

Report on 'Design Your Future' Held on 12.12.2020

Date of Event	12.12.2020
Name and Type of Event	Design Your Future, Webinar
Conducted by	Dr Rupa Sarkar
No. Of Participant	40

'Design Your Future' a virtual lecture session for UG students

The Department of English, from the School of Humanities organized a Webinar for the under graduates of the ARKA JAIN UNIVERSITY on December 12, 2020 at 10:00am through Google Meet. The university has been conscious mined to give to their students a platform to understand their path of career so was the motive of this virtual meet. The guest speakers of the day were Ms. Gunjan Sinha, Executive and Performance Coach/Hr. Consultant and Ms Rupha Ramani, a Freelance Sports Producer, Writer, Anchor.

The webinar started with the welcome note to the speakers and others present over there. Ms. Gunjan Sinha highlighted on the importance of making short term goals, time management, 24 hours utilisation avoiding "the monkey mind", to quote her. She also emphasized that contentment is the peace of the soul. Ms. Rupha Ramani motivated the students to follow their passion in life because of which their job would seem a 7 days holiday. She also motivated the students to never give up and be resilient. The session was followed by a series of questions asked by the students which were very well answered by the guests.

The session was coordinated and guided by Dr Rupa Sarkar, Assistant Professor, Department of English, School of Humanities, Arka Jain University and co-coordinated by Ms. Ankita Verma, Ms. Gurnoor Kaur and Ms. Sweta Hazra from the second year, Department of English.

The gratitude was expressed by the student co-coordinators to all the faculties from other departments, to the departmental faculties and the audiences for a very interactive virtual session.

Webinar On

DESIGN YOUR FUTURE

DEPARTMENT OF ENGLISH
SCHOOL OF HUMANITIES



ARKA JAIN University
Jharkhand (Jamshedpur)



GUNJAN SINHA
Executive and Performance
Coach / Life Coach / HR Consultant

SPEAKERS



RUPHA RAMANI
Sports Journalist, Sports Producer,
Writer and Anchor

12th December 2020

TIME - 10:00AM ONWARDS

 **Live Streaming
GOOGLE MEET**

EVENT COORDINATOR : DR. RUPA SARKAR
STUDENT COORDINATOR'S : ANKITA VERMA, GURNOOR AND SWETA.

www.arkajainuniversity.ac.in

Gunjan Sinha is presenting

urmi banerjee and 26 more

Forward Focused Mindset

If you correct your mind, the rest of your life will fall in place

01

FOCUS ON GOOD THINGS, HOWEVER SMALL

Almost invariably, you're going to encounter obstacles throughout the day—there's no such thing as a perfect day. When you encounter such a challenge, focus on the benefits, no matter how slight or unimportant they seem

02

TRANSFORM NEGATIVE SELF TALK INTO POSITIVE

Negative self-talk can creep up easily and is often hard to notice. You might think, "I'm so bad at this" or "I shouldn't have tried that." But these thoughts turn into internalized feelings and might cement your conceptions of yourself

03

FIND POSITIVE FRIENDS, MENTORS

When you surround yourself with positive people, you'll hear positive outlooks, positive stories and positive affirmations. Their positive words will sink in and affect your own line of thinking, which then affects your words and similarly contributes to the group.

Meeting details

Turn on captions

Gunjan Sinha is presenting

Participants: You, Salpreet Kaur, Anjali Sardar, Anika Verma, Anika Verma, Trishna Mahato, Rajkumari Ghosh, Gurnoor kaur, Ashmit Kumar, Rupa sarkar