

Value Education (Degree College) 2019-20

The Third Year students began their Value Education programme for the academic year with sessions by Mrs. Marietta Nazareth on 13, 14 & 16 August, 2020. The Topic was Career Goals and thus Mrs. Marietta gave us pointers regarding dedication towards work and studies, punctuality and tackling conflicts with an open mind. The mind mapping activity made us aware of our own individual capabilities and talents.

On 28 & 29 August, Mr. Dale Edwards conducted sessions on Transferable Personal Skills. It emphasised developing transferable personal skills by participating in the various college activities. Some skill sets possessed by the students are critical thinking, decision making, adaptability, creativity and teamwork. The next speaker, Mrs. Priti Chopra, concentrated on Leadership on 5 & 6 December. She emphasised that a leader is someone who takes charge and is accountable for the actions of his team members. Also in December, on 11 & 12 December, Mr. Gavin Rego conducted a session on Goal Setting. The fear of failure makes us set very low standards for ourselves but we are capable of so much more. Setting specific and time bound goals enables us to achieve desired aims.

On 14 & 31 January, Mrs. Priti Chopra returned to lead us through sessions on Emotional Intelligence, which is increasingly important in dealing with challenges around us. Managing negative emotions, being mindful of your vocabulary, practicing empathy will help boost careers. Mr. Gavin Rego also returned on 3 & 10 February. This time the topic was Time Management, specifically the 80:20 rule, the Urgent-Important Matrix and methods to overcome procrastination to better manage time.

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Value Education 1



Value Education 3





Value Education 4



Value Education 5



Value Education 6

