



M. E. S. VASANT JOSHI COLLEGE OF ARTS & COMMERCE

Zuarinagar, Goa-403726

Affiliated to Goa University Accredited by NAAC with B+Grade (4th cycle)

ACADEMIC YEAR 2023-24

REPORT OF THE ACTIVITY

“Report on One-day State-level Workshop on Soft Skills and Personality Development”

The Departments of Psychology and English of the MES Vasant Joshi College of Arts & Commerce, Zuarinagar, Goa in Collaboration with the Directorate of Higher Education, Goa organized a One- day State-level workshop on Soft skills and Personality development for the students of various colleges in Goa. The workshop was held on 16th February, 2024 from 9.30 am to 5.15 pm in the Raj Tara Seminar Hall, Block V, BBA Auditorium, of the college.

The workshop began with the welcome address by the Principal, Dr. Manasvi M. Kamat. In her address the Principal highlighted the enormous benefits of developing soft skills and a positive personality in students. She further reiterated that students should recognize the importance of soft skills in order to achieve success in their careers and personal development. Dr. S. Susan Deborah, In-charge, Dept. of English and Coordinator of the Workshop introduced the theme of the workshop. She highlighted the objectives of the workshop and the importance of the topic in the present world. This was followed by a brief introduction of the Guest of Honour, Dr. Cidalia Bodade and the Resource Person, Prof. Shalini Upadhyay, Faculty Dept. of Humanities and Social Sciences, BITS Pilani, Goa Campus and a floral welcome of the dignitaries by the Principal. Dr. Bodade addressed the students on personal etiquette and positive personality traits. The observer appointed by DHE, Ms. Anju Pai Bhale, College Librarian, Goa College of Music, Panaji was also present on the occasion. The vote of thanks was delivered by Dr. Maria Fatima D’Costa, Asst. Prof. Dept. of Psychology, the Joint Coordinator of the Workshop. After a short tea break, the Resource Person, Prof. Shalini Upadhyay took over the first session for the workshop on Personality Development. This session comprised of an elaborate presentation on self-awareness and strategies to enhance personality. It included exercises and group activities for students which allowed them to learn and express their fears of public speaking. She taught the students strategies and skills on how to be effective speakers and communicate with confidence. The session on personality development was enjoyed by the students, which was also observed in their feedback at the end of the session. They

informed it was a great experience and they were grateful for having participated in the workshop. The session was followed by a lunch break.

The afternoon session on soft skills was conducted by the next resource person, Adv. Eeshan Usapkar, a practicing Lawyer and Motivational Speaker. In his session on soft skills he motivated the students by citing various examples and true-life stories. This was followed by a positive feedback from the students. The Workshop concluded with the presentation of the memento to the resource person by Dr. Maria Fatima D'Costa and the vote of thanks by Dr. S. Susan Deborah.

A total of 101 students participated and availed benefit of the One-day state level workshop on soft skills and personality development. These comprised of 43 students (16 Males & 27 Females) from other colleges, 12 faculty members, and 66 students (12 Males & 54 Females) from various departments of M.E.S. Vasant Joshi College of Arts and Commerce, Zuarinagar. The organizing committee members included, Dr. Freda Cota e Pereira, Dr. Brian Pacheco, Dr. Golda Vas, Asst. Prof. William DeSouza, Asst. Prof. Michelle D'Mello, Asst. Prof. Amita Naik, Asst. Prof. Damini Mane, Asst. Prof. Ashleen Rodrigues and Asst. Prof. Nidhi Mhambrey. The compering for the event was done by the B. A. IV semester students of the college, Ms. Vedanti Naik and Ms. Ann D'Souza. All participants and organizers were provided with a participation certificate.

It was a grand success materializing the financial assistance provided by DHE, and the efforts taken by the Principal Dr. Manasvi M. Kamat, Coordinators from Psychology, English Depts. and the committee members.





**Dr. Maria Fatima D'Costa &
Dr. S. Susan Deborah
Coordinators**



**Dr. Manasvi M. Kamat
Professor & Principal**