

**HOLY CROSS HOME SCIENCE COLLEGE, THOOTHUKUDI**  
**PG & RESEARCH DEPARTMENT OF COMMERCE**  
**REPORT ON LIFE SKILL CAMP - PREPARING FOR GREATNESS**

**16<sup>th</sup> & 17<sup>th</sup> FEBRUARY, 2023**

***“Success is where preparation and opportunity meet.”***

***-Bobby Unser***

Preparation is becoming ready for what is desired. Adequate preparation will always receive glorious manifestations. It is those who prepare their ways that will make waves and those who cause waves bring news. Talent is worthless without preparations. The future belongs to only those who prepare adequately. To prepare the students for the future the PG & Research Department of Commerce and JCI pearl City Queen Bees organised a two day ‘Life Skill Camp’ programme on the theme ‘Preparing for Greatness’ for all the outgoing students of our college on 16<sup>th</sup> and 17<sup>th</sup> February, 2023.

The programme was inaugurated on 16<sup>th</sup> February, 2023 at 9.00 a.m. with the prayer song. Dr. S.M.D. Mathuravalli, Head, Department of Fashion Designing and Apparel Making welcomed the gathering. The Key Note Address was delivered by our Principal Rev. Dr. Sr. M.S.Rubha. The Inaugural gathering was addressed by JCI Sen. N. Karthic, Zone President – 2023. He motivated the students by quoting real life examples and experiences to achieve the goal.

The first session was headed by JFD P. Saravanakumar, ZVP-Region – F. He shared his views on the Power of Persuasion. The resource person stressed the importance of persuasion and through continuous learning, practice, and reflection, the students will be able to build the capacity to influence successfully.

The second session was chaired by Jc P. Kowsalya, Zone Trainer. She enlightened the students on the topic “Know Your Responsibilities”. Given that there are many stages of life, we expect to see changes in values and choices as we grow. There may be significant shifts in perspective and the students were asked to focus on constantly reassessing what is important to better understand their responsibilities. The resource person persuaded the students to take a commitment to examining thoughts, actions, and choices, and continue to take self-assessment tests so that it might help them to put themselves in a better position to deal with changes.



The third session of the day was on the theme Enhancing Emotional Intelligence. Jc HGF T. Jerlin Dhinakaran, Charter President - 2022, JCI Pearl City Queen Bees gave her sights on the ways to understand and manage your emotions and the emotions of others. She expressed that building emotional intelligence skills not only helps to grow as a leader but also enables to motivate and coach teams more effectively. In turn, it can make a greater impact on the organization by boosting morale, productivity, and communication—enabling to advance business and career simultaneously.

The last session was taken over by JFM Adv V. Subachini Wilson, President 2023 - JCI Pearl City Queen Bees. She enlightened the students on the theme Speak Out & Fight Back. The resource person discussed the mistreatment of women and girls at home, in public areas, at work, and while travelling. She talked about the dowry killings, torture, kidnapping, rape, and harassment of women. Any form of abuse or aggression against girls, young married women, or elderly women is considered a crime against women. The legislation safeguards women from all crimes. However, in reality, a lot of women experience violence at home, in public areas, at work, or while travelling. Finally, she demanded that women have the self-assurance to protect themselves.

The second day of the camp began with the invocation of God's blessings. The first session of the day was on the topic on Money "Matters". The resource person of second day's first session was Jc HGF A. Ayisha Ibrahim, Business Correspondent - IPPB. She spoke about the importance of savings and the methods to save and invest money. The next session was handled by JFM Dr. R. Anbu Dhanabalan, ZVP-Region A on the theme "Your Health First". He referred to health as a state of mental, physical, and social well-being, and not merely physical well-being. The resource person stressed the importance of nutritious food and conveyed the message that keeping fit and healthy is indeed not an option but a necessity.

A session on Be Cyber Smart was led by Jc Ajith Kumar, Provisional Zone Trainer. The resource person emphasised that just like public health, cyber security is also vital when each person does their part, it helps to keep everyone safe. He enlightened the students on the tips and tricks to be followed to be cyber safe and cyber smart.



A hands-on session on Be-You-tiful was handled by JFM R. Ajitha Prabhu, Hi Tech Beauty Parlour. She gave the important steps to be followed to keep the skin healthy and also the type of products to be used for different skin types.

The last session of the programme was a Cultural Programme by JCI and Super Singer Junior Sri Harini. It was an interesting session wherein the students enjoyed and also took part actively.

The Life Skill Programme ended with the feedback session and the Vote of thanks by Mrs. R. Tiffany, Head, PG & Research Department of Commerce.

The Life Skill Camp turned out to be a comprehensive programme for learning, promoting self-worth and confidence, and discovering a wide range of abilities pertinent to the competitive world. According to the words of J.K. Rowling, "We do not need magic to transform our world. We carry all of the power we need inside ourselves already", the two day life skill camp helped the students to prepare themselves to be empowered, enriched and competent youth of tomorrow to create a better world.



## GLIMPSES









