

Value Education Third Year (Self-Finance Courses) 2020-21

According to C. V. Good - "Value-education is the aggregate of all the process by means of which a person develops abilities, attitudes and other forms of behaviour of the positive values in the society in which he lives." The main objective is to create and develop awareness about values, its significance and role. It helps the students understand that, character building is equally important as career building.

A series of sessions were conducted during this academic year. On 28 January 2021, a session on Resilience was conducted by Dr. Sukhmeet Kalsi, (CEO and Founder Aspen Life Coaching, Counselling Psychologist, Goal Setting Coach and Mind Crafting Coach), who summarized the science of resilience and helped the students understand the art of supportive relationships and enhanced active skill building to adjust to change. On 11 February 2021, a session on Stress Management was conducted by Mr. Job Cornelius, (Entrepreneur and founder of Trinity Global Services), who helped the students to understand the importance of stress management and suggested measures which can help them in managing stress, increase concentration and decrease anxiety.

On 25 February 2021, a session on "Education and Comprehensive Career Guidance" was conducted by Dr. Jinesh Shah (practicing Chartered Accountant, Academician, Mentor, Counsellor and an Author) who inspired and guided the students in terms of career opportunities in various fields. It gave the students an insight on profile building and enhancement, and a clear vision of the roadmap ahead.

Value based education shapes the future of the students and adds purpose to their life. It helps them to learn the right way to live their life.

Professor In charge- Dr. Shirley Pillai

TY SFC Mr. Job Cornelius

The image shows a Zoom meeting interface. The main window displays a grid of participants. The participant 'Shirley Gladwin' is highlighted with a yellow border. Other visible participants include 'Job Cornelius', '8211 Ian Dmello', 'Caridad Dsouza', '5225 kunal patil', '8245 Leandra T...', 'Rodney lobo', '6219 Reonna D...', '4247 Vishal Gohil', '3444 Irein Rao', 'Meghna Pasulla', '3425 valencia f...', '3536 Abigail N', '3434 Veona Ma...', '3502 Lianne Al...', '3532 Anjeline L...', '3457 Mikita Vic...', 'Lisha Gomes', '3535 Daniel Mir...', '3432 Sarah lisboa', '3407 Noel Cardoz', '3410 Anjala Ch', and '8214 Crystal Ea'. A 'Leave Meeting' button is visible at the bottom right of the grid. To the right, a chat window is open, showing a conversation with messages such as 'situation.', 'Wow that's amazing', 'Thank you do much sir!', 'Thank you, sir', 'Thank you!', 'Thankyou Sir!', and 'thanks sir'. The chat window also shows a 'To: 5207 ... (Direct Message)' and a 'Type message here...' input field. The bottom of the screen shows the Windows taskbar with the search bar and various application icons. The system tray shows the time as 11:12 on 11-02-2021.

TY SFC Dr. Sukhmeet Kaur

