



Department of Electronics & Telecommunication Engineering
K. K. Wagh Institute of Engineering Education and Research
Hirabai Haridas Vidyanagari, Amrut Dham, Panchavati, Nashik-422003

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
Assessment	96.38	98.36
POs Mapped	PO12	PO9

K. K. Wagh Education Society's
K. K. Wagh Institute of Engineering Education and Research
(An Autonomous Institute from A. Y. 2022-2023)
Website: www.engg.kkwagh.edu.in

Department of Electronics & Telecommunication Engineering
in collaboration with IETE
Organizes webinar on
"Career Success with Self-Management"
by
Shri Varun Dabke,
IT Consultant and Art of Living Program Teacher
on 1st August, 2022, 03:00 PM

Join Zoom Meeting
Meeting ID: 951 9972 9006
Passcode: 878749

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Dr. S. A. Patil (Ugale)
U.G. Co-ordinator

Dr. D. M. Chandwadkar
Dean, Student Affairs, HOD, E & TC Engg.



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.




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The screenshot shows a Zoom meeting in progress. The main video feed displays a man with a dark beard and mustache, wearing a white shirt and a lanyard, against a blue and white patterned background. The interface includes a top navigation bar with names: Abhishek rajendra Gore, B_59_Shreyas Pethkar, and Shivam Shrivastav. Below the video, there are controls for Unmute, Stop Video, Security, Participants (85), Share Screen, Chat, and More. A 'Leave' button is visible in the bottom right corner. On the right side, a 'Participants (85)' list is shown with a search bar and a list of names with status icons (muted, video off). The names in the list include: B_15_Devang Birari, 05_A_Namita bedarkar, B_23_Ishwari Chechare, A_40_Prajwal Mali, Renuka Adke, Keshav Dhikale, A15_Saniya Dolas, A_58_Akshada Satpute, B_58_Vinay Peshattivar, B_12_Payal Bhamre, and R_14_Devachraa Bhole. At the bottom of the list are buttons for 'Invite', 'Mute All', and 'More'.

This screenshot shows the same Zoom meeting. The man in the video feed has his hands raised in a gesture. The top navigation bar now shows: Shubham Bagul, Shweta Wankhede, and 67 Manodnya Suryawa... Below the video, the controls are similar to the previous screenshot, but the 'Participants' count is now 67. The 'Leave' button is still present in the bottom right corner.



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Shivam Shrivastav ✂ Shivam Shrivastav	Sejal Badgujar ✂ Sejal Badgujar	 ✂ A_48_Dipak Patil
A_59_Srushti Shelar TE ✂ A_59_Srushti Shelar TE	A_50_Priti Patil ✂ A_50_Priti Patil	TE_B_10_Abhishek Bahadur... ✂ TE_B_10_Abhishek Bahadurkar
B_vikas Giri ✂ B_vikas Giri	TE27_Ankit Gorane ✂ TE27_Ankit Gorane	Seema Baji ✂ Seema Baji