

## GROOMING SESSION

**Date** : January 28<sup>th</sup>, 2020

**Objective** : To motivate the students to gain confidence, promote positive attitude and stimulate them for a graceful personality which strengthen their personal and professional circles.

**Target Audience** : 1<sup>st</sup> Year BE Students

**Venue** : AIT, Seminar Hall

Atria Institute of Technology organized a one-week Induction Programme for First year B.E students from January 27<sup>th</sup> to 2<sup>nd</sup> February 2020. The Grooming Session was organised as a part of Induction Programme and conducted by two eminent personalities **Braj Kishor Gupta**, a ‘Motivation Guru’ and **Aparna Bharti**, Mrs. India Worldwide-2019 on 28<sup>th</sup> January 2020.

This session helps the students to identify the skills need to set life goals which can enhance their employability prospectus, raise confidence and accelerate success in life. This session was designed to help the students to think about their personal development and ways in which they can work towards goals with full potential.



**Braj Kishor Gupta**, the Chief Mentor, Giant Step is better known as a ‘Motivation Guru’. He is India’s leading Keynote Speaker, a Thought Leader, a Columnist and a seasoned Corporate Trainer, widely respected in the Industry and Academics for enriching and empowering lives. He has two decades of diverse experience in shaping professional minds. He has won many prestigious Awards and Accolades for transforming lives. He has also featured in many National Newspapers & TV Channels and is rightly considered by many a ‘Youth icon’. It is truly and inspiring story of struggles and success of a village boy getting catapulted to the cult of a global motivator mainly by dint of self-motivation and tireless efforts. He is passionate about training and transforming the lives of people, wanting them to shift their focus from mistakes to miracles. Gupta’s session brings a sense of pride and high self-esteem among the students.



The session was started based on understanding the journey of the guest speaker as a successful professional, his learnings and career experiences in different spheres of work through his successful career span continued till date. His lecture left students assimilate grand take away points which are normally rare to find as a subject matter in books.

Mr. Gupta inducted the session by sharing his thought on '**Living Life Large**'. He said that the biggest factor in determining the level of success is our self-confidence. He stated clearly that the smile helps us to build rapport with others which boost our confidence. This enables others to feel more at ease in our presence and thus improving the quality of our interactions. He emphasized on very specific personality attributes that one has got to be imbibing in today's age and time to progress in professional and personal circles. He painted our thoughts, brought us close to virtuality through his life experiences while quoting alongside few examples of eminent people from different industry too.



Further he stated that a positive attitude helps the students to cope more easily with the daily affairs of life, and would bring constructive changes into their life, and makes them happier, brighter and more successful. He says that people are more inclined to spend time with those who can lift them up, when are feeling down with a happy demeanour.

He also explained a concept of ‘**Ladder of Self Discovery**’ which emphasize the importance of learning more about our inner self, trying to discover more about our potential, purpose in life and competencies helps to explore the interest and dreams for the future.

He shared his reasons from different live examples and this world of actuality forced audience to deeply ponder their thoughts. He stressed over and over to help students understand that as one should be determined to work with perseverance, optimistic and confident to develop a graceful personality trait. Becoming aware of our surrounding is extremely becoming important, developing contacts/ affinity of networks is another straight chance to build robust careers, he insisted on these facets and suggested students to inculcate the routine of consuming information and getting continually abreast with positive environment.

The session got concluded by creating awareness and briefing students about the adverse effects in the long run if one in case restrained from taking up sincere and serious directed efforts for self-development.



Mr. Gupta was appreciated for rendering his valuable time and extremely useful insights.

Dr. K V Narayanaswamy, Principal, Atria Institute of Technology felicitated the guest speaker for his commendable session.



**Aparna Bharti**, Winner of Haut Monde Mrs. India Worldwide- 2019 Season 9, a Multi-talented actor, Model, Famous YouTube Vlogger, Former Junior Research Fellow at Seri Biotech Research Lab, Central Silk Board, Bangalore was invited to deliver a session on the subject titled above. She is a very talented and textured women and a Jury member in several grooming and fashion

platforms. She also a social worker for welfare of children and women empowerment.

Mrs. Bharti opened up the session by sharing a brief anecdote of her own life to allure the audience. She narrated very likably of how she was distinctively from a different background and crowned Mrs. India Worldwide 2019.

Her session was focussed on personality development, which is all about being positive, optimistic, assertive and portraying a good image to others. She stated that confidence infuses in us the spirit to have faith in our ability and fight back self-doubt.





She said that communication is an important tool to help people realise their dreams. She illustrated her life as an example for the same. With the rolling of the year it is necessary to have best conversion skills to express our minds in the most effective manner. She unveils the secrets of successful time management which helped her to effectively accomplish the goals.

She strongly believes that it is our inner strengths and positive attitude makes us rise in life. She claims that the attitude applies to

every sphere of life and becomes a foundation of success regardless of chosen field.

The speaker kept emphasizing on specific attributes like observation, conviction to convince and clarity of thinking throughout her dialogue session to lay one's focus on understanding that one has got to be imbibing constantly in today's age and time to progress in professional career. She also quoted her own professional instances to assert how important these skills are in the business world.

She drew several examples citing references to how she suffered from failures and gained successes which enlighten and make the student community accept the significance of personal development. This helps the students to develop a positive attitude, become optimistic, develop a graceful personality and achieve success in their life.



The session finally got concluded by felicitating the dignitary with a memorable memento as a token of appreciation in exchange for exemplary insights.