



SATHYABAMA
INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)
Accredited with "A" Grade by NAAC
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SCHOOL OF BIO AND CHEMICAL ENGINEERING

DEPARTMENT OF CHEMICAL ENGINEERING

Seminar On

Date:10/06/2020

LIFE/ENTREPRENEUR SKILLS FOR FUTURE WORLD

Mr. P.S. Archana Founder skill exploria training, Chennai delivered seminars on LIFE/ENTREPRENEUR SKILLS FOR FUTURE WORLD. Dr. Prabhu, Associate Professor, Chemical Delivered welcome address and Dr D Joshua Amarnath has given introduction about the speaker. Vote of Thanks delivered by Dr Annam Renita Professor/Chemical.



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DEPARTMENT OF CHEMICAL ENGINEERING
SCHOOL OF BIO AND CHEMICAL ENGINEERING
presents
WEBINAR
on
LIFE SKILLS FOR FUTURE WORLD
FOR STUDENTS TO OVERCOME STRESS, ANXIETY & FEAR

DATE : JUNE 10th to 13th, 2020
TIME : 04.00 p.m to 05.00 p.m



P.S.ARCHANA
Founder and Director, Skill Exploria Trainings

REGISTRATION LINK : <https://forms.gle/c3eno67xUan8sPwoA>
FOR DETAILS – CONTACT : 8825828353 (Dr. S.SATHISH)

CONVENOR : Dr. WILSON ARUNI, Pro Vice Chancellor
CO-ORDINATORS : Dr.S. SATHISH & Dr.D.PRABHU, Head Of the Department

The ability to manage money. Once you can manage money, can you get more? In order to get investment, you need to not only understand where to get money, but how to convincingly make a case that your business is a good risk as well. Stress is no laughing matter. If you allow

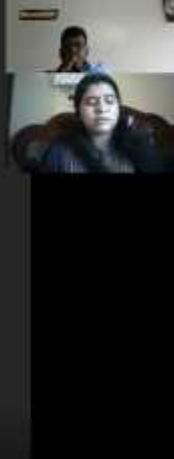
yourself to get frustrated and upset by setbacks, you'll struggle as an entrepreneur. Learning how to use stress to your benefit is essential.

Relaxation Techniques

- Diaphragmatic Breathing



- Countdown Affirmation Technique
- Visualizations and Affirmations



The ability to be productive. According to entrepreneur Jim Rohn, “You are the average of the five people you spend the most time with.” So who do you want to be? Improve your odds of success by finding entrepreneur friends who will be able to understand your struggles and give you much needed insight. As a business owner, you don’t need to be perfect at everything. You do, however, have to understand where you’re strong and where you’re weak. Assessing this will inform everything from the business decisions you make, to the partners you bring on, and to the employees you hire. Speaking of hiring, this is easily one of the most important skills any entrepreneur could have. Having great people on your team will give you access to new strengths, while also building a company culture that people want to be a part of. Hiring the right people is essential to get where you want to go. A split test is a simple process that involves running a scenario two ways to test a possible change. It’s commonly used to make websites effective, but it can be used in many areas of project management and marketing as well. No business venture is a straight line to success; knowing how to deal with ups and downs is essential. Remember that every successful person out there failed dozens of times before getting a win. Failure isn’t the end - it’s just a data point on the way to success. Life Skills are a collection of behaviors that enable you to cope with the challenges of everyday life. It encompasses a wide range of skills, including self-awareness, goal-setting, time management, decision making, and problem-solving. All these are important not only for personal growth but also for academic success. Today’s kids are often far more technologically advanced than their

parents, spending more time in an increasingly digital world. Through this knowledge and experience can be applied to various careers, there is still much that they need to learn beyond just knowing how to use technology.