

WORKSHOP ON STAYING ANCHORED IN POST-COVID WORLD

PROGRAMME REPORT

Location	CHRIST (Deemed to be University), Pune Lavasa Campus
Target Audience	Faculty of Each Department and Students
Department	Placement
Specialization	Workshop for Faculty and Students (All Departments)
Name of the Activity	WORKSHOP ON “STAYING ANCHORED IN POST-COVID WORLD - UNDERSTANDING THE VITAL DIFFERENTIATOR”.
Date	25 th September 2021
Organizers & Brief Details	Placement Officer & Placement core group
Faculty-in-charge	IRUDAYA MARY DANIEL – PLACEMENT OFFICER

Description of the event:

- Placement Cell Inauguration on 25th September 2021 we had a Workshop for students from All departments were the topic is “Lighthouse Life Academy “Guiding you to your shore”
- Workshop on “Staying anchored in Post-Covid world – Understanding the Vital Differentiator.

One often needs help to navigate, be warned and guided through the journey called Life. And one needs to first know their position, their bearing before setting out.

Lighthouse Life Academy acts like a lighthouse in the lives of people – helping them navigate, warn and guide them, all the while providing them a firm bearing from which to reach **their** shores.

Lighthouse Life Academy offers Coaching, Counseling and Training to parents, individuals and college- going young adults. Our focus is to help people navigate the vagaries of life by having the right frame of mind and equipping them with the required skill sets. At Lighthouse Life Academy, we work with people to enable them to live purposeful lives through process oriented holistic learning approach!

There were two different sessions on for faculty group with the topic

- "There is no one else like you in the world, so be the Best you"
- For Faculty - " Challenges and pitfalls of educating Millennial 's

Session went well with limited number of faculties and the take away and the insight given by Mr.Sunny Natarajan Motivational Speaker, A Certified life coach and a Certified Neuro Linguistic Programming Practitioner from Lighthouse Life Academy – Chennai Tamilnadu India .

The following 5 steps to help young adults reach their goals. They are –

1. Apply Life Development Skills Learning Seriously
2. Develop Disciplines
3. Develop Accountable Relationships
4. Become Involved in – Life
5. Become Lifelong Learners

Exercise during the workshop:

Exercise:1

Primary Representational System

5 Monkeys Experiment-there are many things we do without understanding, we'll do the same thing even if there are better methods, everyone has been doing so you should also do the same, even though we know what is right and wrong we still do wrong because of identity because we don't value ourselves.

Jobs- barter system, we are paying them our services they are valuing you at some fees (money)

“I am what I think of me - No one knows you better than you yourself.” There is no one else like you in the universe - Every Person is born with a different caliber, skills, you are the only human brain.

“We are made to dominate and rule - We are creators, born with the capacity

Where you come from does not need to determine where you want to go What's holding you back

What's your story?

You can change your story”

Exercise :2

- 5 Things you would like to be
- 5 Things you have been telling yourself that you want to change about yourself
- Resources Vs. Resourcefulness
- Strategies to beat stress- look after yourself, reflect and problem- solve, break it down, speak up, abstain, be mindful.

Session ended with few Q & A & **Mindfulness techniques** with Mr Sunny Natarajan the Resource person from Lighthouse life academy – CEO & FOUNDER follow on there was an interactive session with a Mr Santhosh Palvesh from UMM Digital Studios UK & BIG BOX – CEO & FOUNDER the topic "future of technology and data in business” his session lasted for 45 minutes and ended with Q & A session.

Vote of Thanks: Conveyed by Placement Officer – Irudaya Mary Daniel and facilitating the Speaker with a Gift as a token of Thanks it is been honored by Senior Counselor Christ (Deemed to be a University) Lavasa Pune. Ms Arpita Gosh

Photographs:





Thank You Note

