

2021 - Make it Yours - DAY 3

DATE: 8TH JANUARY 2021 (5:00 PM - 6:00 PM)

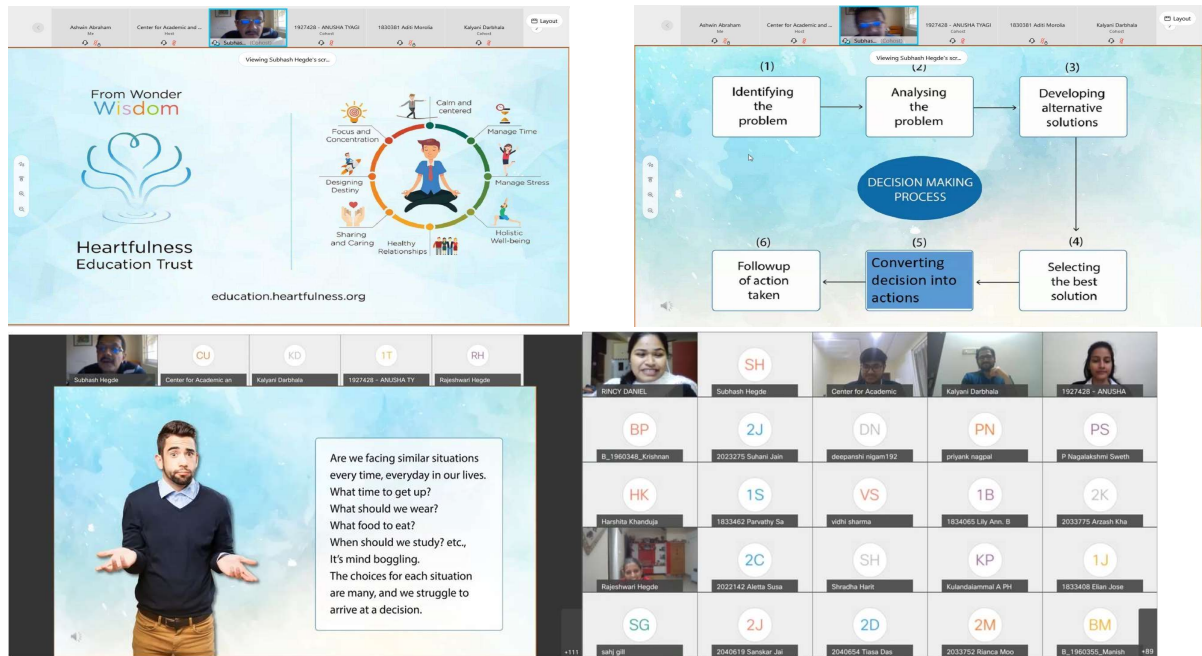
Report:

In collaboration with the Heartfulness organization and the BMSCE organization, CAPS organized its first program of the year 2021. A three-day workshop was designed, and the Day 3 theme was titled “Decision Making”. The session was conducted online by Mr. Subhash Hedge on Cisco Webex. The session included the speaker’s introduction followed by the speaker’s address, a short yet spirit full meditation session, and an interactive session with the audience.

Dr. Gangadhar Eluru conducted heartfulness meditation after the speaker’s address. Anusha Tyagi gave the speaker’s introduction. Mr. Subhash proceeded with some interactive content, wherein he asked the audience various questions on decision making. After this preliminary interaction session with the audience, he then moved forward with his presentation. In around 35 minutes, he explained the secret of decision making. He presented the different processes involved in the process of decision making with the help of a flowchart in detail. He quoted that decision-making is important for making a decisive action. He introduced the HALT principle for effective decision making. He then commented that listening to what the heart has to say is important during decision making. The presentation was followed by a guided meditation for 10 minutes. Soon after, the audience began posting questions in the chat box, which were answered by Mr. Subhash and Dr. Gangadhar, along with some pre-event questions that were collected from the registration forms.

After the Q&A session, Rincy Ma’am provided the vote of thanks along with a memento of appreciation from the CAPS family, as a token of gratitude. Towards the end of the workshop, the link for the feedback form was provided to the attendees. The session ended at 6:09 PM. The session had enough time for meditation-based exercises along with the presentation, the audience - speaker interaction time was cut short due to the lack of time, so there must be changes made to address all the questions from the participants and in fact, they should be encouraged to ask even more. In conclusion, all the activities on day 3 went well. Despite being a virtual platform, we were able to procure 130+ participants for the session. The speaker was considerate. We explored the idea of online meditation. There were very few technical glitches. He was willing to take any questions and provided a thorough and satisfying interactive experience.

Pictures from the webinar:

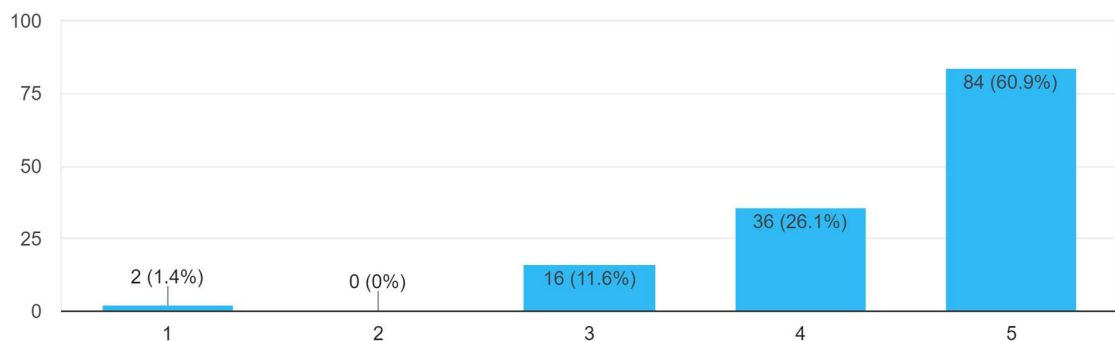


Feedback Analysis:

There were around 247 participants registered for the event. The Feedback analysis calculated is from the 138 responses received. 84 attendees marked the event with a 5-star rating (Highest Possible score). Around 36 gave it a 4-Star, which suggests there is still room for improvement.

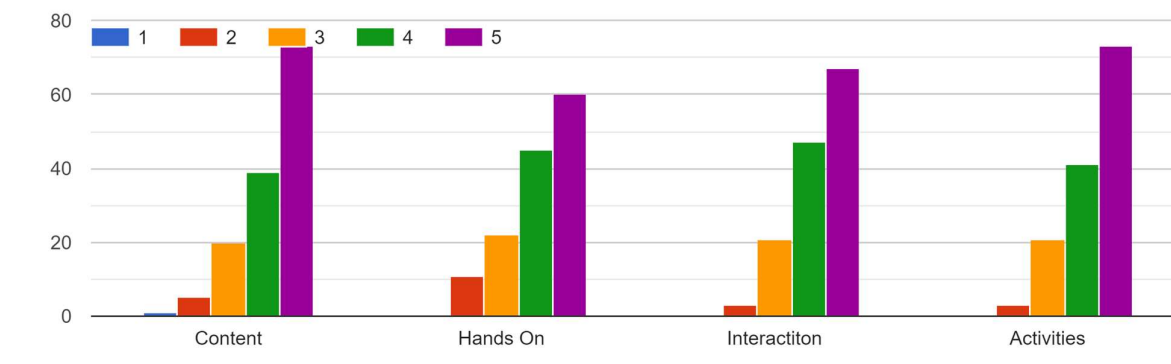
How satisfied are you with the Event?

138 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:

- *“I thoroughly enjoyed the session today and enjoyed the relaxing techniques.”*
- *“Thank you for these three day sessions. Initially I had doubts whether to join as I am a Research scholar from a different campus. Yet I feel I made a good decision to join. It was wonderful. Congratulations to all the young ones for leading this session.”*
- *“The session could have been a little more comprehensive.”*

SOME OF THE KEY TAKEAWAYS BY THE ATTENDEES:

- *“HALT.”*
- *“It was wonderful to attend the session. We got to learn a lot of things from the session. It was really a needful topic to be taken into consideration. And most importantly for me it was very important to know how to handle and take decisions at crucial moments of life. This session helped me solve my problems. I hope to apply my pickups in real life to achieve success.”*
- *“Being decisive is important in order to move forward and conduct any action. There are certain times when one must refrain from making decisions and they come under the HALT principle. Decision making is a recurring circumstance in one's life and one must effectively make them in order to progress. This session helped in guiding me on how to overcome my indecisiveness. It was extremely informative as I usually can't make decisions without consulting with others.”*
- *“I understood today how important is an efficient decision making process and the stages in it. I now know how a good decision goes about and the effort to be made while fixating on it. So thanks to the whole team who made this learning possible.”*