

REPORT

Capacity Building Program

Department of Humanities & Social Sciences

In collaboration with Training & Placement Cell

Date	Time	Resource Person	Session
22 January, 2021	5:30 pm- 7:30 pm	Mr. Amogh Lila Das	Mind Your Mind
23 January, 2021	5:30 pm- 7:30 pm	Prof. Jyoti Pahwa	Mindfulness: Defines the Way Ahead
24 January, 2021	11:00 am-1:00 pm	Mr. Rajat Gupta	Self-Management is the Key to Success
24 January, 2021	5:30 pm-7:30 pm	Mr. Munish Nandwani	Art of Concentration
25 January, 2021	5:30 pm- 7:30 pm	Mr. Chakravarti Das	The Power of Now
26 January, 2021	11:00 am-1:00 pm	Mr. Aditya Jha	Staying Calm in Extreme Situations

The Department of Humanities and Social Sciences, MNIT Jaipur organised a five days online workshop titled 'Capacity Building Program' from 22 January to 26 January, 2021. Prof. Manju Singh, Head, Dept. of HSS was the Convenor of the programme and it was coordinated by Dr. Niraja Saraswat, Assistant Professor, Dept. of HSS with a team of B.Tech. students, Mr. Mohit Arora, Mr. Shaktiraj Daudra, and Mr. Arpit Yadav.

The first session was conducted on 'Mind Your Mind', by Mr. Amogh Lila Das, Vice President, ISKCON, Dwarka. The expert talked about the essentials and nuances of the mind, which acts as an omnipresent participant in our lives; it acts as storage of all our life experiences. The speaker also discussed the tricks that mind plays, like magnification and reduction of value to events, and how it changes our perception towards things. "Mind imagines pleasures but not the responsibilities associated with it", said Mr. Das, adding how ignorance leads to ego. He discussed at length about various techniques to control and tame our mind, such as using divine sound vibrations. In a very interesting Q&A session, he advocated the need to introspect on our definition of "success" and the urgency to recalibrate it. Mr. Amogh's comprehensive knowledge of the subject chiseled the essential concepts concerning the mind.

The second session of the workshop titled 'Mindfulness: Defines the Way Ahead', began with a new zeal as the speaker for the day, Prof. Jyoti Pahwa, associated with British Council, advocated the need to think: Why do we do what we do? She shared some valuable information

regarding regular introspection of our mind, to keep a track of the trains of our thoughts and evolution. Prof. Pahwa also delved deep into her journey in the School of Life as she abbreviated LIFE as: Liberty, Igniting thought by breaking our inertia, Flexibility and fastidiousness at the same time, & Explore. The expert, then addressed the question of what indeed is mindfulness, and came to a conclusion that it is about giving “kind attention” to the root of our problem, understanding it & not letting it overpower and overwhelm us, but to ensure that it bring us in terms with the reality. It was her personal anecdotes that made the session leisurely and interactive.

“Self- management is the key to success”, said Mr. Rajat Gupta, Logistics Manager, Amazon. In the third session titled ‘Art of Self -Management’, the expert stressed on the fact that we are capable of managing our society, public, company etc., but today’s generation lacks the skill of self-management. In his further discussions, he reiterated on different levels of management and that discipline leads to self- management. He dealt in detail with physical quotient, IQ, EQ, SQ and stressed on the balance of all four which is paramount for a stable life. While he laid emphasis on the importance of self- regulation, he also advised students to refrain from multitasking while studying in order to avoid being distracted. The speaker explained the importance of ethical values and advised students to read 'Srimad Bhagavad Gita'. He ascribed all management lessons to his understanding of the Gita. To conclude with, Mr. Gupta addressed the queries of the participants in the Q&A session. The brevity and erudition of Mr. Gupta made the session engaging and wholesome.

The speaker of the forth session, Mr. Munish Nandwani, Corporate trainer & life Coach, dealt with the ‘Art of Concentration’. He shared with the students his experience gained in his career spanning over two decades. Mr. Nandwani pivoted his talk around the fact that Gen Z is wholly dependent on technology, and there lies the reason for our short concentration span. This is the major cause of our distraction which was termed as the biggest threat to our productivity and time management by the speaker. He discussed in detail the concern of distraction in an understandable and coherent fashion. He concluded the session by stating that austerity is the need of the hour and we must rely on our religious texts to learn the art of concentration.

The resource person for the penultimate session, ‘The Power of Now’, was Mr. Chakravarti Das, Expert corporate trainer and Life coach. Mr. Chakravarti stressed on the importance of time as it is a universal truth that time waits for no man. He enlightened the participants with several ways to utilize time productively and advised them to always work with planning because "one who gives importance to time gets value automatically", said Mr. Chakravarti. The expert stated that the past gives us depression, the future gives us anxiety but only the present gives us satisfaction; if you only worry about the future, then you will miss out on your present and the change to the past and future will not be accomplished. Therefore, we need to live in the present. Along with this wholesome discussion, he also explained to the participants, the importance of Indian culture and the dire need of adopting it in our lifestyle, which stands progressively true for a holistic development today. The session ended with a Q&A round.

The final session was on the vital topic of Staying Calm in Extreme Situations. The session began with an address by the Convenor of the programme Prof. Manju Singh, Head. dept. of HSS who initiated her talk by quoting lines from APJ Kalam . She delineated on the need of working hard to achieve goals and expressed her concern of organizing such programmes at frequent intervals. She also assured the students that the dept. of HSS is always committed to address the needs of the students. The speaker, Mr. Aditya Jha , Former engineer with Indian Navy, shared his experiences with the students . He reiterated the point of staying calm in extreme situations and shared some valuable life lessons to help students navigating the turbulent times. Participants shared their feedback about the program and talked about the life lessons which they learnt from it. At the end of the session ,Dr. Niraja Saraswat proposed a vote of thanks and congratulated the Aryans for the wonderful coordination . With it, the programme came to a close.

The participants' feedback and interactive pursuit bore a testimony to their active engagement in the session. Not only were the expectations of the participants satisfactorily met, but they also gained a lot of knowledge by indulging in fruitful discussions and brainstorming with the speakers. The entire workshop focused on holistic development of the young generation. The participants were particularly impressed by the oration, high-relevancy of the topics, and clarity of delivery. According to the participants' responses, the sessions were detailed, and systematically planned. Majority of the participants hoped to attend many more of such sessions/workshops in future and were thankful to the organizers for organizing this workshop.

Photographs of the Session :





