



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

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5.1.2 Average percentage of students benefited by career counseling and guidance for competitive examinations offered by the Institution during 2023-24

1.Seminar on Discovering Your Career Path: Steps to Explore and Evaluate Your Interests

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CATEGORY - I UNIVERSITY BY UGC

*Seminar on Discovering Your
Career Path: Steps to Explore and
Evaluate Your Interests*

Topic

Mr. Hyther Nizam
*President, Middle East and
Africa*

16.06.23

12:15 PM

Dr. REMIBAJEPPIAAR AUDITORIUM

The Seminar on Discovering Your Career Path was an engaging session designed to guide participants in understanding their interests and aligning them with potential career opportunities. The seminar began with an introduction to various career exploration techniques, helping attendees assess their strengths, passions, and values. Mr. Hyther Nizam shared insights on the

importance of self-reflection, encouraging participants to evaluate what drives them and where their skills can make the most impact.

Tools like personality assessments and career tests were demonstrated, helping individuals uncover career paths that align with their natural abilities. Real-life examples of career transitions were discussed, emphasizing how individuals can shift into new fields by identifying transferable skills. Attendees were also introduced to resources such as career counselors, online platforms, and networking strategies to broaden their exploration process.

By the end of the seminar, participants were empowered with strategies and a clearer vision to make informed decisions regarding their career journey. They learned to consider all available options, explore industries with openness, and take actionable steps toward finding a path that resonates with their personal and professional aspirations.



2.Alumni Mentorship Program



The Alumni Mentorship Program at Sathyabama is a commendable initiative that bridges the gap between current students and experienced graduates, providing valuable guidance and support.

Throughout the program, mentees benefit from the wisdom, advice, and insights of alumni who have already navigated the academic and professional challenges they face. This mentorship relationship is instrumental in helping students make informed decisions, set meaningful goals, and chart a successful path forward.

One of the standout features of the Alumni Mentorship Program is the sense of community and connection it fosters. It creates a supportive network that extends beyond the classroom, empowering students to tap into a wealth of knowledge and experience.

In conclusion, the Alumni Mentorship Program is an invaluable resource for students seeking guidance and mentorship from those who have walked a similar path. It not only enhances personal and professional development but also strengthens the sense of belonging and continuity within the academic institution.

3.Lecture on Setting Smart Career Goals: Planning Your Future with Purpose



The Lecture on Setting Smart Career Goals offered participants essential insights into planning their professional future with purpose and precision. The session centered on the SMART framework—Specific, Measurable, Achievable, Relevant, and Time-bound—empowering attendees to set clear, actionable goals that align with their long-term career objectives. The speaker Mr. Raja Karunanidhi discussed the significance of goal-setting as a means to measure progress, stay focused, and create motivation. Participants were encouraged to think critically about their short-term and long-term aspirations, ensuring they chose goals that would lead to meaningful career advancement.

Attendees also learned how to break large, intimidating goals into smaller, achievable tasks that can be tracked over time. The session included tips on how to manage obstacles, stay adaptable, and revisit goals as needed. Participants were urged to be flexible and proactive in refining their goals based on changing circumstances and professional growth.

By the end of the lecture, attendees left with a solid understanding of how to design career goals that were not only ambitious but also realistic, sustainable, and tailored to their unique strengths and aspirations. The tools provided allowed participants to take intentional, strategic steps toward their desired future.

4.Expert Talk on Creating Your Personal Brand: How to Stand Out in Today’s Job Market

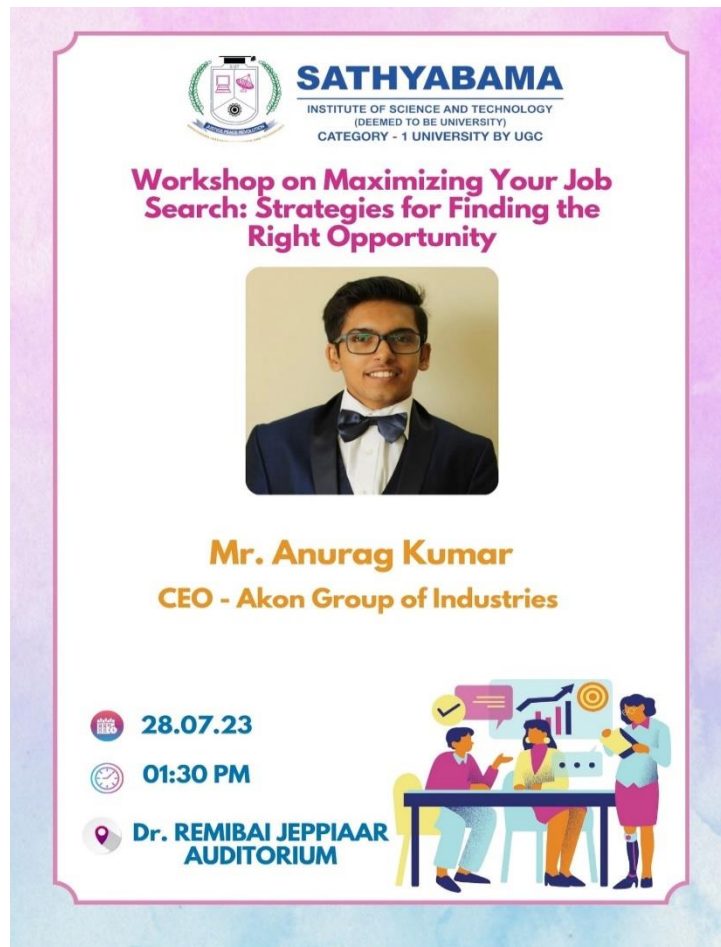


In the Expert Talk on Creating Your Personal Brand, participants learned the importance of developing a strong and authentic personal brand to stand out in today's competitive job market. The speaker Ms. Chiamala Aravamudhan began by discussing how personal branding is not just about online profiles but about the perception others have of you and your unique value proposition. Key areas such as defining one's strengths, professional values, and niche were highlighted as foundational steps to building a personal brand. Attendees were shown how to communicate their brand effectively through platforms like LinkedIn, personal websites, and social media, ensuring consistency across different channels.

The expert emphasized the role of networking, storytelling, and reputation management in making a memorable impression on potential employers, clients, or collaborators. Practical advice was offered on how to create an elevator pitch that reflects one's brand identity and appeals to targeted audiences. Attendees also explored how to leverage testimonials, recommendations, and past achievements to reinforce their professional reputation.

By the end of the session, participants walked away with a deeper understanding of how to craft and promote a personal brand that resonates with employers, helps establish credibility, and creates new opportunities in the job market.

5. Workshop on Maximizing Your Job Search: Strategies for Finding the Right Opportunity



The Workshop on Maximizing Your Job Search provided participants with actionable strategies for navigating today's competitive job market. The session focused on key aspects of job searching, starting with the importance of a well-tailored resume and cover letter that accurately reflect skills and experiences. The facilitator Mr. Anurag Kumar emphasized how to craft resumes that stand out by using powerful action verbs and quantifiable achievements, and how to tailor cover letters to match the specific job description. Attendees learned how to optimize their LinkedIn profiles, ensuring they are comprehensive, professional, and searchable by recruiters. The workshop also delved into the art of networking, showing participants how to build genuine professional relationships, both online and offline, that can lead to job referrals. Various job boards, company websites, and recruitment agencies were discussed, along with tips on using these platforms effectively. Attendees were introduced to the concept of informational interviews, an essential tool for gaining insider knowledge and creating connections in the industry.

The session also included job search techniques, such as setting goals and tracking applications, to stay organized and proactive. By the end of the workshop, participants left with a set of tools to maximize their job search efforts and find the right career opportunity faster.

6.Seminar on Mastering the Interview: How to Impress and Land the Job



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Seminar on Mastering the Interview: How to Impress and Land the Job



Ms. Anusha Narayan
Manager
Human Resources
Ashok Leyland Ltd

DATE : 18.08.23 ***TIME : 09:30 AM***

VENUE: Dr. REMIBAI JEPPIAAR AUDITORIUM

The Seminar on Mastering the Interview provided participants with in-depth insights into how to succeed in job interviews and leave a lasting impression on employers. The session began by covering the fundamentals of interview preparation, including research on the company, role, and the interviewer. Ms. Anusha Narayan emphasized the importance of anticipating common interview questions and practicing responses, ensuring participants could present their skills and experiences with confidence. Specific techniques for answering behavioral interview questions were shared, including the STAR method (Situation, Task, Action, Result), helping participants showcase their achievements in a clear, structured manner. The seminar also focused on non-verbal communication, such as body language, eye contact, and tone of voice, which play a crucial role in conveying professionalism and confidence.

Role-playing activities allowed attendees to simulate real interview scenarios, with facilitators providing feedback to refine their responses and improve presentation skills. Participants also learned the significance of asking insightful questions to demonstrate interest in the company and position. By the end of the seminar, participants were well-prepared to approach interviews with confidence, impress interviewers, and increase their chances of landing their desired job.

7.Seminar on Building Emotional Resilience: Coping with Life's Challenges



The Seminar on Building Emotional Resilience aimed to provide attendees with tools and strategies for coping with life's challenges. The speaker Mr. Dharshan Mahadevan explored the concept of emotional resilience, defining it as the ability to bounce back from adversity and grow stronger through difficult experiences. Attendees were taught how to manage stress, remain optimistic in the face of obstacles, and develop healthy coping mechanisms such as mindfulness and problem-solving. The session also covered how emotional resilience can be cultivated through self-awareness, social support, and maintaining a balanced lifestyle.

Participants were encouraged to shift their mindset and embrace setbacks as opportunities for personal growth. The seminar concluded with practical exercises for building resilience, including journaling, meditation, and creating a support network. By the end of the seminar, participants left with a greater understanding of how emotional resilience can help them navigate life's challenges and emerge stronger and more confident.

8.Webinar on Successfully Navigating Career Transitions: Tips for a Smooth Shift



The Webinar on Successfully Navigating Career Transitions provided valuable strategies for individuals considering a career change or adjusting to new roles. The session focused on overcoming common challenges faced during career transitions, such as adapting to a different industry or adjusting to new responsibilities. Mr. Somasundaram discussed how transferable skills can be leveraged to ease the shift, and shared advice on how to gain additional qualifications or experience when necessary. Attendees were introduced to tools for identifying new career options, such as career assessments, informational interviews, and research into emerging industries. The webinar also focused on the psychological aspects of transitions, emphasizing the importance of maintaining confidence, staying flexible, and embracing change as an opportunity for growth.

Practical tips were shared on how to communicate the transition to potential employers, highlighting transferable skills and demonstrating readiness for new challenges. Participants learned how to create a career transition plan, set clear goals, and actively pursue opportunities in their new career direction. The session also addressed the importance of maintaining a positive mindset, seeking support from mentors, and managing any setbacks along the way. By the end of the webinar, attendees had the tools and strategies needed to navigate their career transition smoothly and successfully.



9. Discussion on Networking for Success: How to Build Relationships that Matter



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*Discussion on Networking for
Success: How to Build Relationships
that Matter*



Dr. Karthick Jayaram
Group Manager & Head-Automotive
HCL Tech

🕒 10:00 AM 📅 11.09.23 📍 Placement Auditorium

The Discussion on Networking for Success emphasized the power of building and nurturing meaningful professional relationships to accelerate career growth. The session provided participants with practical tips on how to network strategically, both online and offline, to connect with the right people. The speaker Dr. Karthick Jayaram highlighted the importance of

establishing trust, offering value to others, and building authentic connections rather than focusing solely on personal gain. Attendees learned how to leverage LinkedIn, attend industry events, and seek mentorship to expand their networks. The discussion also addressed how to maintain long-term relationships by keeping in touch, offering support, and collaborating on projects.

The experts provided real-world examples of how effective networking led to job opportunities, partnerships, and career advancement. Participants were encouraged to be proactive in their networking efforts and to look beyond traditional networking events by seeking out informal, social settings where connections can also be made. Additionally, tips on how to effectively introduce oneself, initiate conversations, and follow up on networking opportunities were shared. By the end of the session, participants left with actionable strategies for creating meaningful connections that could lead to new opportunities, collaborations, and long-term success in their careers.

10.Lecture on Self-Awareness: The Key to Personal Growth and Fulfillment



The Lecture on Self-Awareness emphasized its critical role in personal growth and fulfillment. The speaker Mr. Arun explained that self-awareness is the foundation for understanding one's thoughts, emotions, and behaviors. By becoming more attuned to these internal aspects, individuals can identify patterns that influence their decisions and interactions. The lecture focused on practical techniques for developing self-awareness, such as mindfulness practices, reflective journaling, and seeking feedback from others.

The speaker highlighted how self-awareness leads to greater emotional intelligence, improved relationships, and more purposeful decision-making. Attendees were encouraged to embrace self-reflection as a daily practice to gain deeper insights into their values, strengths, and areas for growth. Additionally, the lecture explored the importance of self-compassion and forgiveness in the self-awareness process. By becoming more self-aware, participants were empowered to make choices that align with their authentic selves, leading to greater satisfaction and fulfillment in both personal and professional life.

11.Lecture on The Importance of Lifelong Learning: How Education Shapes Your Career



The Lecture on The Importance of Lifelong Learning emphasized the continuous pursuit of education and how it plays a pivotal role in shaping career trajectories. The speaker Ms. Sriranjani Srinivasan began by discussing the rapid pace of technological advancements and how industries are evolving, making it crucial for professionals to keep updating their skills. Attendees were encouraged to view learning as an ongoing process, not just a phase in early adulthood. The lecture provided insights into various forms of lifelong learning, including formal education, online courses, certifications, and self-directed learning.

Experts discussed how staying current with industry trends and acquiring new skills not only enhances career prospects but also fosters adaptability and resilience in the workforce. The speaker also highlighted the importance of being open to learning in any professional stage, emphasizing that learning can occur both in and outside the classroom. Participants were encouraged to identify areas for growth, set learning goals, and take advantage of various resources to continue their professional development.

The lecture concluded by reinforcing the idea that continuous learning leads to a fulfilling career, equipping individuals to overcome challenges and embrace new opportunities. By the end of the session, participants were motivated to pursue ongoing education throughout their careers.

12. Workshop on Stress Management: Techniques for Mental Well-being

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WORKSHOP ON STRESS MANAGEMENT: TECHNIQUES FOR MENTAL WELL-BEING



MR. MUTHU KUMAR
Assistant Manager
BNP Paribas, Chennai

**13.10.23****11:15 AM****PLACEMENT CELL AUDITORIUM**

The Workshop on Stress Management offered participants valuable tools to manage and reduce stress, promoting overall mental well-being. The session began with a discussion on the common causes of stress, including work pressure, personal responsibilities, and external stressors. Participants were introduced to a variety of stress-relieving techniques such as deep breathing exercises, progressive muscle relaxation, and visualization. The speaker Mr. Muthukumar emphasized the importance of physical activity, healthy eating, and adequate sleep in managing stress levels. Attendees also learned how to set boundaries, delegate tasks, and prioritize self-care in their daily routines.

Practical exercises were provided to help participants implement these techniques in their lives, with the goal of reducing stress and fostering resilience. The workshop highlighted how stress, when managed effectively, can be transformed into a source of motivation. By the end of the session, participants left with a personalized stress management plan and a toolkit for cultivating a calmer, more balanced life.

13.Expert Talk on Building Resilience: Overcoming Career Challenges and Setbacks



The Expert Talk on Building Resilience focused on equipping participants with the tools needed to bounce back from career setbacks and challenges. Resilience is vital in maintaining motivation and focus, especially in times of adversity. The speaker Ms. Sreejaa Vidyasagar shared valuable strategies for cultivating mental toughness, including how to manage stress, stay positive, and keep pushing forward during difficult times. The talk covered the importance of maintaining a growth mindset and viewing failures as opportunities for learning and improvement.

Attendees were taught how to manage negative emotions, reframe challenges, and use setbacks as stepping stones toward career success. Experts emphasized the role of self-care, seeking mentorship, and building a support network to navigate tough times. Real-world examples of successful individuals who overcame major challenges and setbacks were shared to inspire participants. Attendees were encouraged to identify their personal resilience-building strategies and learn how to develop coping mechanisms.

By the end of the session, participants were better equipped to handle career challenges, overcome obstacles, and stay motivated during difficult transitions. The talk fostered a renewed sense of confidence in overcoming career challenges and building long-term resilience.

14.Seminar on Overcoming Anxiety and Building Confidence



The Seminar on Overcoming Anxiety and Building Confidence focused on strategies to manage anxiety and develop self-assurance. The speaker Mr. Antony William Truman explained how anxiety can manifest in various forms, such as fear of failure, social situations, and performance-related stress. Attendees were taught techniques such as cognitive-behavioral exercises, mindfulness, and visualization to reframe anxious thoughts and regain a sense of control.

The seminar also included discussions on building self-esteem, fostering a positive self-image, and practicing self-compassion. Participants were encouraged to take small, achievable steps to build their confidence, gradually exposing themselves to situations that trigger anxiety while reinforcing positive self-talk. By the end of the seminar, attendees left feeling empowered with a toolkit for managing anxiety and strategies for boosting their confidence in both personal and professional settings.

15. Workshop on Negotiating Your Salary: How to Get Paid What You're Worth



The Workshop on Negotiating Your Salary was an insightful session aimed at equipping participants with the skills necessary to successfully negotiate compensation. The workshop began by addressing the emotional aspects of salary negotiations, such as how to overcome fear and discomfort in discussing money. Ms. Hema Sudha Penumarthy emphasized the importance of conducting thorough research on industry salary standards and knowing your worth before entering negotiations. Participants learned key negotiation techniques, such as how to frame salary discussions, use data to back up claims, and counter offer effectively.

Real-life examples were shared to illustrate successful negotiation scenarios and highlight strategies for navigating common challenges, such as handling low-ball offers or negotiating benefits. The session also addressed the importance of timing and context in salary negotiations, guiding participants on when and how to broach the subject during the hiring process or performance reviews. Attendees were given opportunities to practice negotiation tactics in role-playing scenarios, receiving feedback to refine their skills. By the end of the workshop, participants left with a greater sense of confidence and a toolkit of strategies to negotiate fair compensation, ensuring they receive the pay and benefits they deserve in their careers.

16.Expert Talk on Mindfulness and Meditation for Personal Growth



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Expert Talk on Mindfulness and Meditation for Personal Growth



Ms. Pallavi

Business Analyst
20 Cube Logistics Private Limited,
Chennai.

VENUE: PLACEMENT CELL AUDITORIUM

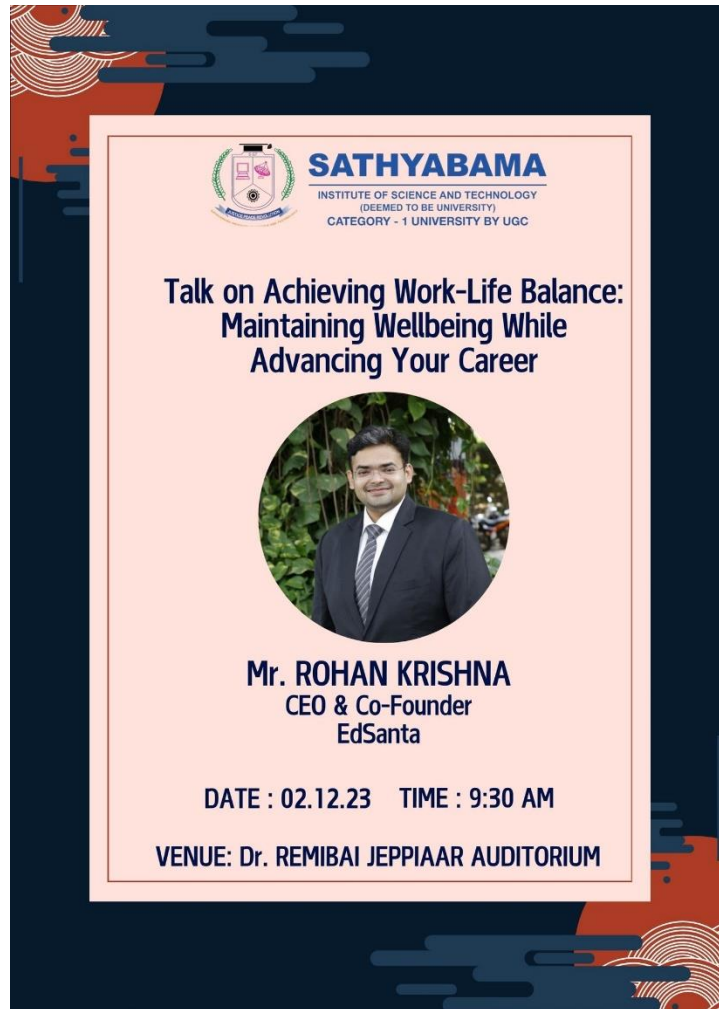
DATE: 20.II.23

TIME : 02:00 PM

The Expert Talk on Mindfulness and Meditation provided insights into how these practices can enhance personal growth. The speaker Ms. Pallavi explained that mindfulness involves staying present in the moment without judgment, while meditation helps train the mind to focus and gain clarity. Attendees were introduced to basic meditation techniques, including breathing exercises, body scans, and guided visualization. The expert also highlighted the benefits of these practices, such as reduced stress, increased emotional regulation, and improved decision-making.

The talk emphasized the role of mindfulness in cultivating self-awareness, enhancing empathy, and fostering a more balanced life. Attendees were encouraged to incorporate mindfulness into their daily routines, even in small ways, to cultivate a deeper connection to themselves and their environment. The session concluded with a guided meditation exercise, leaving participants with practical tools to continue their journey toward personal growth and well-being.

17.Talk on Achieving Work-Life Balance: Maintaining Wellbeing While Advancing Your Career



The Talk on Achieving Work-Life Balance provided practical insights on how to maintain personal wellbeing while advancing professionally. The speaker Mr. Rohan Krishna highlighted the challenges that professionals face in today's fast-paced work environment, where long hours and high expectations often take a toll on mental and physical health. The talk emphasized the importance of setting boundaries, managing time effectively, and prioritizing personal wellbeing. Attendees were encouraged to evaluate their current work-life integration and identify areas for improvement, such as incorporating self-care routines, taking regular breaks, and fostering meaningful relationships outside of work. The expert also discussed the role of employers in promoting a healthy work-life balance, encouraging flexibility, and supporting employee wellbeing initiatives. Additionally, strategies for dealing with burnout and stress were shared, with an emphasis on the importance of reflection, mindfulness, and seeking support when needed. The session concluded with a focus on long-term career sustainability, encouraging individuals to adopt work-life balance as a core value in their professional lives. By the end of the talk, participants left with actionable tools to manage their workload, take care of their health, and maintain a sense of fulfillment in both their personal and professional lives.



18. Workshop on Building Self-Esteem and Positive Self-Image

The Workshop on Building Self-Esteem and Positive Self-Image offered practical strategies to help participants improve their sense of self-worth. The speaker Ms. Sandhiya Sree discussed how low self-esteem and negative self-image can hinder personal growth and success. Participants

were encouraged to identify and challenge limiting beliefs and replace them with empowering thoughts.

The workshop provided exercises to promote positive affirmations, self-compassion, and body positivity. Attendees also learned how to celebrate small achievements and set realistic goals that contribute to a positive self-image. Through group discussions and personal reflection, participants shared their experiences and supported one another in building confidence.

The workshop concluded with techniques to maintain a healthy self-image in the face of setbacks, helping participants leave with actionable steps toward greater self-esteem.

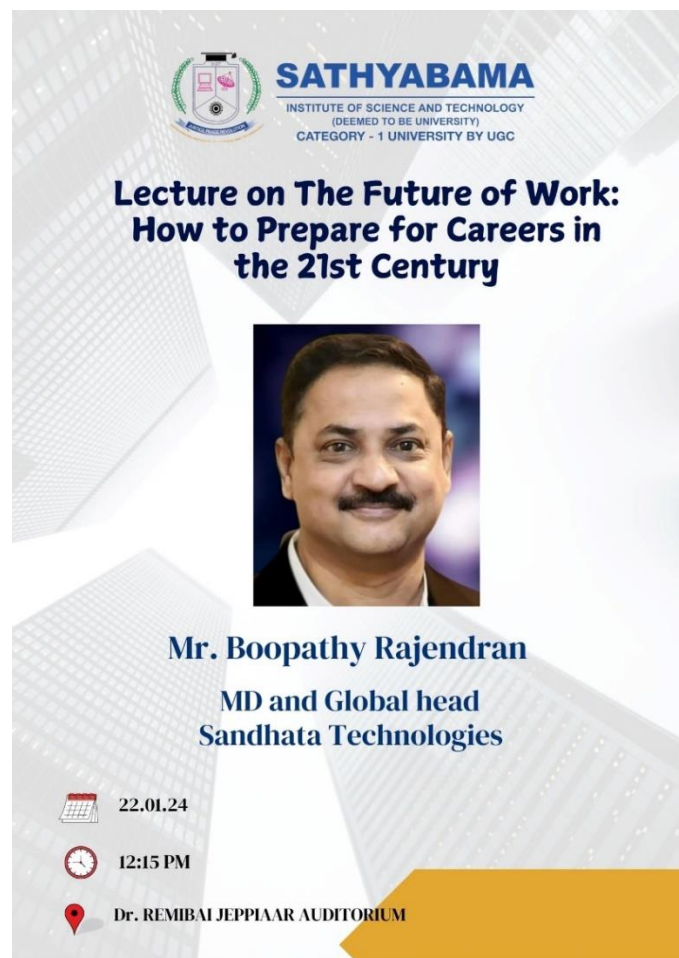


19.Lecture on The Future of Work: How to Prepare for Careers in the 21st Century

The Lecture on The Future of Work explored the evolving landscape of careers in the 21st century and provided key insights into how individuals can prepare for future opportunities. The speaker Mr. Boopathy Rajendran discussed technological advancements, such as artificial intelligence, automation, and remote work, which are reshaping the job market and creating new career paths.

Attendees were informed about the skills that will be in high demand, including critical thinking, digital literacy, and adaptability, and the importance of continuous learning to stay relevant in the future workforce. The lecture also examined the rise of gig and freelance work, emphasizing the importance of flexibility and entrepreneurial thinking. Experts advised participants on how to future-proof their careers by investing in skill development, networking, and staying updated on industry trends. Attendees were encouraged to be proactive in embracing change and seeking opportunities that align with their strengths and interests.

The session also touched on the significance of creating a personal brand, as visibility and reputation will play a critical role in career success in the future. By the end of the lecture, participants walked away with a deeper understanding of the future of work and the strategies needed to prepare for the evolving job market.



20.Lecture on Dealing with Grief and Loss: A Path to Healing



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**Lecture on Dealing with Grief and Loss:
A Path to Healing**



Mr. Ajay Benignus Raj

**AML Compliance Officer, Compliance and
Risk Department
Al Mulla Exchange, Kuwait.**

VENUE: PLACEMENT CELL AUDITORIUM

DATE: 31.01.24

TIME : 02:00 PM

The Lecture on Dealing with Grief and Loss explored the emotional process of mourning and offered guidance on how to navigate the complexities of grief. The speaker Mr. Ajay Benignus Raj discussed the stages of grief, emphasizing that each person's journey is unique and non-linear. Attendees were educated about the physical and emotional impact of loss and were encouraged to give themselves permission to grieve in their own way. Practical tools for managing grief, such as journaling, seeking support, and practicing self-care, were shared.

The lecture also addressed how to cope with anniversaries, triggers, and the healing process over time. The speaker emphasized the importance of patience, resilience, and understanding that healing is gradual. By the end of the lecture, participants were equipped with resources and coping strategies to manage their grief and move toward emotional healing.



21.Seminar on Career Counseling for Diverse Groups: Tailoring Your Approach



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Seminar on Career Counseling for Diverse Groups: Tailoring Your Approach



Ms. Leela Varadharajan
Director-Financial Planning,
Oregon State University, USA



07.02.24



10:15 AM



Dr. REMIBAI JEPPIAAR AUDITORIUM

The Seminar on Career Counseling for Diverse Groups focused on the importance of tailoring career advice to meet the unique needs of individuals from different backgrounds and experiences. The session began with an exploration of various demographic groups, such as women, minorities, individuals with disabilities, and non-traditional students, highlighting the challenges they face in the job market. The speaker Ms. Leela Varadharajan emphasized the significance of understanding the unique barriers these groups may encounter, including discrimination, lack of access to resources, and societal biases. Attendees were introduced to specialized counseling approaches that take into account cultural sensitivity, individual experiences, and personal aspirations. Strategies for empowering these individuals were discussed, such as providing mentorship, fostering confidence, and helping clients recognize and utilize their strengths.

The seminar also covered how to navigate difficult conversations about systemic barriers and advocate for inclusive practices in the workplace. Real-life examples of successful counseling techniques were shared, showcasing how personalized support can lead to transformative career outcomes. By the end of the seminar, participants were equipped with the knowledge and tools to offer career counseling that is more inclusive, supportive, and effective for diverse groups, helping individuals overcome obstacles and achieve their professional goals.

22.Talk on The Power of Positive Thinking: Shaping Your Mindset



The poster is for a seminar titled "TALK ON THE POWER OF POSITIVE THINKING: SHAPING YOUR MINDSET". It features a portrait of Chinnajee V Rao, Associate Principal in Architecture and Digital Engineering. The event is scheduled for 23.02.2024 at 10:00 AM in the Tmt. Soundarabai Auditorium. The poster includes the Sathyabama Institute of Science and Technology logo and UGC Category - 1 University status.

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TALK ON THE POWER OF POSITIVE THINKING: SHAPING YOUR MINDSET

CHINNAJEE V RAO
ASSOCIATE PRINCIPAL
ARCHITECTURE
DIGITAL ENGINEERING

23.02.2024

Tmt. Soundarabai Auditorium

10:00 AM

The Talk on The Power of Positive Thinking focused on how cultivating an optimistic mindset can significantly impact one's personal and professional life. The speaker Mr. Chinnajee V Rao discussed the science behind positive thinking, explaining how it can improve mental health, increase resilience, and enhance overall well-being. Attendees were introduced to techniques such as gratitude practices, reframing negative thoughts, and visualization exercises.

The talk emphasized how maintaining a positive mindset can help overcome setbacks, stay motivated, and boost productivity. Participants were encouraged to focus on solutions rather than problems and to reframe challenges as opportunities for growth. The session concluded with tips on incorporating positive thinking into everyday life to create a more joyful and fulfilling existence.

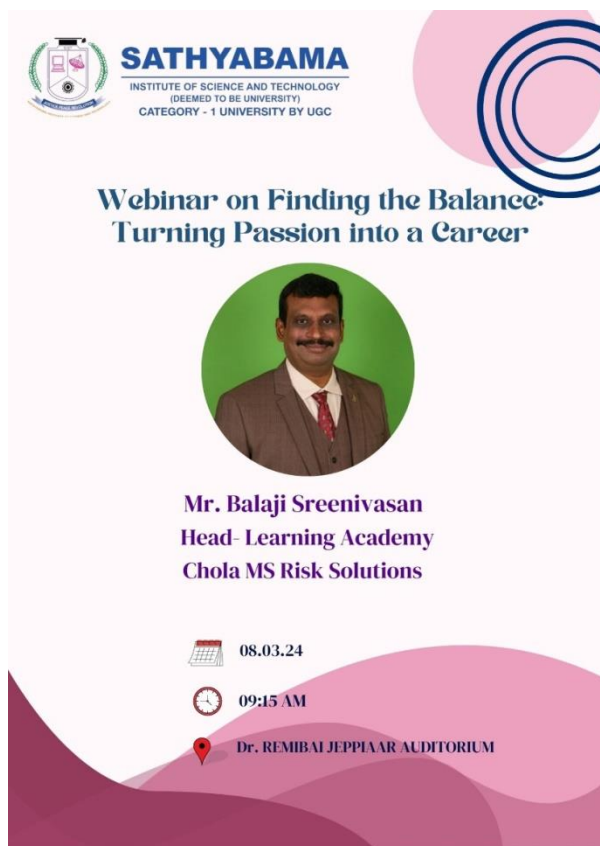


23.Webinar on Finding the Balance: Turning Passion into a Career

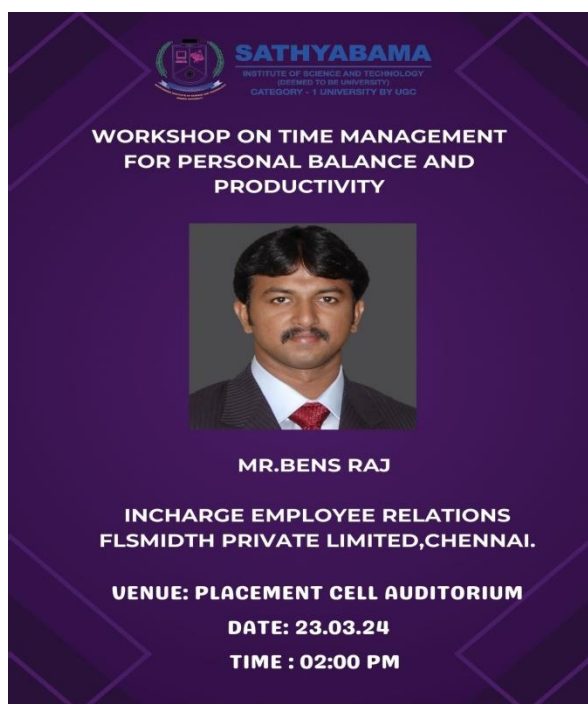
The Webinar on Finding the Balance provided participants with valuable strategies for turning their passion into a successful career. The speaker Mr. Balaji Srinivasan began by discussing the importance of identifying personal interests and strengths, and how these can serve as a foundation for building a fulfilling career. Attendees learned about the process of aligning passion with market demand, exploring industries and roles where their passions could be turned into profitable and sustainable careers. The expert also shared practical advice on how to create a career that reflects one's values, using passion as a driving force for motivation and resilience.

The webinar covered steps such as researching potential career paths, building skills, networking, and seeking opportunities to test one's passions in real-world settings. Attendees were also guided on how to balance personal fulfillment with financial stability, a key consideration when turning passions into a career. The speaker discussed common obstacles, such as self-doubt and fear of failure, and shared strategies for overcoming these challenges. By the end of the session,

participants were empowered with actionable insights and steps to pursue a career that not only brings personal satisfaction but also leads to professional success.



24.Workshop on Time Management for Personal Balance and Productivity



The Workshop on Time Management provided participants with effective strategies for balancing personal life and work while boosting productivity. The speaker Mr. Bens Raj outlined the importance of setting clear priorities and creating a structured schedule to maximize efficiency. Attendees were introduced to time management techniques, including the Pomodoro Technique, the Eisenhower Matrix, and task batching. The session also addressed how to avoid common time-wasters, manage distractions, and delegate tasks.

Emphasis was placed on building a routine that allows for personal downtime and reflection, promoting mental and physical health. Practical exercises enabled participants to evaluate their current time management practices and identify areas for improvement. By the end of the workshop, attendees were equipped with actionable strategies to manage their time more effectively, leading to increased productivity and a better work-life balance.

25.Expert Talk on Creating Your Career Development Plan: Roadmap for Success



The Expert Talk on Creating Your Career Development Plan provided participants with the tools to build a clear and actionable roadmap for their professional success. The speaker Mr. Padmaprasad Munirathinam emphasized the importance of having a structured career development plan to stay focused and aligned with long-term goals. Attendees learned how to assess their current skills, identify gaps, and set specific, measurable, and achievable objectives for growth. The expert provided a step-by-step guide on creating a career plan that includes short-term and long-term goals, milestones, and strategies for acquiring new skills and knowledge.

The talk also addressed how to stay adaptable in the face of changing job markets and evolving personal interests. Attendees were encouraged to set both professional and personal goals, ensuring their career plan supports a fulfilling work-life balance. The expert discussed the importance of continuous learning, networking, and seeking mentorship as essential components of career development. Practical tools, such as online resources and career assessments, were shared to help participants track progress and adjust their plans as needed. By the end of the talk, participants had the clarity and motivation to create a personalized career development plan, enabling them to navigate their professional journey with purpose and confidence.

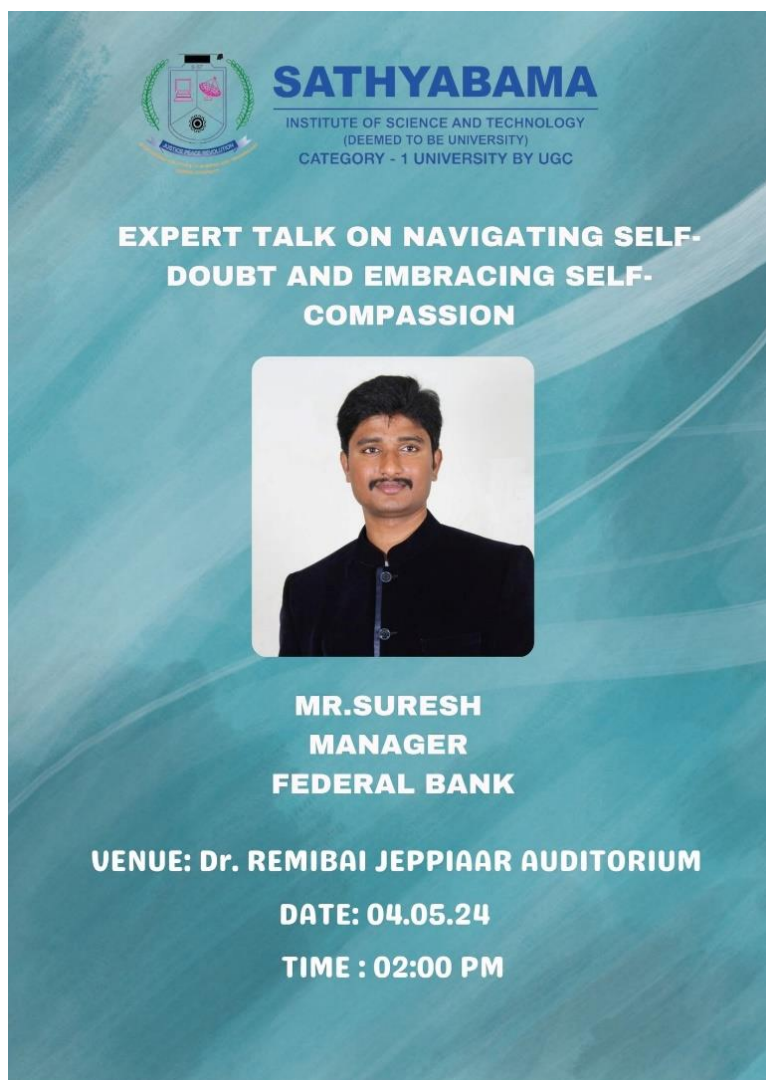
26.Seminar on Overcoming Procrastination: Practical Strategies for Success



The Seminar on Overcoming Procrastination provided attendees with actionable strategies for overcoming the common challenge of procrastination. The speaker Ms. Akshaya Gopinath discussed the psychological reasons behind procrastination, including fear of failure, perfectionism, and lack of motivation. Participants were introduced to techniques such as breaking tasks into smaller steps, setting deadlines, and using accountability partners to stay on track.

The seminar also addressed the role of self-compassion in overcoming procrastination, encouraging individuals to avoid self-criticism and focus on progress rather than perfection. Attendees were provided with tools to recognize procrastination triggers and develop a proactive mindset to stay focused and motivated. By the end of the seminar, participants had a clear understanding of how to combat procrastination and make consistent progress toward their goals.

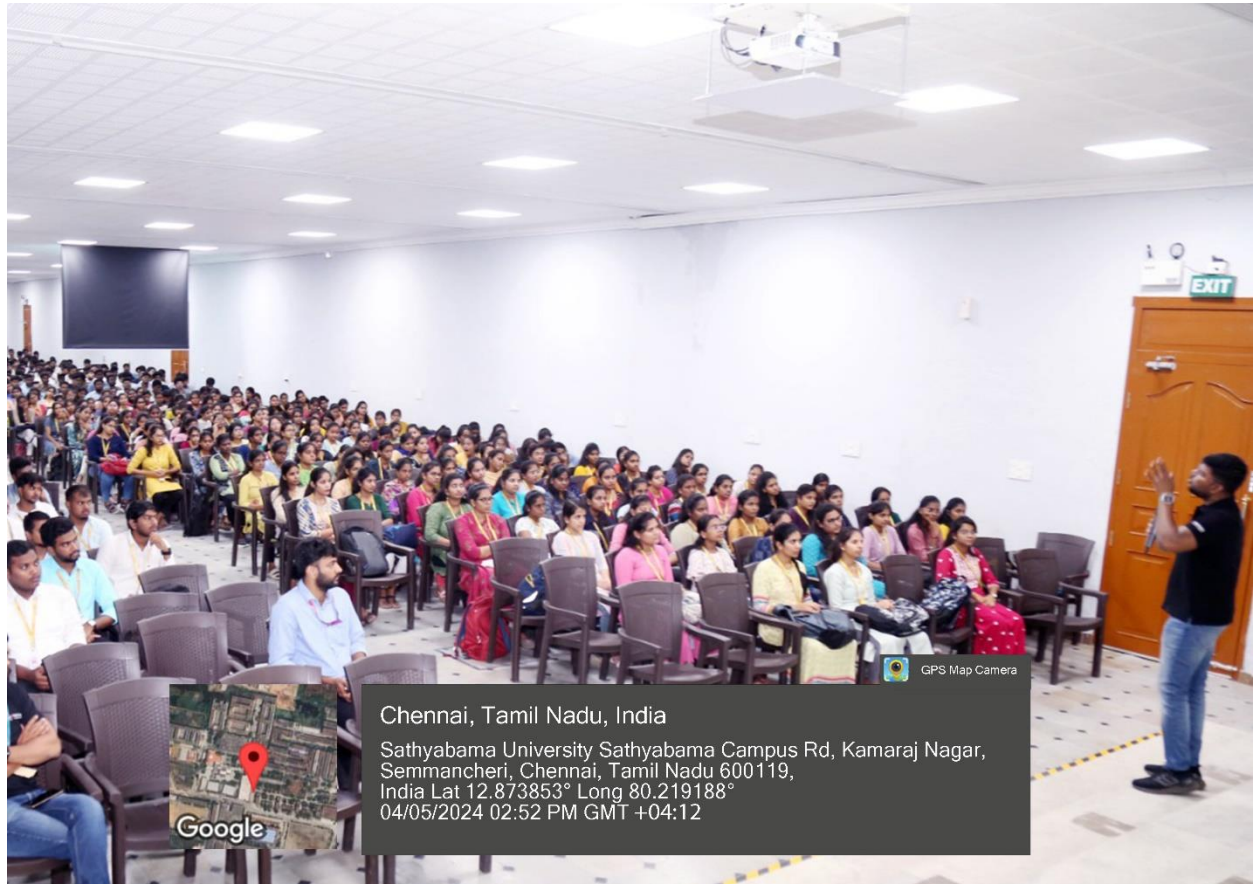
27.Expert Talk on Navigating Self-Doubt and Embracing Self-Compassion



The Expert Talk on Navigating Self-Doubt focused on how to overcome self-doubt and embrace self-compassion. The speaker Mr. Suresh shared strategies for recognizing and challenging negative thought patterns that contribute to feelings of inadequacy. Attendees learned how to practice self-compassion, treat themselves with kindness, and cultivate a mindset that focuses on growth rather than perfection.

The expert emphasized the importance of acknowledging self-doubt as a natural part of the human experience and using it as a stepping stone for personal development. Practical exercises, including mindfulness techniques and journaling prompts, were shared to help participants build confidence and resilience.

By the end of the talk, attendees were empowered with tools to embrace self-compassion and navigate moments of self-doubt with confidence.



Chennai, Tamil Nadu, India

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