



DATE: 7th, 8th, 9th Jan 2021

EVENT: "2021 - Make It Yours" 3 - Day workshop

POSTER:

CAPS | CENTRE FOR ACADEMIC & PROFESSIONAL SUPPORT

heartfulness | **BMSCE IEEE**

CHRIST | DEEMED TO BE UNIVERSITY | BANGALORE · INDIA

3-Day Workshop

2021: MAKE IT YOURS

7/1	DREAM BIG
	By MR.SANJAY SEHGAL AT 5:00-6:05PM
8/1	GOAL SETTING
	By MR.YOGESH PATHAK AT 5:00-6:05PM
9/1	PASSION,PRESERVANCE AND DISCIPLINE
	By DR.GANGADHAR ELURU AT 5:00-6:05PM

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CAPS presents a 3-day workshop on the theme: "2021: make it yours"

Day - 1

Dream Big

One's dreams and ambitions give directions to actions.Learn how to dream bigger so as to achieve higher.

Speaker:
Mr.Sanjay Sehgal
CEO & Chairman,MSys Group of industries,USA
A compulsive entrepreneur who thrives at the intersection of technology, business development.His own personal development journey was initiated by joining the Heartfulness movement where he serves as the director

Session Distribution:
30 mins session | 20 mins Q/A | 10 mins meditation | 2 mins feedback form

7th JANUARY | THURSDAY | 5:00PM - 6:00PM

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Day -2

Goal Setting

Setting goals is the first step in turning the invisible into the visible

Speaker:
Yogesh Pathak
Director Technoforte Software Pvt Ltd
He has more than 18 years of hands-on industry experience in the IT industry.He is an active member of The Heartfulness organisation. He has been practicing Heartfulness meditation for the past 16 years

Session Distribution:
40 mins session | 10 mins Q/A | 10 mins meditation | 2 mins feedback form

8th JANUARY | FRIDAY | 5:00PM - 6:00PM

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Day - 3

DECISION MAKING

Decisions define the course of our life. Learn how to make more effective decisions and lead a more satisfactory life.

Speaker:
Mr.Subhas Hegde
He has pursued BE in Electronics and communication Engineering from University of Mysore. He has worked with various organizations starting from CMC Americas, Citigroup, MCGRAW Hill, UBS, Bank of America and Capgemini. He is currently a part of the department of Architecture and Design in ANZ, Bangalore.

Session Distribution:
40 mins session | 10 mins Q/A | 10 mins meditation | 2 mins feedback form

9th JANUARY | SATURDAY | 5:00PM - 6:05PM

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