

Entrepreneur Development Cell

Activity: Webinar

Topic: "Career Success with Self-Management" Date: - 01/08/2022

Resource Person: Mr. Varun Dabke, CEO, Sun Tech Consulting, Nashik

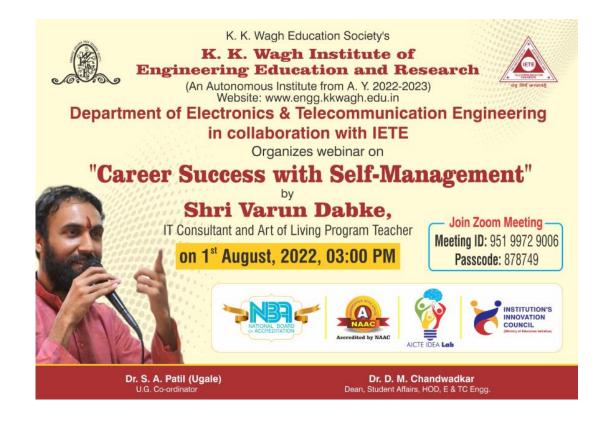
Attended by: 86 Students.

Outcomes:

This lecture was useful for students

- 1. To know how to do self-management in any circumstances
- 2. To know about steps to success 1) Skills 2) Presence of mind 3)Internal Energy Assessment:

Outcome	Outcome 1	Outcome 2
	96.38	98.36
Assessment		
	PO12	P09
POs Mapped		





Summery:

We arranged a career Success with a self-management program under entrepreneur development activity through zoom meeting held on 1st August 2022 in the department of E&TC Engineering at Karmaveer Kakasaheb Wagh Institute of Engineering Education & Research (K.K.W.I.E.E.R.), Nashik. All the TE students (A & B Div), teaching and non-teaching staff members were present for the. The topic of the session was based on the present theme of Self-management.

We invited Shri Varun Dabake Sir, he is the CEO of Sun Tech Consulting to deliver an expert talk on Career Success with self-management. The Online session started with the introduction of guests. It was all managed by one of our TE class students of the E&TC Department Miss Shrushti Shelar.

Sir talked about how we can manage our health with a career. It was a wholesome and interactive session with just simple questions to students such as. How was your day? How are you? (happy, unhappy, either both) what is your goal in life? And some of the students answered the questions very intuitively

Some important topics covered in the session as below

1. Presence of mind:

To improve your state of mind; when your mind is in the present state only then it will be happy. Not to exert oneself by thinking about future or past events, gave some examples for the same.

2. Domain Skill:

To improve your domain skill, the first step is to understand the area of your interest and knowledge. Once finalized then refer to books, and online platforms, where you can gather as much information.

3. Internal Energy:

To improve energy we must have complete sleep, the right amount of food, manage one's state of mind, manage proper time and breath, and maintain/control over mind and health, with this they taught us some asana.

- 1. Anulom Vilom
- 2. Bhastrika
- 3. Meditation.

Sir taught us how to perform the aforementioned pranayama. It was a very refreshing, pleasant, and energizing experience and was concluded with a vote of thanks by Shrushti Shelar.



