



Goa University

School of Biological Sciences and Biotechnology

Report on Workshop on “Empowerment through Soft Skills: Leadership and Communication Excellence”

1. Title of the Event/Activity/program	Workshop on “Empowerment through Soft Skills: Leadership and Communication Excellence”
2. Date and Time	26 th June 2025
3. Mode of conduct (Physical/Online)	Physical
4. School/ Directorate/ Section	School of Biological Sciences and Biotechnology, Zoology
5. Collaborating Agency/School/Directorate	—
6. Detail of the Resource Person (Brief biodata)	<p>Elton Fernandes is a leading Corporate Coach with a passion for helping people connect with their potential. Since 2010, he has conducted over 1000 workshops for leading corporates & other teams. A certified National Trainer, A certified AUTHOR by JCI INDIA (5th in Goa) A JCI INDIA National Trainer and a Prime International trainer of Junior Chamber International, JCI University USA.</p> <p>Elton is known for innovative use of activities and debriefing with his high energy level which adds to the module. In 2015, Elton initiated Mindset Events and Training (MET) Under Government of India MSME program, a collective of trainers, facilitators and motivators. He has been a Member of the Trainers' Association in Goa and has inspired and trained many individuals with workshops on Event Management, Leadership 10X, Team Building, Effective Communication, Effective Public Speaking to name a few.</p>

	<p>Mr. Elton Fernandes has conducted online trainings for Red Cross Africa and Nigeria. In India, his clients include Bridgestone Tyres India, In-Med Prognostics Pune, Medi Spray (Cipla Ltd) Goa, United Breweries Goa, D-link, NIIT Kerala and Manipal Hospitals Udupi. Within the state, Mr. Elton has conducted trainings for Syngenta India, Labour and Employment Dept, (Career Guide) and has served as guest Compere at Raj Bhavan, Goa.</p> <p>Mr. Elton has been a guest trainer for Govt of Goa's Swayam Purna Yuva (Guiding and training Job Seekers). He has been serving as a Mentor and Coach at Job Fairs conducted by Employment Exchange, Govt of Goa. He also serves as a Visiting Trainer at Goa Police, and has trained institutes like Rotary's International, Lions International, and other educational institutes in Goa.</p>
7. Number of Faculty attended/participated	7 faculty and 2 MTS
8. Number of Student attended / participated	36 students of M.Sc. Zoology (Part II)
9. No. of external students/faculty/other participants	--
10. The objectives of the Program/activity/event	The objectives of this program were to enable the participants to develop Effective Communication Skills, to strengthen leadership competencies, foster team collaboration, boost presentation skills, and encourage strategic thinking.
11. Description of the Program/activity/event	<p>The workshop on "Empowerment through Soft Skills: Leadership and Communication Excellence" was organized with the aim of enhancing participants' interpersonal and leadership capabilities through a highly interactive and engaging format. The session was facilitated by Mr. Elton Fernandes, a dynamic resource person known for his expertise in soft skills training and youth empowerment.</p> <p>Mr. Fernandes was warmly welcomed and invited to conduct the workshop, setting the tone with a series of ice-breakers and energizing games that immediately captured</p>

	<p>the participants' interest and created an open, collaborative environment. Each activity was thoughtfully designed to highlight specific learning outcomes related to creativity, leadership development, and effective communication.</p> <p>Throughout the session, participants engaged in team-based tasks, role-plays, and group discussions, each followed by reflective insights shared by the resource person to reinforce the key takeaways. A particularly memorable segment of the workshop involved students forming their own groups and composing rhyming lines about their university. This creative exercise was met with great enthusiasm, and the students impressed everyone with their thoughtful and poetic reflections, demonstrating not only their linguistic flair but also their pride and affection for their institution. The workshop encouraged participants to step out of their comfort zones, express themselves confidently, and understand the dynamics of leading with empathy and purpose. The Participants were thoroughly enthused with this workshop with requests to organize more such workshops for their benefit.</p>
12. Benefit/Key outcomes of the Program/activity/event	<p>The workshop on “Empowerment through Soft Skills: Leadership and Communication Excellence” provided numerous benefits to the participants. One of the most significant outcomes was the enhancement of communication skills—students learned to articulate their thoughts more clearly and confidently, both verbally and non-verbally. The interactive format also allowed them to explore and strengthen core leadership traits such as decision-making, motivation, and teamwork. Creative exercises, including group poetry writing, fostered innovative thinking and encouraged students to step out of their comfort zones.</p> <p>Collaboration was a key theme throughout the session, as students engaged in group activities that built mutual respect, active listening, and cooperation. These experiences, in turn, boosted their self-confidence and helped many overcome inhibitions related to public speaking and group interaction. The</p>

	<p>workshop also promoted emotional intelligence by emphasizing empathy, self-awareness, and understanding others—essential qualities for effective leadership and interpersonal relationships.</p> <p>By interacting with peers in a structured, supportive environment, students gained valuable insights from diverse perspectives and developed stronger social connections. The practical nature of the activities ensured that learning was experiential and immediately applicable. Notably, the creative task of composing rhyming lines about the university allowed students to express institutional pride in a fun and meaningful way. Overall, the workshop laid a strong foundation for career readiness, equipping students with the soft skills needed to succeed in academic, professional, and personal spheres.</p>
13. Enclosures with report	Poems written by students during the workshop, Brochure, Geo-tagged photos and attendance of students attached.

Signature:

[Handwritten Signature]

Name of coordinator *D. Poochi Pereira*

Designation: *Assistant Professor*

Date: *24/06/25*

[Handwritten Signature]
02/07/2025

Signature

Dean/Director/Head

Seal of the School/Directorate/University

Dean of School of Biological Sciences

&

REGV

Goa University, Goa-403206

Poems written by the Participants on 'Life in University'

Goa University
To bring out best of our ability

Some come from North
म्हणतात अशे तशे
Some come from South
म्हंटा ऐशे तेशे

Together we bring stability
Together we are Goa University

केन्ना पडतली, केन्ना रडतली
पूण झगडून देखिल आमी एकवटीन रावतली

बेगीन येतात
late वतात
कॅन्टिनाचे जेवण खावन
तशेच आमी दिस कट्टात

कितेय जाव आमचीच मोगाळ University
हासून खेळून दिस काट्टली
Degree घेवून भायर सरतली

Aaron Vales
Harshad Vaigankar
Anisha De Souza
Shreya Borkar
Shradha Pethkar
Chaitri Sudhir
Shailesh Gaonkar
Profila Vas

यूनिवर्सिटी का सफ़र

यूनिवर्सिटी की ज़रूरत है दिमाग़ को थकाने वाला नज़ारा,
चाहिए उसी दिल की नाव को पिघलाने वाला किनारा ।

यूनिवर्सिटी को प्लेटू ने है चारों तरफ़ से घेरा,
दिन भर लेक्चर के बाद चाय की चुस्की के साथ बसता है कैटीन में बसेरा ।

डिग्री को पाने का था सबका सपना,
उसी चक्कर में बसा लिया यहाँ M.Sc क्लासरूम में घर अपना ।

यूनिवर्सिटी है ज्ञान का पिटारा,
न जाने उसने आज तक कितने लोगों का है भविष्य संवारा ।

कई सारे लोग लगे हैं यहाँ नए जीवों के शोध में,
जो पले-बढ़े हैं यूनिवर्सिटी मय्या की गोद में ।

खेलने गए थे क्रिकेट, बन क्रिकेटर सारे,
प्यार इतना है कि दोस्त को जिताकर खुद को हारे ।

नए-नए जब आए थे, न जानते थे किसी का नाम,
आज एक-दूसरे को चिढ़ाते हैं, बिताकर लैबोरेटरी में शाम ।

कन्ज़र्वेशन का टॉक सुनते-सुनते पूरा प्लेटू हुआ ख़ाली,
बिल्डिंग बड़ी इतने सारी, सॉ-स्केल्ड वाइपर का तो पता नहीं, बस रह गए हम बजाते ताली ।

रंग-बिरंगे सपने लेकर आँखों में सितारे,
मिलकर पूरा करने चले हम अपने ख़्वाब सारे ।

**Tanvi Amonkar
Ashira Fernandes
Tabssum Bepari
Meona Gomes
Manali Pethkar
Saloni Painginkar
Prabhat Hatti
Shreyash Borkar
Himanshu Kerkar**

Let's talk about Goa University
Which is a sea full of diversity

Surrounded by a lot of green
The landscape is beautiful and serene

We entered university to fly
But ended up seeing butterflies

We come to university to attend lectures
But end up with skull fractures

We are born to play games in tabs
But we are forced to mix chemicals in the lab

UNO is the best dish at canteen
Making us do a lot of fishy scenes

When faculty is busy in meeting
Traitors and white men are trending

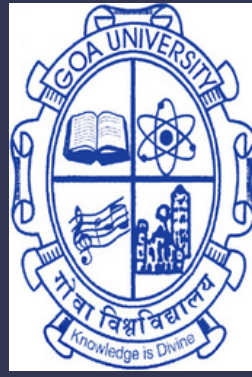
Parts 1s, if you lose in Sortenica
Habibi come back at Platonica

Braydon Dias
Mangesh Gaonkar
Geeta Angdi
Samaa Sapre
Shahana Ahmed
Sanjona Nath
Teja Chodankar
Uzma Shaikh
Vidhi Dessai

University Life

On the might of this plateau
lies a home beyond,
A place of knowledge
Which each one acknowledges
A classroom with different minds
Where everyone is ready to help in difficult times
Here, experiences are shared
While PPT's are being read
Sitting on a common canteen table,
Telling each other our fables
There are good times and bad times,
But university days should be cherished for a lifetime.
University is not just about academic stories,
But about the unforgettable memories.
Part I mei aaye the anjaane
Part II se nikal pade banke sab dost yaarrein.

Rupesh Doifode
Shefali Vaigankar
Shivam Raut
Velika Desa
Pallavi Gaonkar
Ramyashree Shantiprasad
Sahil Velip
Crazia Luis
Linoshka Dias



EMPOWERMENT THROUGH SOFT SKILLS: LEADERSHIP AND COMMUNICATION EXCELLENCE



Trainer

Elton Fernandes

Corporate Coach
Certified AUTHOR by JCI INDIA



26 June, 2025



10:00 AM – 04:00 PM



MSC. ZOOLOGY CLASSROOM

ORGANISED BY
ZOOLOGY
SCHOOL OF BIOLOGICAL SCIENCES AND BIOTECHNOLOGY,
GOA UNIVERSITY

TRAINERS PROFILE



ELTON FERNANDES is a leading Corporate Coach with a passion for helping people connect with their potential. Since 2010, he has conducted over 1000 workshops for leading corporates & other teams. A certified National Trainer, A certified AUTHOR by JCI INDIA (5th in Goa) A JCI INDIA National Trainer and a Prime International trainer of Junior Chamber International, JCI University USA,

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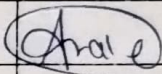

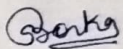
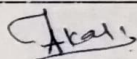

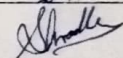
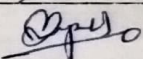
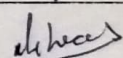
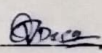
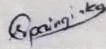
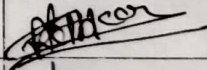
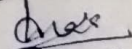
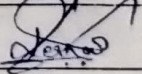

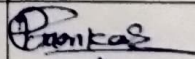
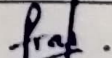
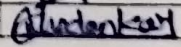
Geo-tagged photos of the event





Goa University
School of Biological Sciences and Biotechnology
Discipline of Zoology
Workshop Title: Empowerment through Soft Skills: Leadership and Communication
Excellence
Trainer: Elton Fernandes
Date: 26 June 2025
Time: 10:00 AM - 04:00 PM
Venue: M.Sc. Zoology Classroom

Attendance

Sr. No.	Name of Participant	Signature
1	Aaron Valas	
2	Samaa Sapre	
3	Shruya Prashant Borkar	
4	Tanvi Amankar	
5	Uma Shaikh	
6	Shradha G. Pethker	
7	RUPESH GANGARAM DOLFODE	
8	Rhea C. Martins	
9	Velika Dasa	
10	Saloni Painginkar	
11	Monali Pethker	
12	Linoshka Maria Dias	
13	Himanshu Hemant Kerkar	
14	Harshad Vaigankar	
15	Pallavi P. Gaonkar	
16	Profila Vas	
17	Tefa Chodankar	

18	Chaitui Sudhu	<u>Sudhu</u>
19	Vidhi Dessai	<u>Dessai</u>
20	Shivam Raut	<u>Raut</u>
21	Meona J. Gomes	<u>Gomes</u>
22	Tabsum Bepari	<u>Bepari</u>
23	Sanjona Nath	<u>Nath</u>
24	SHREYASH V. BORKAR	<u>Borkar</u>
25	Shifali Sandip Vaigankar	<u>Vaigankar</u>
26	Shahana K. Ahammed	<u>Ahammed</u>
27	Geeta B. Angadi	<u>Angadi</u>
28	Crazia S. Luis	<u>Luis</u>
29	Ramya Shree. Shantiprasad	<u>Shantiprasad</u>
30	Ashira. Fernandes	<u>Fernandes</u>
31	Sahil Velip	<u>Velip</u>
32	Braydon S. Dias	<u>Dias</u>
33	Anisha Arliza De Souza	<u>Souza</u>
34	Shailesh Gaonkar	<u>Gaonkar</u>
35	Mangesh Gaonkar	<u>Gaonkar</u>
36	Prabhat. Hatti	<u>Hatti</u>
37		
38		
39		
40		