

2021 - Make it Yours - DAY 1

DATE: 7TH JANUARY 2021 (5:00 PM - 6:05 PM)

Report:

The first programme by CAPS for the year 2021 started with a workshop in collaboration with the Heartfulness Organisation and the IEEE BMSCE SB. The theme of Day 1 of this three-day workshop was “Dream Big”. The session was conducted by Mr. Sanjay Seghal on Cisco Webex Meeting. The session flow included a speaker's introduction followed by the speaker’s address, a short yet spirit full meditation session and a Q&A interaction session with the audience.

The speaker’s introduction on day 1 was given by Ashwin Abraham. Soon after his introduction, Mr. Sehgal proceeded with a small ice-breaking session using the 'menti' platform wherein he asked the audience various questions related to today’s topic. After this preliminary interaction session with the audience, he then moved forward with his presentation. In under 35 minutes, he explained the idea behind dream big, the ups and downs that we will all face in our life, he taught us how to dream big, to exercise our existing abilities and learn new skills to overcome various challenges, he taught us not to limit yourself to what we have already learned, rather he encouraged us to expand our knowledge and our skills and gave us examples from his personal life to help us better understand the value of these lessons. He also used various great men and women from history who built their empire from the ground up, showing that if one can dream big, then they can do big. He further went on to tell us about the right attitude we must all possess to be successful - the proactive attitude, he explained that dreams only become reality when we look at our tasks with a proactive approach - ie I will do it, rather than I will try. Once again he brought in his personal experiences to help us understand that merely having a dream is not enough, it takes courage, creativity, passion and determination to make that dream a reality. The presentation was followed by a guided meditation for 5-7 minutes. In between, the audience began posting questions in the chat box which were answered by Mr. Sehgal along with some pre-event questions that were collected from the registration form, moderated by Saharsh Pamecha. After the Q&A session, Miss Rincy Daniel provided the vote of thanks along with a memento of appreciation from the CAPS family as a token of gratitude. The session ended at 6:07 PM.

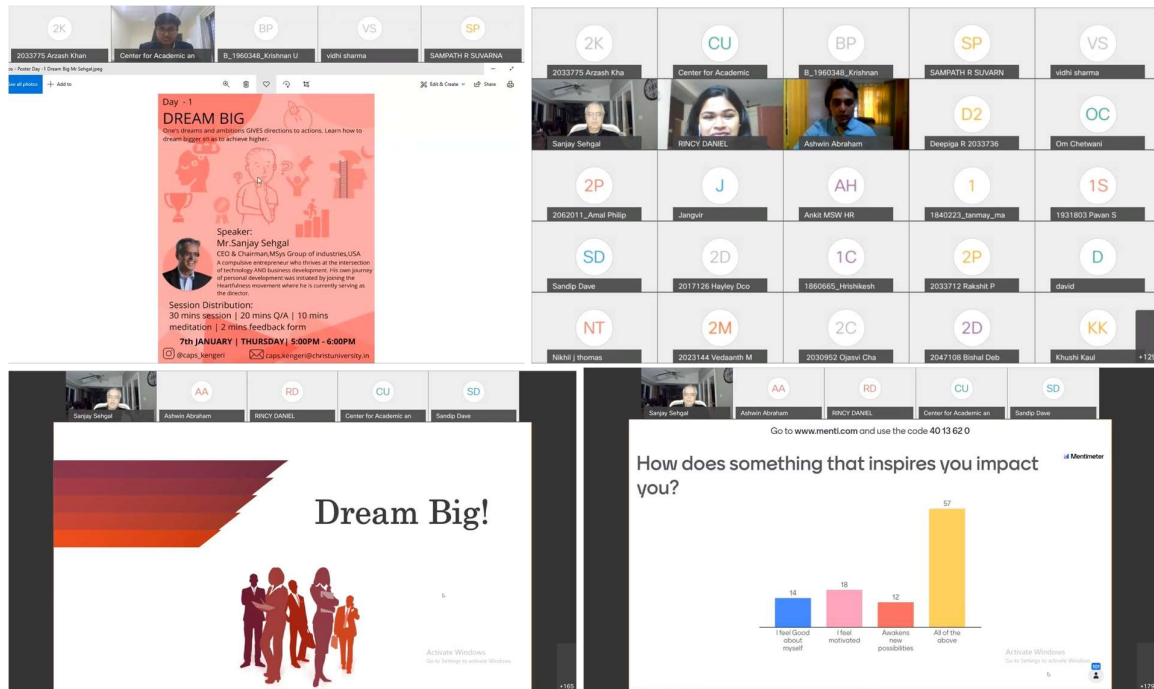
Insights Captured:

The session should have included more time for meditation based exercises along with the presentation, the audience interaction was also reduced due to the lack of time, so there must be changes made to accommodate the questions from the participants and encourage

them to ask more, this can be possible by extending the time of the session, provided there are no problems from either party.

In conclusion, all the activities on day 1 went over smoothly. Despite being a virtual meet, we were able to procure 230+ participants for the day-1 webinar and explore the idea of online meditation. There were very few technical glitches. The speaker was considerate, was willing to take on audience questions and provided a thorough and satisfying interactive experience.

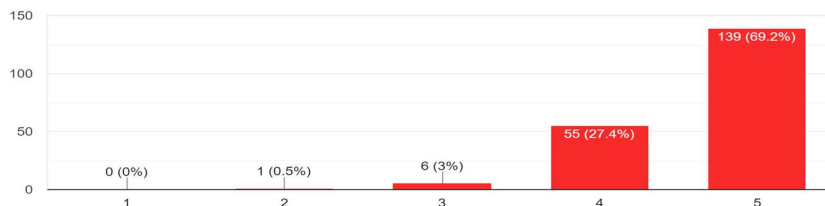
Pictures from the webinar:



Feedback Analysis:

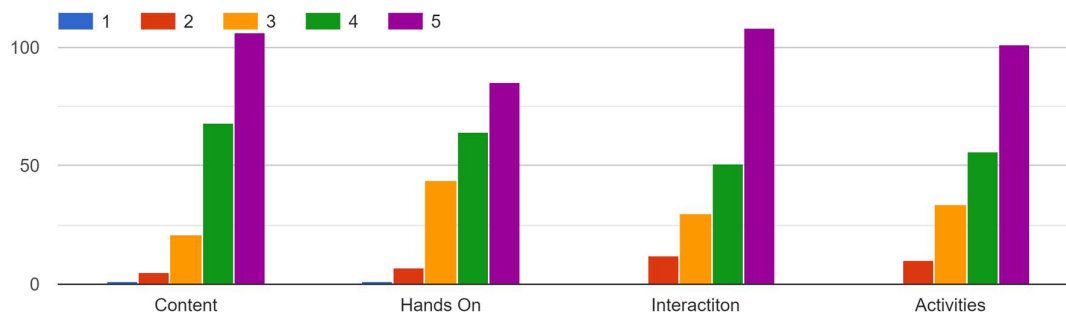
There were around 247 participants registered for the event. The Feedback analysis calculated is from the 201 responses received. 139 attendees marked the event with a 5-star rating. Around 55 gave it a 4-Star, which suggests there is still room for improvement.

How satisfied are you with the Event?
201 responses



Majority of the participants were satisfied with the content, interaction and Q&A session during the session.

How satisfied were you with the content of the event?



SOME SUGGESTIONS/COMMENTS BY THE ATTENDEES:

- *“The event was really helpful and was very well conducted. The speaker gave informative tips on how to dream big and to achieve your dreams in the long run. We also had a short session on meditation which was astonishing.”*
- *“The speaker had quite a few interesting ideas to share, so this was pretty engaging in terms of the content.”*
- *“The Meditation session should have been a little longer or in the very beginning of the session.”*
- *“I thoroughly enjoyed the session, I just felt it was a bit short though”*

SOME OF THE KEY TAKEAWAYS BY THE ATTENDEES:

- *“It is essential to dream big and keep working towards it endlessly. There’s always got to be a way out of each failure. Every failure teaches us to revert back even stronger”*
- *“A big dream paired with passion will surely help in fulfilling that dream and even if the dream isn’t achieved, you will have no regrets because you gave your best, you took your chances. Eventually we’ll end up with something worthwhile and a life we would be proud of.”*
- *“Dreaming big requires no preconditions; all it takes is the right mindset, and it will definitely take one higher, if not to the highest point one hoped to reach”*
- *“One of the key takeaways from this workshop was that there is a lot of importance in dreaming big. I learnt that when you dream big and if we work passionately towards it, then it is for sure that one achieving it. Another key takeaway is from the quote by Marilyn Monroe used in the presentation. I really felt inspired through this workshop.”*