

A FIVE-DAY PERSONALITY DEVELOPMENT WORKSHOP FROM 21ST MARCH 2022 TO 29TH MARCH 2022

The Students Council of the college organised A Five-Day Personality Development workshop for students and staff from 21st March 2022 to 29th March 2022 from 2.00 pm to 4.00 pm in smart class Room No. 20. The following were the session held on each day:

Day 1: 21st March 2022- Motivation and Positive Thinking

A two-hour session was held on Motivation and Positive Thinking by Resource person Mr. Pravin Sabnis, Corporate Trainer. He spoke on the aspects of self-motivation and creating a motivating environment for others. He discussed the various types of behaviour that influences a person's personality. Hence this session stressed on acquiring and developing a positive attitude.



Day 2: 23rd March 2022- Personal Grooming and Self Awareness

This session was delivered by Mr. Raghunath Sancordekar, Ex Bank Manager and Stage Actor on the topic Personal Grooming and Self Awareness. It was focused on SWOT analysis of a person and personal hygiene, sense of dressing and socialising skills.



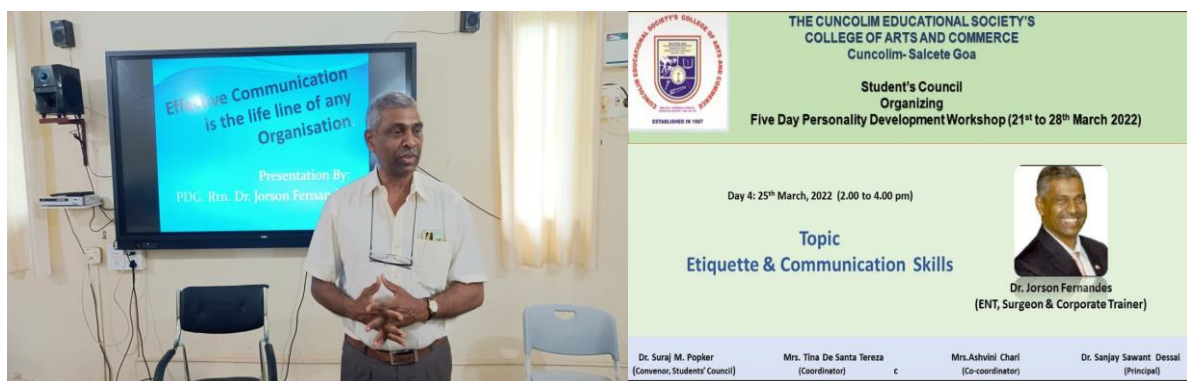
Day 3: 24th March 2022- Development of Personal Traits

The session on Development of Personal Traits delivered by Mr. Tilroy Fernandes, Ex Principal and Career Counsellor. Participants were introduced to topics on self-image, self-esteem and developing a positive personality. The resource person used a lot of real-life examples on positive personality and development of personal traits.



Day 4: 28th March 2022- Etiquette and Communication Skills

A Session on topic “Etiquette and Communication Skills” was delivered by Dr. Jorson Fernandes, ENT Surgeon and Corporate Trainer. He spoke to the participants on improving their communication skills, presenting themselves effectively in all situations, control over situational behaviours, positive attitude towards life which influences improved social behaviours. He put forth the observational technique that helps in adopting effective etiquettes and developing an impressive personality.



Day 5: 29th March 2022- Presentation Skills & Self Introduction

A session on “Presentation Skills and Self Introduction” was delivered by Resource Person Mr. Avin Naik, Soft Skill trainer. He conducted a practical session to train students to face an audience and introduce themselves.



The Workshop was conducted under the guidance of Principal Dr. Sanjay P. Sawant Dessai and Students Council Convenor Dr. Suraj M. Popker. The workshop was co-ordinated by Asst. Prof. Tina De Santa Tereza D'souza and co-coordinated by Asst. Prof. Ashvini Chari. Assistance in conducting the workshop was also provided by Asst. Prof. Anand Dessai, Asst. Prof. Manira Fernandes, Asst. Prof. Alisha Goankar, Asst. Prof. Zakiya Tahir, College Counsellor Ms. Freda Colaco.

The Workshop was attended by 39 students, 8 teaching staff and 2 non-teaching staff.

STATE LEVEL INTER-COLLEGIATE STUDENT'S SEMINAR

GOA: YESTERDAY, TODAY AND TOMORROW

Goa a tiny emerald on the west coast of India was liberated from the Portuguese in the year 1961 and since then has socio-economically developed. Over the years, the state of Goa has prospered on numerous fronts and keeping this perspective in mind, the Department of Economics and the Research Cell of CES College of Arts and Commerce, Cuncolim organised a one-day state level inter-collegiate seminar on the theme "Goa: Yesterday, Today and Tomorrow". The seminar was held on 23rd April, 2022. The objective of the seminar was to analyse the present model of development and draw a roadmap for its future development.

The inaugural function started at 10 am in the college hall with the lighting of the traditional lamp. A total number of 26 students attended the function.

The Principal of the college, Dr. Sanjay P. Sawant Dessai addressed and the gathering. Prof. Avinash Raikar, Head of the Economics Department, spoke about the purpose and objectives of the seminar. The chairman of CES College, Mr. Virendra (Videsh) Dessai also addressed the gathering. The key note speech was delivered by the Chief Guest Prof. Savio P. Falleiro, Principal of Fr. Agnel College, Pilar. He highlighted the importance of concentration, common sense and confidence in research writing. The judges were introduced by Asst. Prof.



Alisha Gaonkar. The judges for the seminar were Prof. Jeronimo Monteiro, Dr. Apoorva Marathe and Dr. Suraj Popkar. The vote of thanks was delivered by Asst. Professor Manira Fernandes. The inaugural function concluded with a tea break at 11:15 am.



The seminar presentations commenced at 11:45 am in room number 20. The moderator of the session was Asst. Professor Dale Da Cruz. There was a total of 9 participants who presented papers on the various themes provided in the brochure. The participants were as follows:

Ms. Manshi Nagar and Mr. Anuj Almeida of Parvatibai Chowgule College presented papers on Infrastructure in Goa. In addition, Ms. Safa Khan of the same college presented on the topic- *Education in Goa- The Past, Present and Future*. Moreover, Ms. Dimple Tavde, Mr. Gourish Bhatikar and Ms. Aemisha Azavedo of VVM's Shree Damodar College of Commerce and Economics- Agriculture as a Source of Employability: An Analysis on Case Studies in South Goa. Ms. Saburi Sawant and Ms. Prathana Borkar of Goa Multi Faculty College presented A Study of Different Sectors Contribution to Goa Economy. Furthermore, Ms. Apporva Naik and Ms. Rakshada Gaonkar of Government College Quepem presented a paper titled "*An Economic Analysis of Selected Milk Dairy Cooperative Societies in South Goa.*" Ms. Tanmayi Naik, Ms. Shweta Yadav and Mr. Anand Bale of C.E.S. College Cuncolim presented papers titled "*Performance of Urban Cooperative Credit Societies in Goa-A Camel Rating Approach.*," "*Fisheries in Goa*" and "*Goa's Tourism: Cost and Benefits*" respectively.



The Valedictory function began at 2:30 pm which was being compered by Chelsea TYBCOM student of C.E.S. college. Prof. Avinash Raikar escorted the chief guest, Prof. Jeronimo Monteiro and the Principal of the college Dr. Sanjay P. Sawant Dessai to the Daze.

The chief guest acknowledged the importance of referencing in his address. Further on the prize winners were announced which were as follows:

First Place Ms Manshi Nagar of Smt Parvatibai Chowgule College of Arts and Science, Second Place Ms Dimple A. Tavde, Ms Aemisha Azaredo of Shree Damodar College of Commerce and Economics Margao, Mr. Gourish P. Bhatlkar and Third Place Ms Safa Khan of Smt Parvatibai Chowgule College of Arts and Science.

The vote of thanks was proposed by Prof. Avinash Raikar and the seminar concluded at 2:30 pm after which all the attendees proceeded for lunch. The coordinator of the Seminar was Prof Avinash Raikar and Co-cordinator was Asst Prof. Ms Manira Fernandes.