

Session on Self-Care and its Importance

24<sup>th</sup> July 2021



Golden Jubilee Celebrations of Vidya Vikas Mandal

VVM's Shree Damodar College of Commerce & Economics, Margao, Goa



Counseling Cell

# Talk on "Self-Care and its Importance"

For Non-Teaching Staff of SDCCE

Saturday, July 24, 2021 At 2 p.m. Venue: Smart Classroom

Resource person Ms. Amba Prabhu

College Counselor

Prof. Prita D. Mallya Professor and Principal

A session on "Self-Care and its importance" was held for all the non teaching staff members of the College on the occasion of International Self-Care Day on July 24th, 2021. The Resource Person was the College Counselor, Ms. Amba Prabhu. 14 non-teaching staff attended the session.

This session focused on what is self-care and why it is important for us to practice it. Before beginning the session the participants were given a small activity in which they had to write down their daily routine and identify the activities they do for themselves. She began the session with discussion on health and its components. She specifically focused on mental health and how to improve it.

She spoke in detail about self care, the challenges faced by people to include self care in their routine. She then went on to explain different areas of self-care.

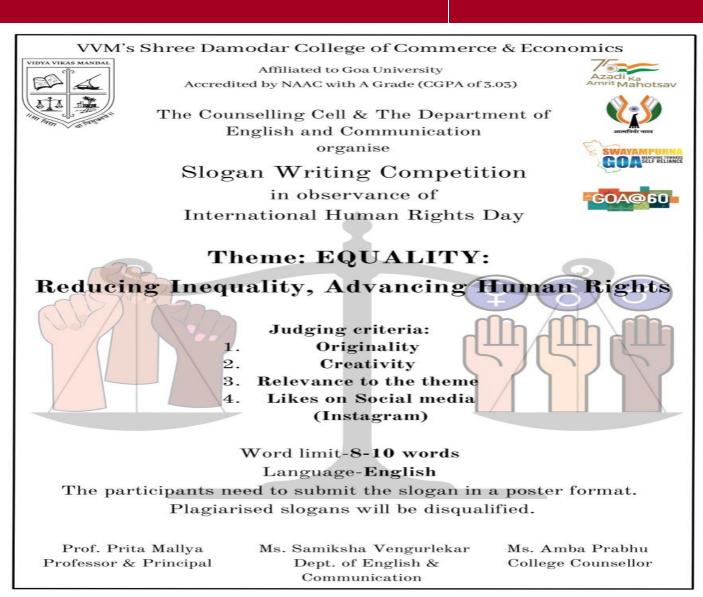
She also highlighted the different myths about self care. After debunking some myths she spoke about the importance of self-care in our lives and why we should indulge in it. She also touched upon how to take care of

Page **1** of **23** E-Newsletter | February 2022 oneself during the pandemic. Lastly a small video was screened on self-care.

The floor was open for participants to share their inputs about self-care and to ask any questions or queries if they had any. The session concluded at 3:00 p.m.

**Slogan Writing Competition** 

10<sup>th</sup> December 2021 to 15<sup>th</sup> January 2022



On the occasion of International Human Rights Day -Celebrated in December, 2021, Counseling Cell and Dept. of English and Communication of VVM's Shree Damodar College of Commerce & Economics organized a Slogan Writing Competition on the theme 'Equality: Reducing inequality, advancing human rights' from 10<sup>th</sup> December to 15<sup>th</sup> January, 2021. This competition was organized for the students of the College. The aim of this activity was to bring awareness importance of human rights for a harmonious world. This activity was conducted in an online mode.

The participants had to create a slogan of their own and submit it in a poster format. They were instructed to upload the poster in jpg format on the provided Google link.07 students participated in the activity. Out of seven, three students were declared winners.

First prize was bagged by Mr. Kewell Fernandes from FY. B.Com, Mr. Jakson Rodrigues, TY B.Com secured second place and third place was bagged by Mr. Granville Fernandes from TY BBA(FS).

### **Live Screening of Union Finance Budget 2022-2023**

### 1<sup>st</sup> February 2022



The Union Budget of India for 2022–2023 was presented by the Union Finance Minister of India, Ms. Nirmala Sitharaman. The Budget was screened live over Google Meet for the benefit of the students and the faculty of the BBA(Financial Services) Programme 01.02.2022 from 11:00 a.m. onwards. The objective of this activity was to make students familiar with the Budget presentation and learn to identify the key points from the Budget. A total of 65 (57 students and 8 faculty members) attended the live screening. The students were also provided the Key Features of Budget 2022-2023 provided by the Budget Division,

Ministry of Finance, Government of India. The students willingly attended the live screening and appreciated the initiative of the Department. All the faculty members of the Department also participated in the activity. Asst. Prof. Grishmi Thakur coordinated the activity.

Screening of Union Budget 2022 – 23

1<sup>st</sup> February 2022



The Department of Economics & Banking of VVM's Shree Damodar College of Commerce & Economics, Margao, Goa, organized "Live Screening of Union Budget 2022 – 23 for the faculty and students of the College, by live streaming of the Presentation of the Union Budget from the Lok Sabha by the Finance Minister of India, Smt. Nirmala Sitharaman on 01<sup>st</sup> February 2022 from 11:00 a.m. to 01:15 p.m. The session began by the Finance Minister expressing her empathy for those who suffered during COVID-19 pandemic. She unveiled a bigger Rs. 39.45 lakh crore budget, emphasizing that this was a growth-oriented budget, focusing on four pillars – health and well-being, infrastructure, inclusive development, energy transition and climate action, and

financing of investments through PM Gati Shakti initiative. She expressed that India's economy would grow at the rate of 9.2 percent, the highest among all big economies. Smt. Sitharaman emphasized that the budget's approach is driven by seven engines - roads, railways, airports, ports, mass transport, waterways and logistics infrastructure as the key areas. She said that all seven engines will pull forward the economy in unison, complemented by energy transmission, IT communication, water and sewerage sector and social infrastructure. Some of the additional key highlights of the speech included digital Rupee currency, imposition of tax on cryptocurrency assets and transactions, 5G auction to be conducted in 2022, capital expenditure stepped up to Rs. 7.5 lakh crore, prominence to Make in India in terms of budget allocation for defence arms procurement, new battery swapping policy for electric vehicle sector, 'One Nation, One Registration' to be established for ease of living and doing business, updated tax return system, announcement of minimum support price (MSP) worth Rs. 2.37 lakh crore to wheat and paddy farmers, green bonds and several more. For 2022-23, an allocation of Rs. 1 lakh crore was announced to assist the states in catalyzing overall investments in economy and also announced productivity-linked incentives for 14 sectors that would generate 60 lakh new jobs over the next five years. She expressed that the Union Budget 2022-23 is a blueprint for Amrit Kaal – a 25-year-period beginning 2022 - the 75th year of Independence and ending in 2047, the 100th year of India's Independence. She further presented the proposals, incentives on taxation, start-ups, MSMEs, SEZs, custom duties and tariffs, imports, exports, etc. and subsequently concluded her presentation.

87 participants including faculty and students virtually attended the webinar through the Google Meet channel. The programme was coordinated by Asst. Prof. Ms. Lizette D'Costa and Asst. Prof. Poorva Gude, of the Department of Economics & Banking.

Online Quiz on Contribution of Eminent Personalities to India

26<sup>th</sup> January to 4<sup>th</sup> February 2022



### Vidya Vikas Mandal's

## SHREE DAMODAR COLLEGE OF COMMERCE & ECONOMICS

Affiliated to Goa University

Accredited by NAAC with Grade 'A' (CGPA of 3.03 on a 7 Point Scale)









# Department of Computer Science

**Organizes** 

# Online Quiz

## Contribution of Eminent Personalities to India

Quiz Link: https://forms.gle/yPxYeKe5v6yUtWhh8 Receive an E-Certificate on scoring 50% and above

The Quiz Link will be kept open from 26th January 2022 to 4th February 2022

**DR. PRITA D. MALLYA**Professor & Principal

MR. SUMIT KUMAR
Head, Department of
Computer Science

MS. RAJLAXMI S. NAIR
Assistant Professor
Quiz Coordinators

MR. ANDRE PACHECO
Assistant Professor

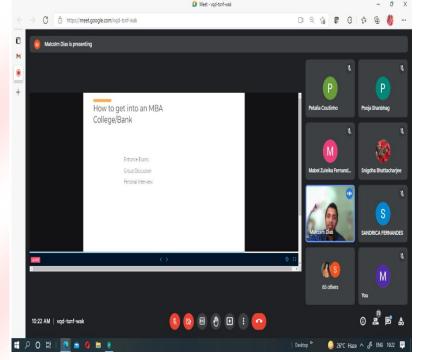
The Computer Science Department organized an online quiz on 'Contribution of Eminent Personalities towards India'. The quiz was open to the students, faculty members and the general public. The objective of this activity

was to Celebrate 75 years of India's Independence, by honoring the contribution of famous personalities from different fields towards the growth of India.

The quiz consisted of 25 questions and those who scored 50% and above were issued E-Certificates instantly. The quiz link was kept opened from 26<sup>th</sup> January 2022 to 04<sup>th</sup> February 2022. 141 participants answered the online quiz, out of which 121 participants received the E-Certificates. The quiz was coordinated by Ms. Rajlaxmi S. Nair and Mr. Andre Pacheco.

### A Session on MBA and Bank Entrance Exam

4<sup>th</sup> February 2022



The Career and Placement Cell organized "A session on MBA and Bank Entrance Exam" on 4<sup>th</sup> February 2022 at 10:00 a.m. Mr. Malcolm Dias, Director at T.I.M.E. Institute Goa, was the Resource Person for the same. The objective of the session was to create awareness about the various competitive exams. The session commenced with the welcome address by the Principal, Prof. Prita D. Mallya.

The Resource Person Mr. Malcolm Dias began the session withsolving various multiple choice questions which had appeared in competitive

exams, where in he explained about various tricks for cracking such question. He highlighted that most of the students discontinue their studies for such competitive exams after they fail to crack the exam in the first attempted, and leave the opportunity of being placed in a good and reputed colleges or an public sector bank. He insisted that the students need to develop the reading habit which would help in time management during the exam.

Further, he explained three steps involved in getting placed in a reputed college or in a public sector bank, which starts with entrance exam followed by the group discussion session. These two processes are mainly carried out to filter the candidates and get the best candidate and the last step consist of the penal interview with the candidate.

He believes that students who wish to crack such competitive exams need to spend time in reading current affairs as well as divert enough time, efforts and energy towards preparing for such exams. He stressed that the T.I.M.E institute provides coaching for various competitive exams as well as a portal wherein the students can solve previous years question papers. He requested the students to contact him or his office for registration.

The session was very interactive as students put forth various queries. The session was appreciated by the participants. Ms. Petalia Coutinho student from TY B.Com compered the session. 72 students attended the session.

### Life Skills Session on "Communication Skills"

### 5<sup>th</sup> February 2022



The Life Skills Committee of the College organized an Online Life Skills Session as a part of 30 Hours 21st Century Life Skills Certificate Course for the First Year B.Com and BBA(Financial Services) students on February 2022 from 11.00 a.m. to 1.00 p.m. using the Google Meet platform. The topic of the session was "Communication Skills". The main objective of the session was to familiarize the students with different types of Communication Skills the and explain importance of communicating appropriately and

effectively.

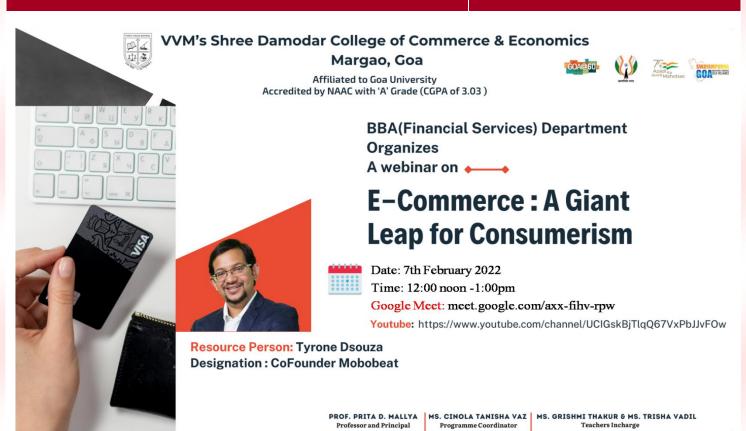
The Resource Person for the session was Ms. Caroline Stewart Silva, Professional Life Coach, Impact Training Solutions, Margao. Asst. Prof. Sheryl Sanches welcomed and introduced the Speaker.

Ms. Caroline Stewart Silva commenced the session with an introduction to communication skills and showed a video on how inappropriate communication leads to misunderstanding. She further explained the importance of effective communication, reasons for effective communication, damages done by poor communication, the 7C's of effective communication, types of barriers in communication, how to overcome barriers and suggested a few tips on how to communicate effectively. She conducted an activity on paper shapes so as to explain the importance of two way communication. She also elaborated on the importance of listening in communication, stated how listening is different from hearing and conducted an exercise to check how many are good listeners. Thereafter she provided an overview of non-verbal communication, importance of non-verbal communication, types of non-verbal communication and advised the students on how to improve non-verbal communication. She concluded the session by conducting a test on how good is your non-verbal communication and appreciated the active participation of the students.

83 students attended the session. The session ended at 01:00 p.m. with a Vote of Thanks delivered by Ms. Anslet Sebastian from FY BBA. The session was compered by Asst. Prof. Racheal Goes and coordinated by Asst. Prof. Marjina Shaikh. Overall, the session was interesting and interactive.

Webinar on "E-Commerce: A Giant Leap for Consumerism"

7<sup>th</sup> February 2022



The BBA(Financial Services) Department organized a webinar titled "E-Commerce: A Giant Leap for Consumerism" for students of the BBA(FS) Programme. The webinar was organized virtually through Google Meet platform on 07<sup>th</sup> February, 2022 from 12:00 noon to 1:00 p.m. 73 participants attended the same.

The session was hosted by Ms. Gizelle D'silva, student of FY BBA(FS)-A. Ms. Manisha Arya, student of TY BBA(FS)-A introduced the Resource Person, Mr. Tyrone Dsouza, the co-founder of Mobobeat. Mobobeat is a mobile ad network that has been in operation for last 6 years and has offices in India, Spain, and Colombia.

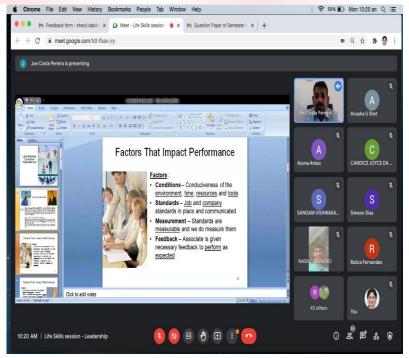
The Speakers delved into various points on the evolution and developments of the Indian E-Commerce sector. He focused on aspects of E-Commerce such as market size, the pre and post pandemic influences on activities of online customers, recent developments and the Fintech landscape. He presented various instances to enhance the content's effectiveness and enrichment.

Mr. Tyrone answered all of the students' questions. The webinar garnered positive feedback from students. Ms. Pranjali Kerkar, student of FY BBA(FS)-B proposed the Vote of Thanks. The webinar was organized by Asst. Prof. Trisha Vadil and Asst. Prof. Grishmi Thakur.

### Session on Leadership

7<sup>th</sup> February 2022

The Life Skills Committee of the College organized an Online Life Skills Session as a part of the 30 Hours 21st Century Life Skills Certificate Course for the First Year B.Com and First Year BBA(Financial Services) students on 7<sup>th</sup> February 2022 from 10.00 a.m. to 12.00 noon using the Google Meet platform. The topic of the session was 'Leadership'. The main objective of the session was to familiarize the students with different types of leadership Skills and leadership behaviors and explained the importance of communicating appropriately and effectively.



The Resource Person for the session was Mr. Joe Shafiq Costa Pereira, Founder, Enrich Service Solutions and Fit for Life. Asst. Prof. Sheryl Sanches welcomed and introduced the Speakers. Mr. Joe Pereira commenced the session with an introduction to leadership skills. He gave an overview of leadership. Mr. Joe Pereira discussed the factors that improve the performance of an individual. Factors such as knowledge, skills motivation and confidence were elaborately explained.

In order to improvise on one's leadership skills

one needs to perform the following steps: (a) Diagnosis – identifying the development level of the associates (b) Adaptability – flexing your leadership style (c) Empowerment – gradually turning over the responsibility for direction and support to the associate.

The two leadership behaviors were then discussed: directive and supportive behaviors. Directive behaviors focus on structure, control and supervision, whereas supportive behaviors focus on encouraging, listening and facilitating. Several examples were cited wherein a manager exhibits a directive leadership behaviour and a supportive leadership behaviour.

Mr. Joe Pereira then elaborated how a style of leadership emerges from a situation. A senior may use any of the four leadership styles: supporting, coaching, delegating or directing; depending on the particular situation that prevails.

The session ended with the Vote of Thanks proposed by Sheryl Sanches, Asst Prof in Commerce.



The Department of Physical Education and Sports organized National Level Online Quiz on "Sports Science" from 07<sup>th</sup> February to 9<sup>th</sup> February 2022 through a questionnaire. There were all together 20 questions on Sports Science and minimum 50% score was compulsory to receive an E-certificate. This quiz was open to the general public. 109 participants answer the quiz and 80 received the e-certificate. The level of quiz was medium to hard.

# Training on Dealing with workplace hazards, emergencies and evacuation

### 7<sup>th</sup> to 9<sup>th</sup> February 2022



The Department of Computer Science in association with Dept. of Fire and Emergency Services St. Inez, Panaji - Goa Conducted 3 days training programme for BCA and BVoc (S.T.) students on 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> February 2022 (3 days) from 9:30 am to 5:00 pm at the Department of Fire and Emergency Services, Government of Goa, St. Inez Panaji. 18 students attended the session. This Training programme is a part of Curriculum for all BCA and BVoc (S.T.) students who are being enrolled for Role of Junior Software Developer course and will

be answering exam conducted by NASSCOM. The Resource Person for the sessions were A.K. Kamat, ADO Ravi H. Naik SFO, Damodar Zambaulikar, SO Amey A Kenkre, FO, Deepak Shirodkar LFF/FF, Satyawan Gawas, LFF/FF, Truptesh Naik LFF/FF

### **Day 1:**

First session started with chemistry of combustion, Basic fire safety and First Aid. In this session students were told about triangle of fire, different types of fire and how to extinguish the fire. In the second session, there was demonstration as well as practice in handling fire extinguisher.

#### Day 2:

Session I began with introduction of basic life support and CPR in the morning. Students were told how to investigate a casualties using AVPU and SAMPLE and DCABTLS. Students also had a practice on how to give CPR and 30:2 cycle to be repeated for 5 times. Students also learnt the procedure to conduct evacuation drill and also had a demonstration of the same.

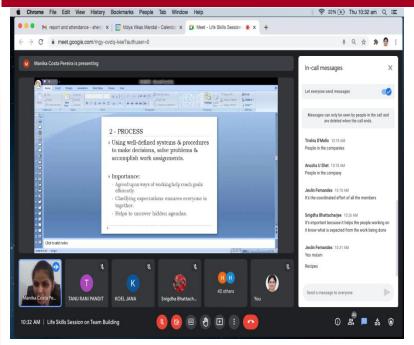
### **Day 3:**

Third day was full of practical. Students practiced how to use different knots and their usage. They were also explained how to calculate the strength and working strength of a rope. Students also learned how to use stretcher and how to make improvised one during emergencies in case one is not available. The second session gave the information about fire tender vehicle. Students were also informed about maintenance of different equipment. Students acquired the knowledge on handling LPG leakages and fire.

All sessions were very interactive, students participated actively in all sessions .All sessions were conducted as per the given schedule. The feedback from students was very much positive and they said that such sessions should be conducted in our college for faculties, parents and all students as well. Faculty In charge were Mr Sameer Patil andMr Andre Pacheco Assistant Professor, Department of Computer Science

### Session on Team Building

### 10<sup>th</sup> February 2022



The Life Skills Committee of the College organized an Online Life Skills Session as a part of the 30 Hours 21st Century Life Skills Certificate Course for the First Year B.Com and First Year BBA(Financial Services) students on 10<sup>th</sup> February 2022 from 10.00 a.m. to 12.00 noon using the Google Meet platform. The topic of the session was 'Team Building'. The main objective of the session was to familiarize the students with the importance of working in teams and understanding the skills required to work in teams. 48 students participated in the

session.

The Resource Person for the session was Ms. Manika Costa Pereira, Co-Founder, Enrich Service Solutions and Fit for Life. Asst. Prof. Sheryl Sanches welcomed the Resource Person and the students. Ms. Koel Jana, student of FY B.Com C introduced the Speaker. Ms. Manika Pereira commenced the session with an introduction to team building and working in teams. He gave an overview about team building. A video was played after which the students were asked to list down the qualities required to be a good team player, that were mentioned in the video.

Ms. Pereira discussed various benefits of working in a teams such as, generate revenues, meet targets, increased accountability, tasks are accomplished at a faster pace, promotes healthy competition within the team, team members can learn from each other and it increases the learning opportunity, it improves the relations among the employees and leads to an enjoyable work experience, promotes problem solving, improves communicating of ideas, improves workflow speed and develops a feeling of belonging towards the organization.

The major success factors that help achieve team spirit in an organization were discussed. (a) Vision - Having a clearly defined team vision, mission, goal or task and an action plan. (b) Process - Using well defined systems and procedures to make decisions, solve problems and accomplish work assignments. (c) Communication – Ensuring two-way interactions that make others feel appreciated, heard and involved (d) Commitment - Being willing to accept responsibilities and perform them in a manner that was agreed upon (e) 'Can Do' spirit – Being able to persevere during issues and problems (f) Trust – Being able to deliver on commitments, tell the truth and admit mistakes. Ms. Pereira then explained about the 4 stages in team development ie Forming, Storming, and Performing. Each stage was discussed with relevant examples.

The session ended with the Vote of Thanks proposed by Kewal Patel, student of FY B.Com C.

Talk On "FoodScape: An escape from Metaverse"

11th February 2022



Prof. Prita D. Mallya
Professor and Principal

Dr. Shami R. Pai IOAC Coordinator Ms. Cinola Tanisha Vaz Programme Coordinator Ms. Snehal Alve & Ms.Ashwini Devari Faculty Incharge



The BBA(FS) Department in association with Internal Quality Assurance Cell organised a session on 'Foodscape: An escape from Metaverse' on 11<sup>th</sup> February 2022 from 10:00 to 11.00 am. The Resource Person for the session was Ms Liza Pinheiro, Consultant and Agripreneur at Fruits of Hardwork. Vasco -Goa. sMs Harshita was the compere for the session. A student from TYBBA Ms Gulshan Shaikh introduced the Speaker. 59 participants attended the session.

The Speaker explained how our dependence on virtual world has changes our daily life. She opined that this virtual reality will be a part of our reality, but we cannot completely rely entirely on this kind of reality Food is something which we will need forever and it is one thing which cannot be made virtually. The Resource Person gave various insights on how to start gardening in our balcony, land and terrace. She also spoke about various fruits and vegetables that can be easily grown for first time gardeners.

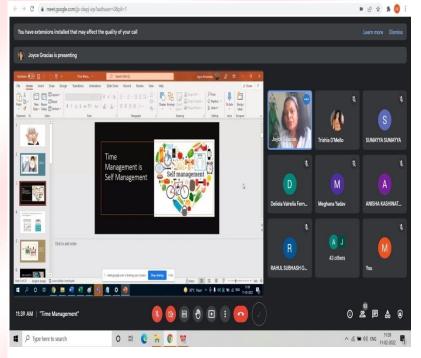
Ms Lizia also explained the ratio of potting mix that can be used for various plants and vegetables. The Resource Person also shared the list of manure and fertilizer that can be used for plants. She shared success stories of various Agripreneur in Goa.

The speaker addressed the questions of the participants. The session was very informative and resourceful.

# Life Skills Session On "Time Management" 11<sup>th</sup> February 2022

The Life Skills Committee of the College organized an Online Life Skills Session as a part of 30 Hours 21st Century Life Skills Certificate Course for the First Year B.Com and BBA(Financial Services) students on 11<sup>th</sup> February 2022 from 11.30 a.m. to 12.30 p.m. using the Google Meet platform. The topic of the session was "Time Management". The main objective of the session was to familiarize the students with various time management skills so as to help them effectively use the time available in their daily lives.

Page 11 of 23 E-Newsletter | February 2022



The Resource Person for the session was Ms. Joyce Gracias e Fernandes, Behavioral Counsellor and PSHE Mentor & Facilitator at The Ardee School, Sangolda. Assistant Professor Racheal Goes welcomed the Speaker and the participants. Ms. Trishia D'Mello, a student from FY BBA(FS) introduced her.

Ms. Joyce Gracias e Fernandes commenced the session with an introduction to time management and explained the importance of self-management so as to manage time effectively. She further elaborated on various

ways to effectively manage time such as prioritizing what is important, minimizing time wasters, avoiding stress, changing attitude etc. She shared a few tips on time management by Randy Paush. Thereafter she provided an overview on techniques of how to practice mindfulness in time management such as effective delegation, using online scheduling tools, setting smart goals, avoiding gossips and having a 'I can do it attitude'. She concluded the session by addressing the queries of the students.

65 students attended the session. The session ended at 12:30 p.m. with a Vote of Thanks delivered by Ms. Nylisha Cruz from FY BBA(FS). The session was compered and coordinated by Asst. Prof. Racheal Goes.

# Students' Participation in 'Highlights of Union Budget Presentation 2022'

12<sup>th</sup> February 2022

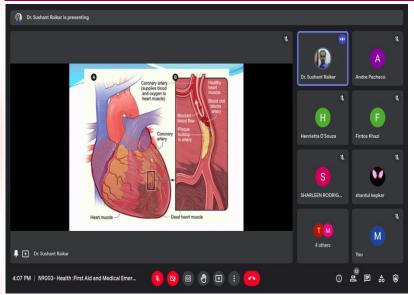


Murgaon Education Society's College of Arts & Commerce, Zuarinagar organized a State Level Intercollegiate Online completion on "Highlights of Union Budget Presentation 2022" for the UG & PG students of Goa on 12<sup>th</sup> February 2022 at 04:00 p.m. Dr. Manasvi M. Kamat, Principal, MES College of Arts & Commerce delivered the welcome address. Dr. Champa R. Parab, Convenor of the event welcomed the student participants and highlighted the importance of budget. The aim of the competition was to provide the young minds/ individuals an opportunity to put-forth their understanding of the Union budget and how it would affect the Indian economy as a whole. Mr. Sarthak Faldesai from M.Com Part-I and Ms. Kezia Da'Costa from M.Com Part-II, represented the Post-Graduate Department (M.Com Programme) of the College. The students participated individually for the event held in

online mode via Google Meet. They bagged the second place and second consolation prize along with cash prize of Rs. 750 and Rs 250 respectively.

## Session on Training cum Demonstration Session in Dealing with Medical Emergencies at Workplace

### 12<sup>th</sup>& 15<sup>th</sup> February 2022



The Department of Computer Science organised Training cum Demonstration 'Dealing with Medical Emergencies Workplace' on 12th & 15th February 2022 from 03pm to 04pm via online platform. 20 BVOC (ST) Students attended the session. These students have enrolled to answer Junior Software Developer Qualification Pack. This module is an integral part of the skill component the curriculum offered under

B.Voc.(Software Technologies) programme being offered by college. The Resource Person for the session was Dr. Sushant raikar (B.A.M.S) Gomantak Ayurved Mahavidyalaya and Research Centre Shiroda.

The first session began with the welcome address by Dr. Sushant Raikar followed by the training in 'Basic Life Support'. The topics covered during this session was classification of patient, Cardiac Arrest, use of CPR and AED, Respiratory Arrest, Fainting (accidental, non-accidental), and Seizures (first & repeated). In this session, doctor explained the situations and the different ways of tackling it. Dr Raikar also spoke on Trauma, Bleeding, Fracture (open & closed), Skull and Spine Fractures and Collarbone fractures. Along with awareness on above topics, he also explained the basics of ABCDE model, handling the cases and Good Samaritan Law of India.

For the session held on 15<sup>th</sup> February Dr. Sushant Raikar spoke and informed the students about 'animal bites'. He mentioned that all the bites are not dangerous in nature and how to identify the bites of serious nature. He specifically discussed about thedog and snake bits. He also discussed topics choking, drowning, and burning and its types. He explained to the audience on how to take care of different types choking for different age groups. He also shared his experiences with the students. Faculty In charge for the session were Mr. Sameer Patil and Mr. Andre Pacheco, Assistant Professor, Department of Computer Science.

### Guest Lecture on "Essentials of a Successful Entrepreneur"

15<sup>th</sup> February 2022

The Department of Economics & Banking organized a guest Lecture on "Essentials of a Successful Entrepreneur" for the students of FY B.Com in the subject Microeconomics on 15<sup>th</sup> February 2022 at 11.00 am. The Resource Person for the session was Yashu Sharma, MBA (Human Resource) and the founder of NeoWise Business Solutions & Crafter's Yard.

Ms. Yashu Sharma explained the concept of Entrepreneurship to students. She emphasized on the difference between the terms Businessman and an Entrepreneur while giving the national and global examples. Entrepreneur is the one who initiates the idea or comes up with new idea. Businessman, on the other hand is the one who starts business with the existing idea in the market. She further explained several features associated with these concepts. She also shed light on how the success is perceived in a different way for an Entrepreneur and a Businessman.



Ms. Sharma shared her work experience in the field of Human Resources before she started her business and how the idea of starting Neowise Business Solutions came to her mind. She explained the nature of services offered by her firm. She also explained the types of Entrepreneurships such as Freelance Entrepreneurship, Work from home Entrepreneurship, Startup Entrepreneurship, and Social Entrepreneurship. The lecture followed by interaction with students and question answer session.

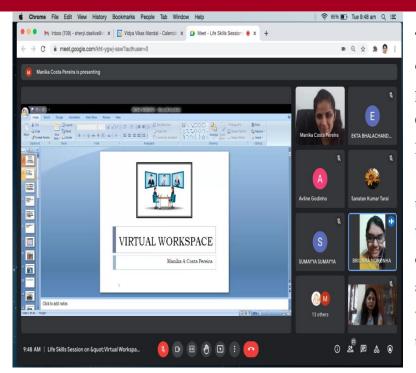
Ms. Natasha Naik from FY B.Com A was the

compere for the session. Ms. Anushka Naik from FY B.Com C introduced the Resource Paerson and Ms. Sudeepa Oli from FY B.Com B proposed the Vote of Thanks.

45 participants including faculty and students attended the webinar through the Google Meet channel. The programme was coordinated by Asst. Prof. Pretty Pereira, Asst. Prof. Sanjay Velip, Asst. Prof. Ms. Lizette D'Costa and Asst. Prof. Poorva Gude, of the Department of Economics & Banking.

### Session on Virtual Workspaces

### 15<sup>th</sup> February 2022



The Life Skills Committee of the College organized an Online Life Skills Session as a part of the 30 Hours 21st Century Life Skills Certificate Course for the First Year B.Com and First Year BBA(Financial Services) students on 15<sup>th</sup> February 2022 from 9.45 to 11.45 am using the Google Meet platform. The topic of the session was 'Virtual Workspaces. The main objective of the session was to familiarize the students with the pros and cons of virtual workspaces, virtual meeting etiquette and understanding the future of virtual work-spaces.

The Resource Person for the session was Ms. Manika Costa Pereira, Co-Founder, Enrich Service Solutions and Fit for Life. Asst. Prof. Sheryl Sanches welcomed the Speaker and the students. Ms. Brionna Noronha, student of FY B.Com C introduced the Guest Speaker. Ms. Manika Pereira commenced the session with an introduction to virtual workspaces and discussed that working virtually was first initiated by Google much before the pandemic began. Ms. Pereira questioned the students about the benefits of working virtually. The students could relate with the situation and various pros were discussed such as autonomy and flexibility, recruitment and retention, tracking company performance and employee accountability, saves money, office space and its costs and fuel and energy costs.

The downsides of a virtual workspace were then discussed i.e. lack of human contact could cause decreased team spirit, trust and productivity, increased sensitivity to communication, interpersonal and cultural factors, lack of social interaction and creativity and potential employee burnout.

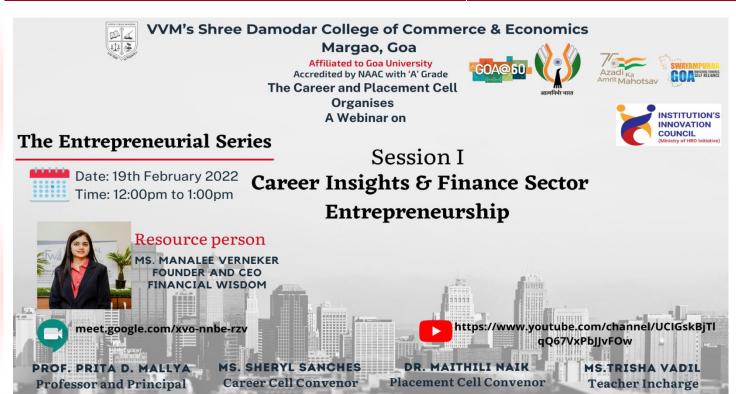
Ms. Pereira discussed how to manage a virtual workspace. Various factors that are conducive to working virtually were emphasized such as communication, transparency, training, inclusion, time zones and team culture. Certain etiquette to be kept in mind while working virtually were explained such as join early, cut noise, dress right, tidy workspace, clean wrap up and stay focused.

She then discussed about the future of working virtually. A video about metaverse was displayed to give a better understanding about the future of working virtually. The resource person also cited the example of the couple who got married in metaverse and the wedding was attended by over 3000 guests.

The session ended with the Vote of Thanks proposed by Ms. Ekta Parmekar, student of FY B.Com C.

Webinar on 'Career Insights & Finance Sector Entrepreneurship'

19<sup>th</sup> February 2022



The Career and Placement Cell in association with the Institution's Innovation Council (IIC) organized a Webinar on the theme 'The Entrepreneurial Series: Session I - Career Insights & Finance Sector Entrepreneurship' for students of the FY B.Com/BBA(FS)/BCA/B.Voc(ST) and M.Com Part I. The Webinar was organized virtually through Google Meet and YouTube on 19<sup>th</sup> February, 2022 from 12:00 noon to 1:00 p.m. 72 participants attended the same.

The session was hosted by Ms. Sakshi Talaulikar, student of FY BBA(FS)-B. Ms. Harshita Poojari, student of FY BBA(FS)-A introduced the Resource Person for the session, Ms. Manalee Verneker, the founder and CEO of Financial Wisdom, a privately established financial services firm based in Margao, Goa. She is a Certified Financial Planner (CFP) from Financial Planning Standard Board, USA and Chartered Wealth Manager (CWM) from American Academy of Financial Management.

The Speaker addressed the students on the topic - Indian finance Sector. She concentrated on a wide spectrum

Page 15 of 23 E-Newsletter | February 2022

of areas such as an entrepreneur, a leader and a manager, including the prime disruptions in the financial sector entrepreneurship, and career opportunities in the finance sector. She also highlighted the necessary credentials and skills essential to be a successful financial entrepreneur. Ms. Vernekar made her content very interactive through several practical examples and inquisitive questions.

The Resource Person answered all questions put forth by the participants. Ms. Anslet Sebastian, student of FY BBA(FS)-A proposed the Vote of Thanks. The Webinar was coordinated by Asst. Prof. Trisha Vadil.

Webinar on 'Understanding the Commodity Derivatives Market'.

19<sup>th</sup> February 2022



The BBA(Financial Services) Department in association with the National Commodity and Derivatives Exchange (NCDEX), Investor Protection Fund (IPF) Trust, Mumbai organized an Investor Awareness Program through a Webinar on 'Understanding the Commodity Derivatives Market'. The Webinar was organized on Saturday, 19-02-2022 from 10:00 a.m. to 12:00 p.m. through the Webex platform. 54 participants from FY and SY BBA(FS) class attended the same.

The objective of the Webinar was to create awareness amongst the potential investors through the dissemination of knowledge on the fundamental terminologies and concepts related to the commodity derivatives markets. Ms. Sanchia Patricia Da Costa, a student of SY BBA(FS) B class, commenced the Webinar with a brief introduction followed by the welcome address by Dr. Rodney D'Silva, Vice-Principal, Ms. Sanchia introduced the Resource Persons of the Webinar. Resource Person Mr. Ratnesh Mishra is a Deputy Manager at NCDEX, Mumbai having a vast experience and expertise in Regulatory Compliance, Arbitration, Investor Grievance, Trading and Clearing Operation of Exchange, PMLA, KYC, Transaction Monitoring and other allied activities. Resource Person Ms. Nikita Nagdev is a Senior Executive with NCDEX, Mumbai. She is a finance and stock market enthusiast and an alumnus of the BBA(Financial Services) Department of the College.

Mr. Mishra conducted the Webinar in two sessions. He commenced the first session by explaining the difference between stocks and derivatives. He briefed upon several terminologies related to the derivatives contracts like futures, forwards, options, swaps, long position, short position, spot contract, expiration, market maker, spread, etc. He elaborated on the origin and the status of the commodity derivatives market in India. He further explained the significance of an efficient commodity derivatives market that would play a crucial role in

spurring the economic development in a rapidly flourishing agrarian economy like that of India. He also highlighted the key trends in the commodity markets that have been paramount in revolutionizing the commodity derivative markets in India.

During the second session, Mr. Mishra provided important insights on the NCDEX. He explained the NCDEX Commodity Index that is an equal-weighted spot price index of ten agricultural commodities. He highlighted the fact that the NCDEX Commodity Index is the first such index that has been launched in India. He elaborated on the NCDEX's 'Raison d' etre' that serves as an efficient platform for Price Discovery and Price Risk Management. He further stated that NCDEX offers a diverse range of products that open a plethora of opportunities to cater to the needs of various sets of participants in the agri-value chain. In his concluding remarks on the significance of NCDEX, he stressed that the NCDEX is a professionally managed online, multi-commodity exchange focusing on revolutionizing India's agricultural sector since it has been India's largest agricultural derivatives exchange with a market share of 75% in agricultural derivative contracts for the Financial Year ending March 2021. He ended the session by pointing out the prime training and developmental initiatives of the NCDEX.

Mr. Mishra responded to all the questions put forth by the participants. Ms. Sanchia Patricia Da Costa, a student of SY BBA(FS) B class was the compere for the Webinar while NCDEX, Mumbai hosted the same. Asst. Prof. Mayuresh Adsul, the in-charge faculty, proposed the Vote of Thanks. The NCDEX provided system-generated e-certificates to all the participants on their registered e-mail IDs after the online feedback submission.

### **Educational Opportunities Overseas**

23<sup>rd</sup> February 2022



The Career and Placement Cell of the college organized a career guidance session on 'Educational Opportunities Overseas' for the First Year B.Com, BBA(FS), BCA and B.Voc(ST) students of the College on 23<sup>rd</sup> February 2022 at 1.00 pm. The session was conducted through Google Meet. The Convener of the Career Cell, Assistant Professor Sheryl Sanches welcomed the Resource Person Ms. Regina Dias, General Manager-South East Asia, Wikati Education who is also the alumni

of the College. Astha Kossambe, student of FY B.Com C introduced the Resource Person.

Ms. Regina's session was focused on creating awareness about the educational opportunities available abroad. She began the session by making the students aware about the importance of opportunities for students to take flight to their dreams mainly in the education sector. She also explained in detail about the living costs, entry requirements and work opportunities needed in countries like Germany, Canada and UK.

Later, Ms. Dias gave a brief comparison of the living expenses, course duration, entry requirements in the three countries. She also spoke about how Wikati Education helps desiring students in selecting a suitable course and selecting a suitable university according to their needs. She also highlighted about the monitoring process which is a general procedure to all the countries. She emphasized on the importance of research that needs to be done

by every student before going abroad.

She finally summed up by emphasizing on the five step monitoring process that a student has to go through under Wikati Education. The session was well appreciated by the students. 87 students virtually attended the session. Koel Jana from FY B.Com C proposed the Vote of Thanks.

Workshop on "Measuring and Mapping Programme Outcomes and Course Outcomes"

24<sup>th</sup> February 2022



The College organized a workshop on "Measuring and Mapping Programme Outcomes and Course Outcomes" for the teaching faculty on 24<sup>th</sup> February, 2022 from 9.00-1.00 pm in offline mode in room no.206. The main objective of the workshop was to guide all the teachers to write CO's of the respective courses and also to brief them about measurement and mapping of attainment of POs, PSOs and Cos.

The Resource Person for the workshop was Dr. Niyan Marchon, Professor, Teaching learning and Education Technology, State higher education council, Directorate of Higher Education. The workshop began with an introduction of the Resource Person by the compere Ms. Stesa Pereira.

Dr. Niyan commenced the session in an innovative and different way by distributing a questionnaire to all the teaching faculty to find out whether they are aware about Bloom's taxonomy and the number of COs and POs of their respective courses and programme. Apart from this, the questionnaire also included questions related to innovative teaching methods used by the teachers. After collecting the questionnaire from the teachers, Dr. Niyan discussed about the meaning of certain terms like Multiple Intelligence. Multiple intelligence is a method adopted by the teachers to understand the type of the learners and to plan the course accordingly.

Dr. Niyan then explained about the term outcome-based learning and its various phases. He stated that at the pre-planning phase teachers should provide handouts to the students at the beginning of the course to make them aware about the syllabus, COs, LOs, Marks distribution, assignments etc. After the tea break, he reviewed COs of a few courses from different programmes to guide the teachers about the bloom's taxonomy to be used while writing COs. He then discussed about various mapping matrices to show the correlation between COs and POs and COs and PSOs. He also explained about various graphs and other formulas. The session then concluded with the Vote of Thanks proposed by Dr. Edwin Barreto. The teacher Incharge of this activity was

Ms. Pooja Shanbhag, Asst. Prof in Commerce and Mrs. Sneha Prabhudessai, Asst. Prof Department of Computer Science.

### Session on Financial Planning

### 25<sup>th</sup> February 2022



The Life Skills Committee of the College organized an Online Life Skills Session as a part of the 30 Hours 21st Century Life Skills Certificate Course for the First Year B.Com and BBA(FS) students on 25<sup>th</sup> February 2022 from 12.00 noon to 2.00 pm using the Google Meet platform. The topic of the session was 'Financial Planning'. The main objective of the session was to make the students aware about the importance of saving and investing and the benefits of compounding interest on investment. 49 FY B.Com and BBA(FS)

The Resource Person for the session was Mr.

Abhijeet Sawant, Founder and Managing Director, Abhiganesh Financial Planners Pvt. Ltd. Asst. Prof. Marjina Shaikh welcomed and Ms. Ekta Parmekar, student of FY B.Com C introduced the Speaker for the session. Mr. Abhijeet Sawant commenced the session with an introduction to the concept of saving and investment. He discussed various principles that one should follow such as: acquire assets not liabilities, plan your financial goals, decide your risk and understand your dreams and aspirations.

Mr. Sawant explained about the three buckets theory for investment i.e. safe assets, risky assets and dreams. He discussed how investing through SIP helps to cut the volatility in the market. Financial planning for taxation was then explained with respect to the tax slabs and various sections that enable one to reduce the tax payment.

Mr. Sawant explained about how one should arrive at the amount of life insurance. The concept of Human Life Value was discussed. One should invest in life insurance, medical insurance, children's welfare, retirement and property. The power of compounding was explained with the help of an example and the students were urged to begin investing through SIP with the first salary.

The students actively participated in the session and appreciated the resource person. The session ended with the Vote of Thanks proposed by Ms. Kavita Gadkar, student of FY B.Com C.

28th February 2022



A session on "Emotional Intelligence" was held for the Non-Teaching staff members of the College on February 28, 2022 from 2:00- 3:00 p.m. in the Library Reading room. The Resource Person was the College Counsellor, Ms. Amba Prabhu.

The session began with a brief discussion on emotions and the importance they hold in our life. A small activity was conducted, called Dumb Charades of emotions. A volunteer was asked to guess the emotion and the others were asked to enact the said emotion.

The speaker moved on to explain what emotional intelligence actually is and why it is so important in today's world. She explained the five components of emotional intelligence and how they play a crucial role in our daily life. Then she explained the importance of emotional intelligence at the workplace and how it can improve one's performance and relations at work. Finally the participants were given an emotional intelligence self assessment test which included 20 questions. Once the participants finished answering the questionnaire they were explained the scoring and were asked to evaluate themselves and measure their emotional quotient.

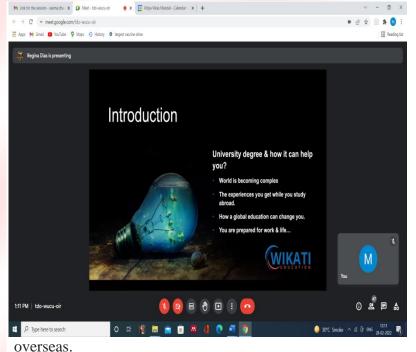
The floor was then kept open for participants to share their inputs and to ask questions or queries. The session concluded at 3:00 p.m.

### **Educational Opportunities Overseas**

28<sup>th</sup> February 2022

The Career Cell of the College in association with the PG Department of Commerce organized a session on the topic 'Educational Opportunities Overseas' for the M.Com students on 28<sup>th</sup> February 2022 from 1.00 to 2.00 pm via Google meet. The Resource Person for the session was Mrs. Regina Dias, General Manager- South East Asia. Wikati Education

Page 20 of 23 E-Newsletter | February 2022



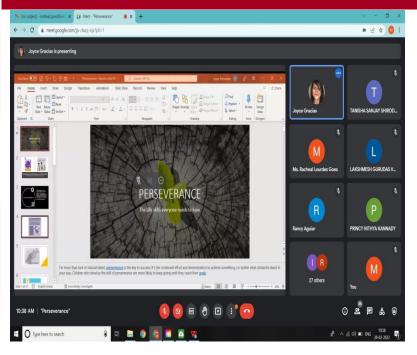
Asst. Prof. Ms. Abigale Rodrigues welcomed the Resource Person. The session began with an introduction of the Speaker by Meena Choudhary, student of M.Com Part-I. Ms. Dias took over the session by briefing about the various universities that the students could apply at. She then went on to explain the various course fees as per the countries i.e Germany, UK and Canada, and the part time job opportunities available to students to fund their education. She also briefed about the differences in the fee structure of private and public universities

Ms. Dias also suggested to the students various entry-level exams needed like the IELTS/TOEFL to increase their proficiency in English language. She also briefed the students on the initial investments required to pursue any course overseas and the various courses that they could take up.

The speaker at the end of the webinar addressed the queries raised by the students with regards to the funding of the fees and the process of applying for students' visa. The students found the session very informative and beneficial as they got an insight of the requirements of various foreign universities and their rules and laws. 48 participants attended the session. The session ended at 2:00 pm, with a Vote of Thanks proposed by Vishal Revanker, a student of M.Com Part –I.

#### Life Skills Session On "Perseverance"

### 28<sup>th</sup> February 2022



The Life Skills Committee of the College organized an Online Life Skills Session as a part of 30 Hours 21st Century Life Skills Certificate Course for the First Year B.Com and BBA(Financial Services) students on 28<sup>th</sup> February 2022 from 10.30 to 11.30 a.m. using the Google Meet platform. The topic of the session was "Perseverance". The main objective of the session was to inculcate in students the right attitude and approach towards consistency and determination towards life orientations.

The Resource Person for the session was Ms. Joyce Gracias e Fernandes, Behavioral Counsellor and PSHE Mentor & Facilitator at The Ardee School, Sangolda. Assistant Professor Racheal Goes welcomed and introduced the Speaker for the session.

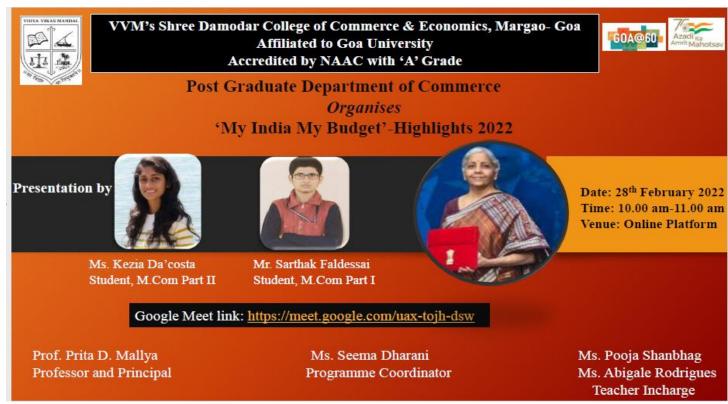
Ms. Joyce Gracias e Fernandes commenced the session with an introduction to Perseverance and Persistence

efforts. She further explained instant gratification, it's ill effects and actionable ideas to avoid it. Thereafter she provided an overview on techniques of how to be persistent such as self-motivation, setting SMART goals, dealing confidently with obstacles and overcoming adversity. She shared an example of persistent efforts of Thomas Edison in inventing light bulb in-spite of failing several times. She concluded the session by addressing the queries of the students.

44 students attended the session. The session ended at 11:30 a.m. with a Vote of Thanks delivered by Ms. Trishia D'Mello from FY BBA(FS). The session was compered and coordinated by Asst. Prof. Racheal Goes.



28<sup>th</sup> February 2022



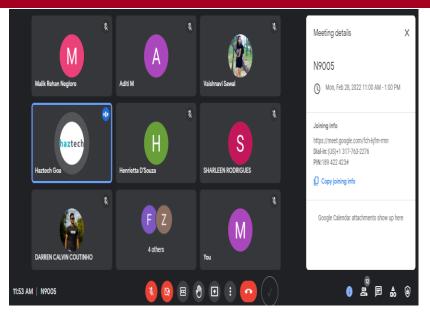
The PG Department of Commerce organized a session for the UG and PG students of the college on the theme 'My India My Budget- Highlights 2022 on 28<sup>th</sup> February 2022 from 10.00 to 11.00 pm via Google Meet. The main objective of having the budget presentation was to make the students aware about the recent changes that took place in the budget 2022 and the economy as a whole.

Asst. Prof. Ms. Pooja Shanbhag welcomed all the participants and gave a brief overview of the activity. Both the speakers, Ms. Da'Costa and Mr. Faldessai Students of M.Com Part –I, highlighted the importance of the union budget and explained in detail the major changes in various sectors. The recent budget announcement brought changes in overall economic growth and briefed the highlights such as; digital currency; impact on businesses, taxpayers and investors; railways, roadways and the capital expenditure in the mega projects. They also pointed out the various schemes introduced in the agricultural sector and lastly an overview was given about the volatility that was created by the budget announcement on the BSE & NSE Markets of India on the day of the budget presentation by the Finance Minister of the Country.

The session came to an end with the Vote of Thanks proposed by Asst. Prof. Ms. Seema Dharani, faculty Department of M.Com. 35 participants attended the session

### SSC/N9005 Session

### 28<sup>th</sup> February 2022



The Department of Computer Science organised an interactive session on "Knowledge, Skills and Competences" as part of SSC/N9005 module for First Year B.Voc(ST) students on the 28<sup>th</sup> February 2022 from 11: 00 am onwards. This was conducted via Google Meet. The Resource Person for the session was Mr. Mohsin Shaikh, Founder & CEO, Haztech, Margao.

Mr. Shaikh began the session by explaining

various skills and abilities needed at a workplace. He explained the career progression cycle of any employee working in an IT industry. He helped the students in identification of the current level of knowledge, skills and competences accurately and application of these under supervision. Further he also discussed the importance of tools like Clickby and the use of SOSTAC marketing model in the industry. He emphasized on the use of learning and development logs needed for continuous improvement. 13 students virtually attended the session.

### Dear Readers,

As always, at Shree Damodar College, the emphasis is on the holistic development of students and adapting to the changing needs of society in general and our students in particular.

We are delighted to present the reports of activities in this edition of the E-Newsletter, with the College reaching out to students by way of webinars, quizzes and other innovative activities on a wide range of topics.

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