

## **Value Education (Degree College) 2018-19**

The T.Y. Value Education sessions began with a session for the Aided Courses on Emotional Quotient and Emotional Intelligence on 12 October 2018 by Marita Nazareth. Ms. Nazareth, a Life Skills Coach, conducted a session on Attitudes and Values on 17 October 2018 for the T. Y. students of the Self - Financed Courses. They were highly effective sessions. The discussions revolved around how organizations today are no longer simple businesses that run on philosophy or focusing on our area of expertise. The organization's success with values and its prevailing employee attitude depends on understanding the cultural values of the community. It requires leaders who espouse these values and are respected by their employees and the individual, who must believe in the values and show it through their attitudes.

On 19 December 2018 a session on Boost Your Self Esteem was conducted for the Self - Financed students by Ms. Marita Nazareth. A similar session was also conducted by her for the Aided students on 2 March 2019. The session highlighted the importance of self-esteem and why it cannot be underestimated. Boosting self-esteem helps us to change how one feels about and values themselves and boosts individual confidence to achieve success.

On 25 January 2019 sessions were organized by Mr. Abhishek Clifford (Stats and Ethics Lecturer), on Cyber Ethics And Youth Relationships for aided and self- financed students. The talk was based on responsible behavior with regards to the internet and society. On 6 February 2019 a session was held on Soft Skills by Dr. Sukhmeet Kalsi (MD & Psychologist). This was an interactive session for Self - Financed students which mainly focused on the four major soft skills i.e Making an Individual an effective communicator, Helping to emerge as a strong leader, Develop lateral thinking and Helping to become a key influencer.

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