



SAO CHANG COLLEGE
Tuensang-798612, Nagaland
Affiliated to Nagaland University, Lumami
NAAC Accredited

**REPORT ON JOINT ACTIVITY ORGANISED BY THE DEPARTMENT OF
ENVIRONMENTAL SCIENCE AND SOCIOLOGY**

On May 1st, 2024, the Sociology and Environmental Science departments of Sao Chang College collaborated to organize a teacher-focused seminar at Baptist School in Tuensang Village. The event saw the participation of 14 teachers. Ms. Y Toninaro Chongpho, Assistant Professor and Head of the Sociology Department at Sao Chang College, led the first session on the theme "Teachers as Role Models." She emphasized that a teacher serves as a role model, guiding and inspiring students through their words and actions, by demonstrating integrity, dedication, and empathy, teachers foster a positive learning environment and impart valuable life lessons. Their influence extends beyond academic knowledge, shaping students' character and encouraging them to strive for excellence in all aspects of life. She added that through passion for teaching and genuine care for students' well-being, teachers leave a lasting impact, motivating learners to reach their full potential and become responsible, compassionate individuals.

The second session, titled "Nurturing Emotional Intelligence to Address Teacher Burnout," was conducted by Ms. Rangbenkumla Chang, Assistant Professor and Head of the Environmental Science Department at Sao Chang College. She highlighted the importance of nurturing emotional intelligence in addressing teacher burnout. She added that by developing skills such as self-awareness, empathy, and effective communication, teachers can better manage stress and create a positive work environment. Emotional intelligence helps educators recognize and respond to their own emotional needs and those of their colleagues and students, promoting resilience and reducing burnout. Integrating emotional intelligence training into professional development equips teachers with the tools to maintain their well-being and sustain their passion for teaching.

authenticated

M. Hule

Principal
Sao Chang College
Tuensang : Nagaland



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Joint activity organized by
Department of Sociology &
Environmental Science

Time: 12:30 noon

Venue: Baptist School, Tuensang Village

Date: 1st May 2024

1st Session: "Teachers as Role Model"

Speaker: Ms Y Toninaro Chongpho,
Assistant Professor & HoD, Dept. of Sociology

2nd Session: "Nurturing Emotional Intelligence to Combat Teacher Burn-out"

Speaker: Ms Rangbenkumla Chang,
Assistant Professor & HoD, Dept. of Environmental Science





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Joint activity conducted by Department of Sociology and Environmental Science on 1st May 2024

ATTENDANCE SHEET

SL NO	NAME	DESIGNATION	SIGNATURE
1	Chubachila	H/GC	Chubachila
2	Alepla Y Chang	English Teacher	Alepla
3	Yakchi Kundang	Science Teacher	Yakchi
4	Betimung	English Teacher	Betimung
5	Donching Sangla	English Teacher	Sangla
6	Sonla	S/S Teacher	Sonla
7	Mongsen	Hindi Teacher	Mongsen
8	Naong Chemden	Primary Teacher	Naong
9	Asang	S/S Teacher	Asang
10	Bumet Akhang	English Teacher	Bumet
11	Imkong Lemba	Maths Teacher	Imkong
12	Nyakba	Computer Teacher	Nyakba
13	Tabi	Primary Teacher	Tabi
14	Yongkhong Lemba	Primary Teacher	Yongkhong

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Reported by: RANGBENKUMLA CHANG,
Assistant Professor (HOD),
Department of Environmental Science,
Sao Chang College, Tuensang

Authenticated

Principal

Sao Chang College
Tuensang : Nagaland