



MURGAON EDUCATION SOCIETY'S COLLEGE OF ARTS & COMMERCE

Zuarinagar, Goa – 403726

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

ACADEMIC YEAR 2022 – 2023

REPORT OF THE ACTIVITY

‘5 C’s for Women Success’

Organized by The Women Cell ‘Jyoti’

- **Date:** 19th January, 2023
- **Time:** 12.40 p.m.
- **Platform:** M.S. Kamat Seminar Hall (offline)
- **Speaker for the Session:** Ms. Anju Desai, Professional Soft Skill Trainer
- **Audience:** Students
- **No. of participants:** 99 (Male 21 & female 78)

Report in brief:

The Women Cell ‘Jyoti’ organized an interactive session on ‘5 C’s for Women Success’ for students of B.A/ B.Com/ B.C.A/ B.B.A/ B.B.A (Shipping and logistic) and M.Com on Thursday 19th January, 2023. in Shri. M. S. Kamat, Seminar Hall at 12.40 p.m.



The resource person for the session was Mrs Anju Desai, Professional Soft skill Trainer, Vice principal, Chairperson of Women Cell “Jyoti” and Members of Women Cell ‘Jyoti’ M.E. S. College of Arts and Commerce were present for the session. The Chairperson of Women Cell “Jyoti”, Dr. Sonal Thakker gave the welcome address and introduced the resource person. This was followed by a floral welcome presented by Chairperson of Women Cell “Jyoti’ Dr. Sonal Thakker to the resource person, Mrs Anju Desai. Ms. Safal Suresh Narvekar, Assistant Professor in Commerce was the coordinator for the session.



At the outset Mrs Anju Desai started the session with Brainstorming on quality success. She gave a small exercise for students to list out the fears that students have managed to overcome in their life and discussion took place with a number of examples.

She enlightened the students on 5C’s for Women Success i.e. Courage, Confidence, Communication, Connection and Career.

She spoke on each C’s in detailed manner with set of example and activity. She mentions that Courage is to face the situation whether we are afraid or not, as we are not born with courage, we have to develop it. She said that Fear is a man-made mental situation, which results out of experiences and conditioning. To develop courage have faith, confidence and positive thinking and focus on your strengths rather than weaknesses.

She mention about confidence is basically self trust and self worth. She said identify negative thoughts & change into positive so that we can increase over capabilities. She highlighted on 5C’s of Communication – Concise, Clear, Confident, Credible, and Consistent. She told that to have effective Communication we should follow SOFTEN (Smile, Open Handed, Front lean, Touch, Eye contact, Nod) as it is a group of skills.



At last she spoke on connection and career as important aspect for a women success, about connection she mention about Maslow’s Hierarchy of Human Needs to build trust, create bonding etc. and Career she said it is an ongoing process of making choices to realize our basic values for life.

The fag end of the session was covered by question-and-answer session. The students asked some question regarding career and success, Madam answered all the questions and cleared their doubts. The students gave a positive feedback of the session.



As a token of love and appreciation a potted plant was presented by Vice Principal, Dr. Ashish Joshi to the resource person, Mrs Anju Desai.



The session ended with a vote of thanks given by Asst. Prof. Safal Suresh Narvekar. The programme ended at 1.40p.m.

Remarks of the Coordinator: The resource person, Mrs Anju Desai, delivered a very informative session which benefitted the students immensely. The session was organized successfully with good response from the students, 99 of them (Male 21 & female 78) actively participating in the same.