posture

**No of participated : 35**



**Venue** : USTM  
**Date** : 1<sup>st</sup> June, 2022

**SPEAKER:**

**Anamika Baro**

Yoga Mentor, Yoga Centre, USTM

**Campus**

Techno City, Khanapara, Kling Road,  
Baridua, 9th Mile, Ri-Bhoi, Meghalaya-793101  
Ph. 9508 444 000 / 0361-2895030 / 7002508978

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Unveiling Excellence

## WORKSHOP ON

# A winning Resume & Portfolio

Organized by

**Department of Economics**

In Collaboration with

**Career Guidance Cell & IQAC**

# USTM

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**Date: 27<sup>th</sup> May 2022**

**Time: 3.00 PM to 4.00 PM**

**Venue- Smart Classroom Block - G**

### Importance of the Workshop

The Career Counseling Workshop is designed to assist students in better career decision making by identifying their potential. Career counseling plays an important role in choosing one's career, giving the opportunity to get to know and understand oneself and the world of work in detail and thus helping you make more informed and meaningful career decisions.



### Resource Person

**Mr. Nurmahmud Ali**  
Joint Director  
Training and Placement, USTM

### Objectives of the workshop

- Explain how to write professional resume
- Identify a good, bad and a great resume
- Recognize an education or work based resume
- Categorize various types of resume



#### Campus

Techno City, Khanapara, Kling Road, Baridua  
9th Mile, Ri-Bhoi, Meghalaya-793101



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# WORKSHOP ON “Enhance your Career with Professional & Personal Skill”

Organized by  
**The Department of Business Administration**  
In Collaboration with  
**Career Guidance Cell and IQAC**

## USTM

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Resource  
Person



**Ms. Jonali Rajkumari**  
Soft Skill Trainer

### The workshop will include

1. Aptitude testing
2. Personality Assessment
3. Interest Test

Venue: Smart Classroom, Block-C

Date: 26<sup>th</sup> May, 2022

Time: 3.00 PM to 4.00 PM

### Objectives of the workshop

- ❖ Personal Qualities & Work Ethic
- ❖ Problem Solving and other Cognitive Skills
- ❖ Interpersonal and Teamwork Skills
- ❖ Oral Communication Skills





Career Guidance Session on

# Preparation on Competitive Examinations

Organized by

**Department of Pharmacy**

In collaboration with

**Career Guidance Cell & IQAC**



## USTM

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## Resource Person

**Mr. Pranjal Pratim Dihingia**

Joint Director

Centre for Competitive Examinations, USTM



**Date: 3<sup>rd</sup> June, 2022**

**Time: 3.00 PM to 4.00 PM**

**Venue: Smart Classroom, Block-L**

## Objectives of the workshop

- Awareness about different competitive exams
- How to prepare for the different competitive exams
- SWOT analysis for the preparation



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# Workshop on PROFESSIONAL AND PERSONAL SKILL DEVELOPMENT

Organized by  
**Department of Rural Development**

In collaboration with  
**Career Guidance Cell & IQAC**



## Objectives of the workshop

- ☐ Deliver high-quality work
- ☐ Positively influence people
- ☐ Advance in your career
- ☐ Create and keep successful relationships
- ☐ Earn respect from colleagues
- ☐ Become an expert in a specific field

## Resource Person

**Dr. Papiya Dutta**  
Department of Rural Development  
USTM

**Date**

Date 30<sup>th</sup> May, 2022

**Time**

Time: 3.00 PM to 4.00 PM

**Venue**

Smart Classroom  
Block-G



Techno City, Khanapara, Kling Road, Baridua  
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**Workshop on**

# **LIFE SKILLS FOR ENHANCING PERSONAL EFFECTIVENESS**



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Organized by

**Department of Zoology**

In collaboration with

**Career Guidance Cell & IQAC**

# USTM

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## **Objectives of the workshop**

- ☐ Deliver high-quality work
- ☐ Positively influence people
- ☐ Advance in your career
- ☐ Create and keep successful relationships
- ☐ Earn respect from colleagues
- ☐ Become an expert in a specific field



**Resource Person**

**Mr. Deepankar Bhattacharjya**

Deputy Director

Training and Placement, USTM

**Venue: Smart Classroom, Block-K**

**Date: 27<sup>th</sup> May, 2022**

**Time: 3.00 PM to 4.00 PM**



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## WORKSHOP ON

# Career Counselling for Better Professional Future

Organized by : Department of Computer Science & Electronics (CSE)

In Collaboration with : Career Guidance Cell and IQAC

# USTM

Accredited "A" Grade by NAAC

### Importance of the Workshop:

The Career Counselling Workshop is designed to assist students in better career decision making by identifying their potential. Career counselling plays an important role in choosing one's career, giving the opportunity to get to know and understand oneself and the world of work in detail and thus helping you make more informed and meaningful career decisions.

### Resource Person



**Mr. Sankhadeep Roy**

Senior Mobile Development Consultant  
Former Associate Director of Engineering  
at Geeky Ants Pvt Ltd

### The workshop will include

1. Aptitude testing
2. Personality Assessment
3. Interest Test

### Objectives of the workshop

- ❖ Understanding the career path to be a professional in the IT industry.
- ❖ How to be well prepared for interviews.
- ❖ How to become more visible to recruiters for job opportunities
- ❖ Choosing a department that suits you the most and flourishing in the IT industry.....

**Venue: Smart Classroom, Block-C**

**Date: 28<sup>th</sup> May, 2022**

**Time: 11 AM to 4.00 PM**

Techno City, Khanapara, Kling Road, Baridua, 9th Mile, Ri-Bhoi, Meghalaya-793101

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