

Event Details	
Event Name	Expert Talk
Topic	Aligning your actions and life choices with your Ikigai
Date	2024 -01-22 to 2024 -01-25
Mode	Offline
Venue	LH11
Organizer Name	Centre for Digital Marketing , Strategy and Analytics
Resource Person	Mr Sanjay Arora CEO, Evolvere , Ms. Akshita Bhargava , Ms. Rishna Dua
No. of Participants	40
SDG No	SDG 4: Quality Education SDG 9: Industry , Innovation and Infrastructure SDG 17: Partnership for the Goals

Objective :

- 1.To provide a foundational understanding of the Ikigai philosophy , its cultural roots , and the principles that underpin a purposeful and harmonious life .
- 2.To enable participants to identify their passions and explore strategies for integrating them seamlessly into their professional lives , fostering a sense of joy and fulfilment in their chosen vocations .
- 3.To explore the intricate relationship between profession and mission within the Ikigai framework , guiding participants .

Description :

The IIC Talk, spanning four enlightening days from January 22nd to 25th , was a transformative experience aimed at guiding participants towards aligning their actions and life choices with the profound Japanese concept of Ikigai. the event featured Mr. Sanjay Arora, the esteemed CEO of Evolvere , as the main speaker along with professional trainers . Day 1 - January 22nd : Introduction to Ikigai Philosophy The inaugural day laid the foundation for the event , offering participants a comprehensive introduction to the Ikigai philosophy . Mr. Sanjay Arora commenced the talk by delving into the origins and principles of Ikigai , setting the stage for the profound discussions that would follow . Day 2 - January 23rd : Passion and Vocation Alignment Day two focused on aligning passion and vocation —an essential component of Ikigai. Through insightful presentations and interactive discussions , Ms. Rishna Dua shared practical strategies for identifying one's passions and integrating them seamlessly into their professional pursuits . This day aimed at empowering participants to find joy and fulfilment in their work . Day 3 - January 24th : Profession and Mission Integration The third day revolved around the critical elements of profession and mission in the Ikigai framework . Mr. Arora , accompanied by Akshita Bhargava and Rishna Dua , explored how participants could harmonize their chosen professions with a sense of purpose and imbue their actions with a mission -driven approach . Day 4 - January 25th : Practical Application and Self-Discovery The concluding day synthesized the insights gained throughout the event , focusing on the practical application of Ikigai principles in daily life . Workshops and guided exercises facilitated by Mr. Arora and the organizing team enabled participants to embark on a journey of self-discovery , providing them with the tools to practically apply Ikigai for a more purposeful and fulfilling life . Throughout the workshop , participants had the opportunity to engage in practical exercises and case studies to deepen their understanding of each topic . Participants left the event not only with a theoretical understanding of Ikigai but also with actionable strategies and a renewed sense of purpose . The IIC Talk served as a beacon , guiding individuals towards a life where their actions resonate with their true essence and contribute

Outcomes :

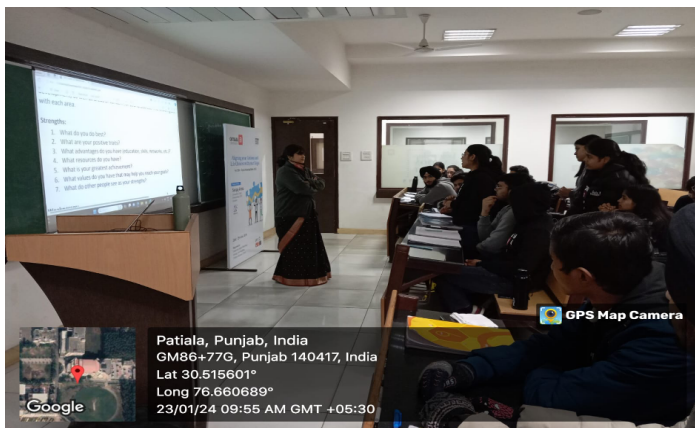
- Students gained a profound understanding of Ikigai philosophy , including its cultural origins and the core principles that contribute to a purposeful and harmonious life .
- Students acquired practical strategies for identifying and aligning their passions with their chosen vocations , fostering a renewed sense of joy and fulfilment in their professional pursuits .



Student engagement in live interactions . 22.01.2024



Students performing activities during the event . 23.01.24

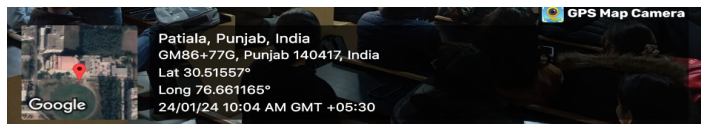


Resource person interaction with students . 24.01.2024

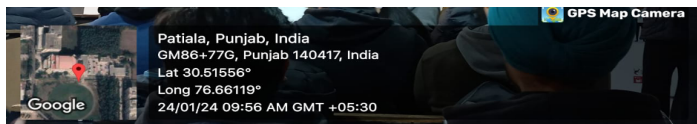


Resource person resolving the queries of the students . 24.01.2024





Student engagement during the activity .25.01.2024



Students giving their presentation during final day of the event .
25.01.2024