

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 .

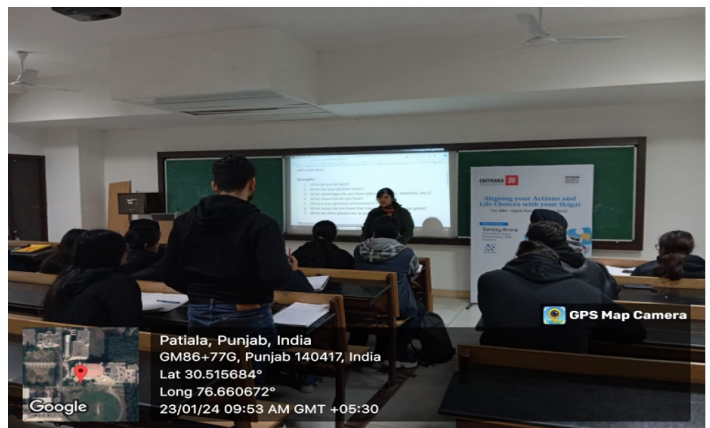
**Day 4 - January 25th : Practical Application and Self-Discovery** The concluding day synthesized the insights gained throughout the event , focusing on the practical application of Ikigai principles in daily life . Workshops and guided exercises facilitated by Mr. Arora and the organizing team enabled 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 :

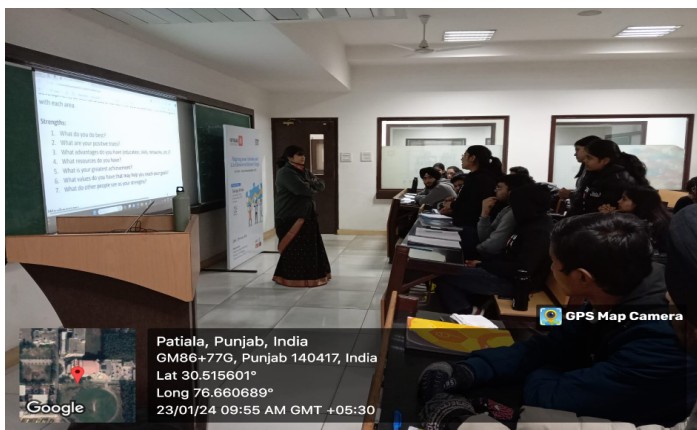
- Students gained a profound understanding of Ikigai philosophy , including its cultural origins and the core principles that contribute to a purposeful and harmonious life .
- Students acquired practical strategies for identifying and aligning their passions with their chosen vocations , fostering a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

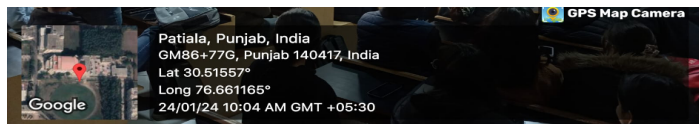


Resource person interaction with students . 24.01.2024

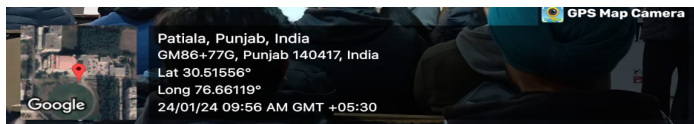


Resource person resolving the queries of the students . 24.01.2024





Student engagement during the activity .25.01.2024



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