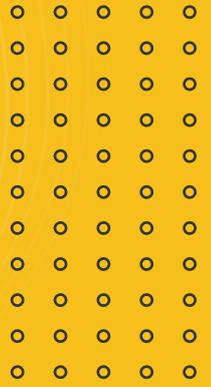


REPORT



Centre for Life Skills and Lifelong Learning
Department of HRD, NHCE

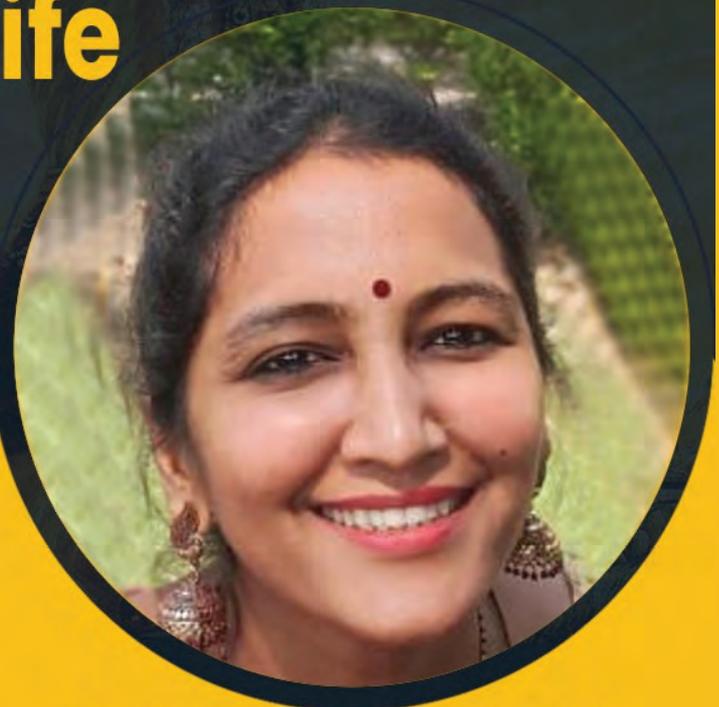
Expert Talk

Attitude for Life

 **9th November 2021**

Morning Session: 10:30 - 12:45
III-SEM (CSE A, B, D & ECE A & C)

Afternoon Session: 2:00 - 4:15
III-SEM (CSE C & E, ECE B, ME A, CE A)



Ms. Sandeepa Guntreddy

Author of the book
The Bhagavad Gita for college students

 **NHCE Auditorium**

Centre for Life Skills and Lifelong Learning
Department of HRD, NHCE

Report on the Expert Talk on “Attitude for Life”

On 09.11.2021, the Centre for Life Skills and Lifelong Learning organised an Expert Talk session on “Attitude for Life” by Mrs Sandeepa Guntreddy. The talk was organised as part of the Life Skills for Engineers programme being offered to 3rd-semester Engineering students. The programme started with a welcome address by Mrs Suneetha, Senior Life Skills Trainer, who also compered the day’s event.



Dr Amarjeet Singh, Dean Academics, spoke on the need to cultivate healthy habits by the students and motivated them to make use of the present opportunity to learn and apply in their life the words of wisdom, to be delivered by the expert speaker.

Dr Sowmya Narayanan, HOD, CLSLL department, spoke briefly on the 21st-Century Skills required to meet industry expectations and created an enthusiastic learning environment for the students.





Mr Ramesh, Senior Life Skills Trainer, introduced Mrs Sandeepa Guntreddy, the guest speaker of the day. She is the author of the book "The Bhagavad Gita for college students". With her vast knowledge and experience, she gave an expert talk on Life skills. Being an engineering graduate herself, she could reach out to our students, connect with them and arouse their interest in the session by narrating her own practical experiences that have made her life enjoyable and at the same time purposeful.

Her experience, coupled with her delivery skills made the session very vibrant. In a capsule form, she put across four very simple, understandable and easy to practise dictums, drawn from The Bhagavad Gita, through the application of which one could realise a stress-free, enjoyable and enriching quality of life.



The following four points were the essence of her talk, which she related to some of the slokas from The Bhagavad Gita.

1. FIND YOUR EXPRESSION: She explained how to recognise and respect one's inherent strength and benefit from it.
2. BREAK THE PATTERN: To build confidence in taking up challenges and doing new things as this helps students to be creative and do things differently.
3. DEVELOP CONSTRUCTIVE HABITS: To Enhance the quality of life mainly by planning and to be free from financial tangles. She emphasised that developing constructive habits would open up plenty of opportunities to progress in personal and professional life.
4. ACCEPT THE INEVITABLE: To be positive in all situations and win life's battle.

The session was followed by questions from the students, for which answers and solutions were provided by the speaker. The takeaway from the session was summed up by Skanda Kashyap, one of the students who attended the session.

A testimonial from a student Ms Rashmi who attended the programme is given below:

"It's both my pleasure and honour to thank Mrs Sandeepa Guntreddy for her expert talk on "Attitude for Life" at New Horizon College of Engineering. Sandeepa ma'am's candid style and humour won over the packed house of faculty and students, the moment she began speaking. She has great advice, is a fantastic speaker, and her stories and lessons are relevant to every person in any audience. Her overwhelming drive to achieve a meaningful life is extremely inspiring. Personally, the most interesting part was when she showed us how she mapped her real-life experiences to the Bhagawad Gita. Going forward, we're all going to remember to "Break the pattern", express ourselves, get up early, prioritize, and always go for things that keep us excited. As said by ma'am, "Carpe Diem, Live in the Moment."



The programme concluded with Vote of Thanks by Mr Gangadara Murthy and Capt. Prabhu James from the CLSLL department, who acknowledged the support of the college Management and all the teaching and non-teaching staff involved in making the programme a memorable one