

Presidency College

Reaccredited 'A+' by NAAC

Kempapura, Hebbal, Bengaluru – 560024

www.presidencycollege.ac.in

BRIEF REPORT ABOUT THE GUEST LECTURE DATED 06th May 2022

TOPIC: "Building Resilience to achieve success".

TIME : 1.30 pm to 2.20pm

DATE: 06/05/2022

TARGET AUDIENCE: IV B.COM Section – 'A', 'B', 'C' and 'D'.

VIDEO LINK :

https://ahmemorialeducationaltrust.sharepoint.com/sites/PCOLL.1BCOMB2020-23/Shared%20Documents/General/Recordings/Guest%20Lecture%20_%20Building%20Resilience%20to%20achieve%20success_%20by%20Mr.%20Sreedhar.N%20%20%E2%80%93%20Senior%20Manager%20%E2%80%93%20ICFAI%20.-20220506_133523-Meeting%20Recording.mp4?web=1

Speaker – Mr. Sreedhar.N – Senior Manager – ICFAI .

challenge, commitment, and control. Mr.Sreedhar.N, graduated MBA from Vivekananda Institute of Management studies with HR and Marketing specialization.

He has 11 years of experience at ICFAI- CPAD. started his career as a Sales & Business Development Executive. Now currently working as a Senior Manager and Knowledge Product Trainer.

He has trained faculties in the area of "stress management" under personality development as a part of F.D.P. on "Effectiveness of Management and Leadership" organized by MS Ramaiah Dental College and polytechnic college. He has also been invited as a resource person for FDP (session: Teaching Organization Behavior through Role Playing) conducted by RV Institute of Management, Bangalore. Delivered Guest Lecture on Secrets to success for Parul University, BGS university, RPS Degree College and SJBIT.

He has core competence in the field of Training and Development, HR Strategy, Business Analyst, Management Decision and related to growth and development of Organization and students.

Apart from Teaching he is a well-known theatre personality& acted in several plays and directed dramas for college students in the state level. Undergone theatre training at Ninasam ,Heggodu. performed many TV shows and completed his Anchoring course in Bangalore Film & TV Institute.". Directed plays for different college students. acted in



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corporate advertisement Royal Sundaram TV Ad. freelance anchor for Bangalore Doordarshana Chandana, interviewed vice chancellor of VTU and Bangalore university.

ABOUT THE EVENT:

The Guest lecture session took place with welcoming speech made by Ms Manjushree M Guest lecture co-ordinator with brief reading of the speaker profile. Later the guest lecture was deliberated by the speaker for about 50 minutes. He deliberated about the Introduction of a "Building Resilience to achieve success " is one of the most important aspects of the Personality development . he spoke about positive image of the future. Student should have solid goals, and a desire to achieve those goals. He also spoke about empathetic and compassionate. He explained the Ways to Build Your Resilience. Resilience is the ability to bounce back when things don't go as planned. He spoke about challenge, commitment, and control. Finally, the speaker closed the entire deliberation addressing the queries of the audience. There were approximately about 155 participants.



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Microsoft Teams

Guest Lecture " Building Resilience to achieve success" by Mr. Sreedhar.N ...

2022-05-06 08:05 UTC

Recorded by Manjushree M Organized by Manjushree M Channel: General

00:01 / 48:54

meetingAttendanc...cvs

Microsoft Teams

Meeting now

You're muted. Press Ctrl+Shift+M to unmute your mic, or press and hold the Ctrl+Spacebar to temporarily unmute.

Manjushree M

People

Invite someone

Share invite

Presenters (2)

- Manjushree M (Organizer)
- Manoharkumar K N (Eternal)

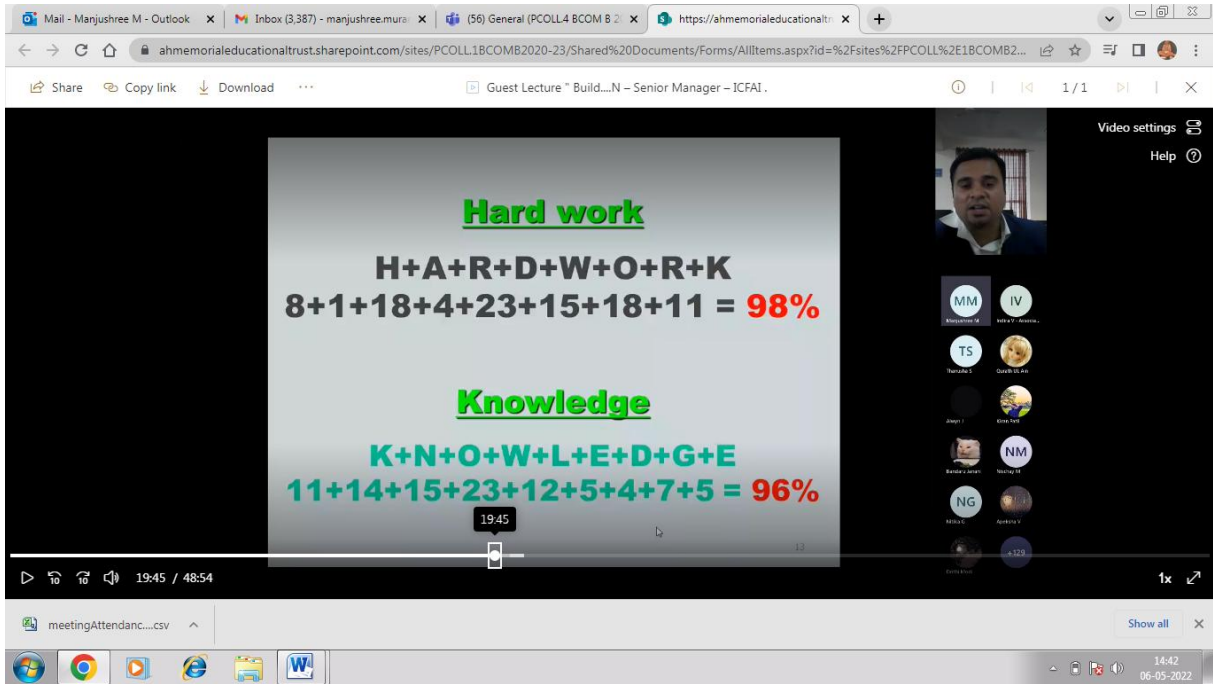
Attendees (17)

- A Aafa Fatima
- Apeksha V
- Faris Mohammed
- Indira V - Associate Professor
- Kavya B H
- Mohammed Waseem
- Nischay M
- Nitika G
- Priyadarshini V

13:26 06-05-2022



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The screenshot shows a Zoom meeting window. The main content is a slide with the following text:

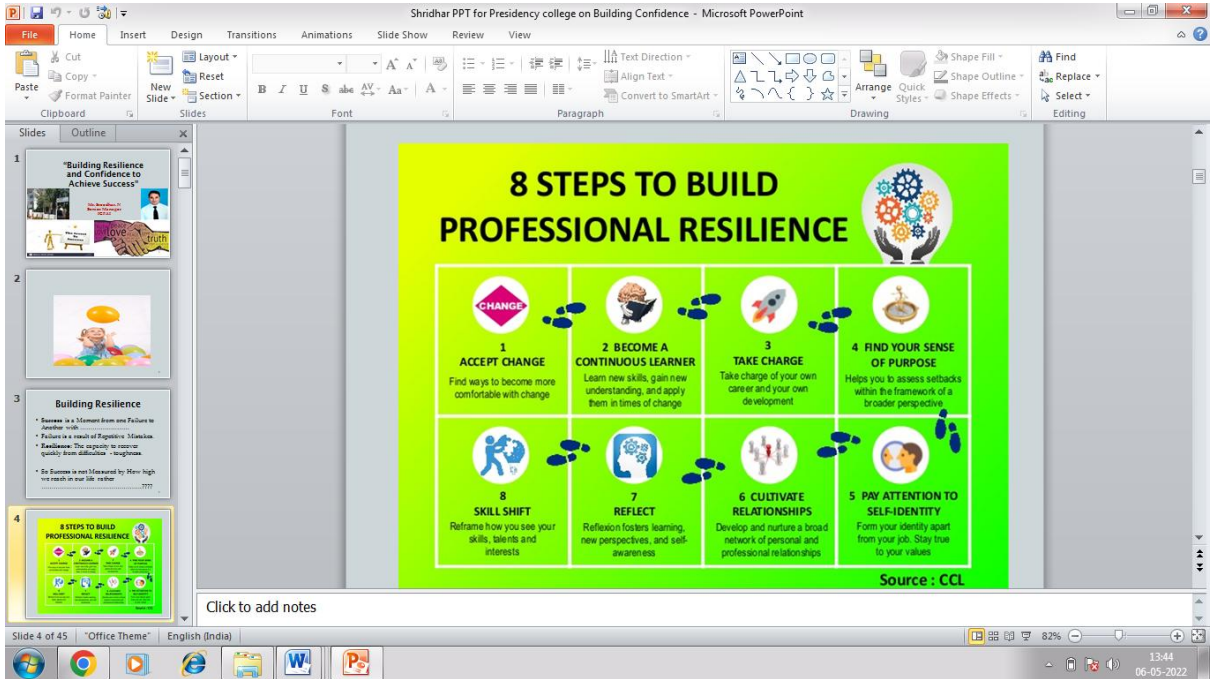
Hard work

H+A+R+D+W+O+R+K
 $8+1+18+4+23+15+18+11 = 98\%$

Knowledge

K+N+O+W+L+E+D+G+E
 $11+14+15+23+12+5+4+7+5 = 96\%$

The slide also shows a timer at 19:45 and a video call interface on the right with several participants' avatars.



The screenshot shows a Microsoft PowerPoint presentation titled "Shridhar PPT for Presidency college on Building Confidence - Microsoft PowerPoint". The current slide is titled "8 STEPS TO BUILD PROFESSIONAL RESILIENCE" and features a green background with a grid of eight steps:

- 1 ACCEPT CHANGE**: Find ways to become more comfortable with change.
- 2 BECOME A CONTINUOUS LEARNER**: Learn new skills, gain new understanding, and apply them in times of change.
- 3 TAKE CHARGE**: Take charge of your own career and your own development.
- 4 FIND YOUR SENSE OF PURPOSE**: Helps you to assess setbacks within the framework of a broader perspective.
- 5 PAY ATTENTION TO SELF-IDENTITY**: Form your identity apart from your job. Stay true to your values.
- 6 CULTIVATE RELATIONSHIPS**: Develop and nurture a broad network of personal and professional relationships.
- 7 REFLECT**: Reflexion fosters learning, new perspectives, and self-awareness.
- 8 SKILL SHIFT**: Reframe how you see your skills, talents and interests.

The slide also includes a source attribution: "Source : CCL".



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Microsoft Teams interface showing a meeting titled "(56) Guest Lecture - Building". The main video feed displays Manoharkumar K N. On the left, there are two large circular icons: a green one with "IV" and a yellow one with "SS". The bottom of the screen shows a grid of participant avatars, including one with "+134". The right sidebar shows a list of attendees, including Manjushree M (Organizer) and Manoharkumar K N (External). A "meetingAttendanc...csv" file is visible in the taskbar.

Microsoft Teams interface showing a meeting titled "(56) Guest Lecture - Building". The main video feed displays Manoharkumar K N. On the left, there are two large circular icons: a yellow one with "VN" and a pink one with "FM". The bottom of the screen shows a grid of participant avatars, including one with "+120". The right sidebar shows a list of attendees, including Manjushree M (Organizer) and Manoharkumar K N (External). A "meetingAttendanc...csv" file is visible in the taskbar.



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Ms. Manjushree M

Asst professor,

Commerce and management dept,

Guest Lecture co-ordinator,

Presidency college, Bangalore.