**SWETHAA MANI**

III B.COM GENERAL

C.T.T.E COLLEGE FOR WOMEN

CAREER ENHANCEMENT WORKSHOP

FEEDBACK REPORT.

DAY 1 5.07.2024

VENUE: T. THOMAS AUDITORIUM

**INAGURATION:** The session was started with the Tamil Thai Vazhthu & Prayer song followed by introduction of the chief guests. And then mementos were provided to the chief guests by our vice principal followed by the signing of the MOA. First sir Hemanth talked about the importance of this session and what its going to be like. And then a team member of Wadhwani foundation gave us some insights about this session and also gave us suggestions on the 1.1.1 rule which is 1.ONE HOUR OF READING 1. ONE HOUR OF MEDITATION 1. ONE HOUR OF EXERCISE

Then a small break was given.

**SESSION (PART 1)**

The session started with sir asking the question ***‘Are you all proud to be a woman? Why?’*** everyone gave different answers for this question, in that hall we could able to see many perspectives of the strengths of a woman. And also about the power that lies within us. After this, a question was placed among us ***‘what do you think that stops you from moving forwards?’*** for this various answer were given but the real answer is ***‘ourself’.*** sir gave us a comparison of a volcano that lies calm on the ocean bed but when its erupted no one can stand the power of tsunami. This made me realize the importance of self-potential.

After that we were asked to choose a person[stranger] as our partner, this is because we should come out of our shell. And a small dance was played by all of us to keep us active during the session.

Then sir played a short video about the importance of **Time Management** which includes the following:

* Ask a student who failed a grade about the value of **one year.**
* Ask a mother who gave premature birth about the value of **one month.**
* Ask a publisher about the value of **one week.**
* Ask a couple about the value of **one hour.**
* Ask a person who missed a train about the value of **one minute.**
* Ask a person who missed an accident about the value of **one second**
* Ask an Olympic athlete about the value of **one millisecond.**

And also sir talked about 3things to get rid of which are:

* ***Comfort zone***
* ***Fear / inferiority complex***
* ***Self-doubting***

After this lunch break was given. The next session started after the lunch break.

**SESSION (PART 2)**

And then sir shared us some of his life experience and about the corporate world. About how our every action affects our life. The decision we make now changes our life. About the negative comments, how to be self-confident, how to change our negatives into positives, to own our failures and to learn from it, to correct our mistakes, about the value of opportunity, if you loose one, create one! There will be no second chance, to blow my own trumpet, Attitude is everything, personal grooming and hygiene and etc. were taught in this session

Sir’s former student came to the stage and engaged us in warm up activities to cheer us up and to make us active for the session by giving funny examples with cricket players and by doing funny dance moves which I liked and enjoyed, it made me energetic for the rest of the session.

And at last leader selection was taken place where some student volunteered themselves and talked about their qualifications to be chosen as a leader and the last one stole the show by her smartness by putting action into her speech. And then second chance was given for other who were not selected as the 13 and out them another 12 more were selected. Many of the students came forward for the feedback part. Some told that it was their first time being on a stage and holding a mike.

**CONCLUSION**

This session was really useful for many of us and it became as a first stepping stone of our journey in corporate. There is more to go and I hope every one of us will become a successful person someday!

**KEY TAKEAWAYS:**

* Realization of our potential is more Important with the example gave about a volcano on ocean bed
* And about the 1.1.1 rule Which I'm working on
* The fun dance to make ourselves active
* pairing up with someone to come out of our comfort zones
* The realization of ' if someone is going to drag myself down that's me' and to make me move forward towards my goal.
* To know how precious Time is, and 'start today ' attitude is very important.
* And the expectations of Corporate.
* Skills have more value
* Body language speaks before I speak and the impact of our positive energy.
* And the example of iceberg about attitude is everything which I believe strongly
* Acceptance, I have to own my failure and success equally and to learn and correct my mistakes from my failures
* 'No pain no gain' attitude
* 'Be prepared for the unexpected!'
* 'Speak for yourself ' because if I'm not, no one is going to speak for me.
* To take negative comments as my ladder.
* Ultimately to know what I want and to be damn strong to achieve it.

DAY 2 09.07.2024

VENUE: JJK AUDITORIUM

**SESSION [PART 1]**

The second day session was started a bit late due to some of the students were held up with academic activities. Sir waited for everyone to arrive and attendance was signed by the participants in the meantime. After everyone arrived a meditation session was taken place. In that meditation session sir instructed us to follow his comments where I imagined myself floating in the mid of the sky and clouds, and amidst of a beautiful greenery land with a small water stream and breezy wind that softly touched my cheeks where I heard a voice that answers ***‘you can’*** when I doubted myself ***‘Can I able to achieve what I want? Can I do it?’***, where I imagined myself as a successful woman, a proud woman walking into her dream, walking proudly becoming what she wanted to be. Seeing myself as that woman made tears flow down my cheeks. Watching my future self, telling me ***“YOU DID IT SWETHAA”*** made me cry. At first I really struggled a lot to concentrate, I couldn’t able to relax myself, tears flowed as soon as I closed my eyes. But this Meditation session helped me to find what I was missing. After this, many students gave their feedback of how they felt during the meditation session, it was so good to hear many stories.

Then the day started with full positivity, after that a video was played to us about various successful women of India who achieved heights in different fields. We were standing and clapping throughout the video. Sir told us that anybody can achieve anything especially a woman, when she is decided to go for it nothing can stop her. The video gave me goosebumps and also I wanted be a such a woman who brings proud to my nation.

After this a small break was given for us to relax

The next topic is about **NON-VERBAL COMMUNICATION.** Various parts of Non-verbal communication were covered. Parts of that are:

* ***Facial Expression***
* ***Gestures***
* ***Body posture***
* ***Proximity***
* ***Para-linguistics etc.***

Were taught by sir in detail that has to be followed not only during an interview or in professional life but also in personal life. Because that is what determine who we are and our characteristics.

After this lunch break was given. The next session started after the lunch break.

**SESSION [PART 2]**

A small warm up activity was given to cheer up the students after lunch break.

Followed by that presentation about the power of different thinking attitude was taken where a small story about a blind boy was shared. In that the way the same message conveyed in a different way and the effect of that positive attitude was shown. To think differently is an important trait for a leader. And positive thinking brings more positive effect. I realized of how the way our perspective affects our decisions and result of our actions.

The next topic taken was ‘**GROOMING AND PERSONALITY ‘**,how to present ourselves for an interview. What to wear and how to dress ourself for an interview. To be neat and tidy etc. tips were provided for us. Sir asked for 10 volunteers to show a sample how to enter into the interview room where the audience were judged the volunteers as HR and provided feedback.

After this a small Group Discussion was conducted and 10 students volunteered themselves to participate in the GD. Feedbacks were provided by the rest of the students and discussed with sir. The second round of GD was again conducted by another 10 students volunteering and the former mistakes happened in the GD was corrected and the feedback is discussed with sir. At the third round of GD sir himself selected 10 students who were little hesitant and gave them a topic. Students took part actively and placed their points boldly without missing the opportunity.

Hemachandran sir gave us key points and tips to handle a group discussion. Which I personally observed and note down the points to remember in a Group Discussion.

Then mock interviews were conducted to show us the sample of how an interview will be taken place and what and all should be done and not to be done were discussed by a live example. For me personally the most awaited moment is the mock interview and I really learnt a lot through this live example.

Followed by this a small break was given to everyone, even during that break sir asked some students to volunteer to sing on the stage from which he observed the active participation of students and their hesitation to take initiatives. I admired the way of how sir’s experience spoke by his attention to small things and the way he wanted to make us all leaders. His sharing of knowledge and life lessons were a great experience for me.

At the end of the session the leaders selected in the previous session was called and asked to chose their team member and to name their team. I was teamed up with Selvi Sri, Rachel, Naviya, and my team leader is Veronica. My team is named as ‘The family next door’ which was funny in a way but I liked it.

After, all the team leaders selecting their team, the session came to an end with a group photo and students providing feedback about the workshop.

**CONCLUSION**

The whole two-day sessions were a different experience for me and I learnt a lot in this two-day workshop. Hemachandran sir shared a lot of his life experience of how he learnt things in what and all ways. By sharing his valuable knowledge with us, it is a great learning for me. I figured many things within me in this workshop even-though it is a small period because of the abundant knowledge. I realized that how much I need change in myself, and want to be strong in what I want to become.

This workshop helped me mentally, emotionally, and intelligently how to be strong and wise. I promise my self that one day I’ll become what I’ve seen myself as, and be sir Hemachandran’s Bharat Ratna.

**KEY TAKEAWAYS:**

* To dream, like Dr. A.P.J. Abdul kalam sir said **‘*TO DREAM BIG AND TO FOLLOW MY DREAM’***
* Take initiatives if you want to become a leader and lead.
* Strong desire to what I want to become.
* Self-confidence is important.
* To be conscious of my body language and to keep them under my control
* The importance of para-linguistic communication.
* How my perspective has effect on my decisions and their results.
* Importance of grooming and presentable.
* To do’s and don’ts in a Group Discussion.
* How to take an interview.