

ACTIVITY REPORT

Name of the activity	Expert talk on "Dealing with Difficult times"	Date	1 st Oct,2021
Name of the Coordinator(s)	Dr. Sandhir Sharma	Time	11:30 pm (IST)
Name of the Resource Person	Swarnaltha J.	Mode	Virtual through ZOOM
Nature of the activity	Career Counselling Session	Program & Batch	MBAB.Com,B.Com, BA Economics; Batch 2021
Number of students participated	502	Academic Session	2021-22

About the Activity

The talk was focused on making students learn how every time they go through difficulties, they build strong character. Entire talk was focused on journey of speaker who is activists for disabled people, opened many facilities for disabled people in schools, hospitals, public spaces. The talk counselled the students on dealing with difficult times in their lives so that they emerge as winners even if life treats them tough.

Activity objectives and Outcome achieved

S.No	Objectives	Outcomes
1.	To ensure that students learn to deal with challenges in life.	Students learnt art of facing professional and personal challenges.
2.	To understand the power of trust and positivity	Students learnt power of mindfulness and positivity in their life.
3.	To learn how to turn disabilities into abilities	Students learnt power of mindfulness and positivity in their life.
4.	To counsel & educate the students through live example of speaker's life and her emergence as winner.	Students got to know techniques of professional winning.



Swarnaltha J while explaining her life's experience of managing difficult times with bravery, commitment and aspiration to all MBA, BBA and B. Com students of batch 2021