



# SAO CHANG COLLEGE MENTORING COMMITTEE

## Joint Activity

**Date:** 13<sup>th</sup> November 2024

**Time:** 11:00 am

**Venue:** Hakushang School, Tuensang

### Report:

On 13th November 2024, the Mentoring Committee and the Career Guidance Committee of SCC collaborated to organize a joint session for the students of Class 9 at Hakushang School. The event was designed to provide students with insights into career planning as well as to promote mental health awareness among teenagers.

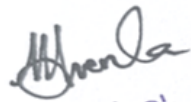
The session began with a warm welcome to the students and an introduction to the objectives of the event. Two key speakers addressed the gathering:

- **Ms K Chongliu Khamniungan** from the Career Guidance Committee delivered an engaging and informative talk on **Career Advancement**. She discussed the importance of early career planning, explored various career pathways, and encouraged students to align their interests and skills with future goals. She also shared practical tips on setting short-term and long-term academic targets to support career aspirations.
- **Ms Rangbenkumla Chang**, representing the Mentoring Committee, spoke on **Mental Health for Teenagers**. Her talk highlighted common mental health challenges faced by adolescents and emphasized the importance of emotional well-being alongside academic success. She provided coping strategies for stress, the significance of seeking support when needed, and how to build healthy habits for a balanced lifestyle.

The talks were followed by a short interactive session where students asked questions and shared their thoughts, making the session lively and engaging.

A total of 31 participants were present.

Authenticated

  
Principal  
Sao Chang College  
Tuensang : Nagaland



**Ms Rangbenkumla Chang**, representing the Mentoring Committee, delivering a talk on **Mental Health for Teenagers**



**Ms K Chongliu Khiamniungan** from the Career Guidance Committee speaking on **Career Advancement**

Students of Class 9 at Hakushang School participating actively in the session.



Reported by:

Rangbenkumla Chang,  
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Mentoring Committee,  
Sao Chang College.

K Chongliu Khamniungan,  
Coordinator,  
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