



Report on Various Events Conducted by VOICE Club in December, 2021 SGGSIE&T, Nanded

To motivate the student and help them to achieve their goal as efficiently as possible VOICE, Club of SGGSI&T has organized online webinars on topics like stress management and Career opportunities.

The following webinars were conducted in December, 2021

1. How to stress less and accomplish more – By Mr. Ashish Gupta (Mindfulness Coach and Neuroscientist, IIT-K).
2. Career opportunities after Engineering – By Mr. Mahesh Jadhav (Profession Career Coach, IIT-R)

How to stress less and accomplish more

SUMMARY:

Speaker: Mr. Ashish Gupta

Date : 5th December, 2021

Duration: 1 Hour

Total number of Participants - 60

It is said that “Stress acts as an accelerator: it will push you either forward or backward, but you choose which direction.”

To guide the students of the SGGSI&T session on the topic “How to stress less and accomplish more” was a humble attempt from the VOICE Club to introduce the art of becoming stress less to the students.

Sir started the session with a very beautiful analogy of Elephant and Mind that how an elephant is controlled by training and the same is the case of our mind. Sir mention the mysteries of Neuroscience that how Brain being 2% part of the whole body consumes about 20% of the energy of the body for its functioning. Sir also elaborated on Task Positive Network.

In the session, we got to know what is the nature of “Overthinking” and how much energy it consumes even though we are doing nothing. Each day we store around 50 Gigabytes of information in our brain. Only the person with a controlled mind can sustain for a long time in this race.

Sir then explained about the world's renowned Mindfulness Meditation and conducted a small meditation session at the end of the webinar. Students actively participated in this webinar by asking wonderful questions to sir.

The webinar was indeed an enlightening session for all the students and was ended with a vote of thanks by Bhargav Hattekar to Ashish Gupta Sir.

SHRI GURU GOBIND SINGHJI INSTITUTE OF ENGINEERING AND TECHNOLOGY, VISHNUPURI,
NANDED-431606

VOICE CLUB Presents

500 Million Practitioners Worldwide!

HOW TO STRESS LESS & ACCOMPLISH MORE

* WHAT IF YOU COULD TRAIN YOUR BRAIN TO BEAT STRESS, ANXIETY, LONELINESS, LOSS OF INSPIRATION, PROCRASTINATION, EMOTIONAL BREAKDOWN, MENTAL FATIGUE AND MUCH MORE FROM JUST ONE SKILL ? *

MBRICS
REDEFINING LIFESTYLE

Learn the world's most renowned Scientific **MEDITATION** to :

1. Beat Stress & Anxiety in your Life.
2. Develop 10 X efficient Brain for greater success.
3. Freedom from everyday's Mind and emotional struggle.
4. Master the tools of Neuroscience and Mindfulness.

Sunday 5th Dec, 2021, 6.30 PM

CONTACTS :
Rohitkumar : 9765379102
Priyanshu : 9021172201

Free registration

Gangaprasad Sitaprao
VOICE-CLUB Co-ordinator

Dr. A. R. Patil
Dean, Student Affairs

Dr. Y. V. Joshi
Director

Ashish Gupta
Mindfulness Coach & Neuroscientist , IIT Kharagpur

Scan QR Code to Join Group
OR
bit.ly/Mindfulness_VOICE

Marcus Raichle and the Dark Energy of the Brain

Career Opportunities after Engineering

SUMMARY:

Speaker: Mr Mahesh Jadhav Sir

Date : 12th December, 2021

Duration: 1.5 Hours

Total number of Participants – 45

Engineering (B.E., or B.Tech.,) is among the most popular graduation courses that students take after completing their school. Choosing the right career can be confusing for many students. The world is full of opportunities. And you might not be aware of most of them. One has to know all career options after engineering to select the right one.

To help students in this regard, VOICE Club had organized a very wonderful Webinar on “Career Opportunities after Engineering”

Before starting the session Sir took a few responses from the students that why they has to choose Engineering?. In which field students aspire to go after completion of their graduation. After analyzing students’ responses, Sir decided the pace of the webinar.

Sir mentioned that if our passion can give us a Good job then we should go for it otherwise, we have to wait for a better opportunity.

Sir started with Higher Studies options such as M.Tech, MBA, PhD, and which competitive examination we have to appear. Sir gave the complete idea of how to select proper field and College.

After that Sir proceeded towards Private and Government jobs such as IT jobs, Army, DRDO, BARC, Bank, etc, and cleared the path for the same.

The last part of the session was on Entrepreneurship. Sir stated the importance of Entrepreneurship and how one can even continue with their family business. For Startup Fitness, Hospitality, etc are the emerging fields.

At the end of the session, the student had enquired about their career-related queries and Sir responded to each query and cleared the doubts of students.

The webinar was very beneficial and advantageous for the students. The session ended with a token of appreciation by Rohitkumar Choudhary to the guest speaker and audience.

SHRI GURU GOBIND SINGHJI INSTITUTE OF ENGINEERING AND TECHNOLOGY, VISHNUPURI, NANDED-431606

VOICE CLUB Presents

CAREER OPPORTUNITIES

AFTER ENGINEERING

SUNDAY
12TH DECEMBER
6 PM - 7 PM
LIVE ON ZOOM

Free Registration

MR. MAHESH JADHAV
Professional Career Coach, Mentor, Trainer at various Edtech platforms like UpGrad, Digital Vidya, IMS Pro etc.
Guided thousands of professionals (having 0-20+ years of experience) and students in their career journey.
IIT Roorkee and ISB (Indian school of Business) Alumni.
Currently working as Senior Manager Accenture Applied Intelligence group.

SCAN TO REGISTER

CONTACTS
Rohitkumar : 9765379102
Priyanshu : 9021172201

Registration Link
https://bit.ly/CareerOpp_VOICE

Gangaprasad Sitaprao
VOICE CLUB Co-ordinator

Dr. A. R. Patil
Dean, Students Affairs

Dr. Y. V. Joshi
Director

Recording... You are viewing Mahesh Jadhav's screen View Options

Higher Studies	Private Jobs	Govt Jobs	Entrepreneurship
<p>M.Tech/ MBA / MS / P.Hd.</p> <p>Competitive exams Gate/(CAT/GMAT) / GRE-TOEFL</p> <p>Pursue PG Diploma in one of the emerging areas like (Data Science /AI /ML/ Cybersecurity / Blockchain – some interesting areas to pursue higher studies</p>	<ul style="list-style-type: none"> IT/Software/ Core jobs / Teaching Campus /Off-Campus Hiring through portals like Hacker-rank, Relevel etc <p>For IT Jobs</p> <ul style="list-style-type: none"> Logical reasoning Aptitude English Comprehension Coding practice <ul style="list-style-type: none"> Leetcode Interview bit 	<ul style="list-style-type: none"> IES/ MPSC/ UPSC Indian Army(University Entry Scheme (UES), Air Force Common Admission Test (AFCAT), or Short Service Commission (SSC)) DRDO / BARC Banks - Bank Po IBPS PO or SBI PO 	<p>Start a new venture / Business one is interested in Continue family business with renewed thoughts.</p> <p>Fitness / Hospitality /Event Management / Digital Marketing are some interesting areas</p>

Remove Spotlight

Mahesh Jadhav

Unmute Start Video Security Participants 40 Chat 19 Share Screen Pause/Stop Recording Breakout Rooms Reactions End