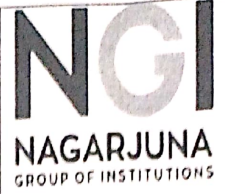


Nagarjuna College of Engineering & Technology
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Mudugurki, Venkatagiri Kote Post, Devanahalli, Bengaluru 562164
Department of MBA



Activity Report

Date of Event: 20th February, 2023

Activity: Orientation Programme "Anveshana.....Explore Yourself".

Details of the Resource Persons: Mr. Shravan Shetty, Co-founder, The Bodhi tree.

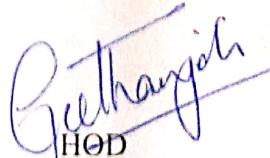
Details of Activity:

The much-acclaimed Greek philosopher of the remote past Aristotle had said "Knowing yourself is the beginning of all wisdom". To make the newly inducted first semester MBA students understand themselves and the purpose of the academic programme that they have opted, the department organized orientation session on "Anveshana.....Explore Yourself". This was organized as a part of their orientation programme and Mr. Shravan Shetty, Co-founder, The Bodhi Tree was the resource person. Mr. Shravan obtained his MBA from the Ohio university in 2006 and had been awarded a leadership award by this alma mater. Apart from associating with several Fortune 500/ Nifty top 100 companies, Mr. Shravan has been a training and development and management consultant across industries. Career development and organizational capacity development has been his forte.

Mr. Shravan began by asking the assembled students what their name was and it's meaning, which they had to explain it to the person beside them. He further went to ask them to name the place they hailed from. The purpose of this exercise was to make the students feel a sense of pride about their existence. He then made them to do an exercise wherein he called out numbers and told them to find out what he had missed. Once answers were received, he made them realize on what was good in them and others. Quoting from a study where most felt that stage fear was something that were worried about and wanted to overcome, the resource person put up a grid which has alphabets in a jumbled order. The students in the audience had to unscramble it and identify words relating to 'Positive Thinking'. Students were beckoned on to the stage and they had to say the word they identified and nominate other friends of theirs to come next. By this, the concept of seizing opportunities one got and volunteering was made evident to the students present.

To highlight further on the aforementioned concept, Mr. Shravan drew reference to the book by the same name written by the American clergyman Norman Vincent Peale. For focusing on goals despite setbacks especially physical injuries, Mr. Shravan narrated the stories of the Hungarian shooter Károly Takács and Indian cricketer Sachin Tendulkar. The latter had continued to practice shooting in his left hand when he lost his right hand and eventually win Olympic medals and the former had showed bravery and continued batting when he had been hit in the mouth. This was Tendulkar who was just 16 years of age and made his debut while playing against Pakistan for India! Concepts relating to Negative and Positive self-talks was highlighted and that students had to accept feedback and let go of their mental blocks. Each of the mental blocks with relevant examples was clearly made evident to the students in the audience. The session came to an end with Ms. Navyashree of the third semester MBA proposed the Vote of Thanks on behalf of the MBA department.

Prepared By
Prof Chinmaya Prakash


HOD
MBA-NCET

Orientation Programme "Anveshana.....Explore Yourself" on 20th February, 2023

