

# **REPORT**

## **CAREER COUNSELING SESSION**

A career counseling session was organized by the Department of Commerce, Department of Economics and B.A. Programme Society in collaboration with Internal Quality Assurance Cell (IQAC) of Mata Sundri College for Women on 3 February, 2021. The seminar rotated around two themes: “Career Prospects in Commerce and Economics” by Ms. Akanksha (Anu) Bareja and “From Good to Great: A Sematic Approach” by Dr. Anjali Nigam.

At the inaugural ceremony the programme convener, Dr. Tanu Dhingra delivered the welcome speech. Dr. Sharda Garg, Senior Faculty of Department of Commerce explained the importance of this counselling session and adored this initiative. Dr. Lokesh Kumar Gupta (IQAC, Convener) enlightened us with his kind and true words.

Ms. Sakshi Jindal welcomed our first speaker for the evening, Ms. Akanksha (Anu) Bareja, Associate Manager at a leading MNC. She gave an insight to the participants on the post-graduation courses available for commerce and economic students highlighting about various entrance examinations and how to prepare for them as well. In present environment of multiple options, knowing about the available choices helps children in their decision-making process and she made the students aware of the same in detail. Moving forward with the session she covered the topics like the importance of pursuing an appropriate course after the graduation and how career decisions play a pivotal role in shaping the future growth and development of students. The interactions at the question and answer session made sure that there was no low point, which also gave everyone a clear perspective for long run.

In the second session, the speaker Dr. Anjali Nigam was welcomed by Ms. Aafreen Naz. The speaker ,CEO and founder director of WhiteSWAN consulting group, introduced students with the roadmap of the journey from being good to great, following a sematic approach. She threw light on the psychometric cycling approach also known as Thomas profiling or Thomas' Personality Profile Analysis (PPA). She explained that one should not wait for the opportunity to come on their way, instead must make their way to opportunities, and highlight the importance of being a perpetual learner and continuously working for betterment of themselves as well as the society. She inspired the attendees by her 5-Step strategy which turned out to be immensely

enriching and interesting. She shared her experiences regarding different vibes from her friends and family and how to distinguish between the positive attitudes from the negative one.

All the factors affecting the choice of the students regarding future goals were addressed and the myths and superstitions regarding the same were removed to a large extent. The speakers showed presentation and various videos which were very organized and self-explanatory. At the end, convener Ms. Upasana Dhawan delivered vote of thanks and a session of questions and answers was held to instigated into an interactive mode. The seminar had an active participation of 288 participants, who were entitled to e-certificates as well. The session was widely appreciated and applauded by everyone. The session was a success due to the help of Internal Quality Assurance Cell (IQAC) , the sheer guidance and motivation by the teachers and the efforts by all the students and organizing committee.