

Report on Soft Skills Course - Mr. Stephen Moras

A Soft Skills Course was organized by College of Home Science, Nirmala Niketan in collaboration with Light House for the F.Y.B.Sc students on 5th and 27th April 2018. 22 students participated in the course. It was a certificate course. Mr. Stephen Moras (NLP Master Coach, Counsellor and L&D Specialist) was the facilitator. This Course aimed at empowering hearts and transforming minds for the holistic development of an individual. Students benefited with the excellent guidance provided. There were multiple objectives to this course, to name some – building self-confidence, improving vocabulary, inculcating the importance of positive thinking, effective planning skills etc.

Following is a feedback shared by one of the participants:

I, Salma Khokhar from batch F4 attended the soft skills course organised by the organization Light Bulb, with Sir Stephen Moras as our mentor. This course not only helped me gain confidence, but also gave me the courage to express my views and opinions freely. Effective Communication was brought into focus, wherein the correct Body Language & posture, gestures, facial expressions and most importantly vocabulary were demonstrated and discussed. During this course, Sir provided us with a new perspective towards life, with the Attitude of Gratitude, Positive Affirmations and also helped us understand that failures and victories are all part of our life and without which life has no meaning. Hence, I would just like to say a Big THANKYOU to our Principal Dr. Geeta Ibrahim, Co-ordinator Vishaka Ma'am and also to Noella Ma'am for providing our with this fruitful opportunity that has truly transformed us in so many ways. Thank you.

