



**SHAHEED SUKHDEV COLLEGE OF BUSINESS STUDIES
UNIVERSITY OF DELHI**

NAME OF THE ACTIVITY: Session by Amity Institute of Competitive Examinations			
DATE	FACULTY	DEPARTMENT/COMMITTEE	COORDINATOR NAME
16 th August 2020 (Saturday)	Dr. Amit Kumar	Alumni Relation and Outreach Cell	Prachi Shanker(2nd Year)
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor
4 PM to 5 PM	Google Meet	50+	Indoor
SUPPORT/ASSISTANCE	-		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO. -):

TOPIC/SUBJECT OF THE ACTIVITY	Finding an Ease with Uncertainty by Arindam Kalra
OBJECTIVES	Give students a holistic understanding of why getting comfortable with unforeseen circumstances helps an individual in jobs and in life. Taught attendees some of the techniques for the same, how implement them to get better results. Gave insights on how it can help a person to excel at various things.
METHODOLOGY	Google Meet was used to host the webinar. The speaker first established contact with the AROC team, then conducted a background check on the guests, delivered a presentation, and finally fielded questions from the children.
OUTCOMES	Received registrations of 100+ individuals along with participation of 50+ students and several requests for the recording.

The poster features a dark blue background with a city skyline. At the top left is the Shaheed Sukhdev College of Business Studies logo, and at the top right is the AROC logo. The text reads: 'Alumni Relations and Outreach Cell invites'. Below this, a circular portrait of Mr. Arindam Kalra is shown. To the left of the portrait, it says 'Mr. ARINDAM KALRA for a session on FINDING AN EASE WITH UNCERTAINTY'. At the bottom right, a red banner contains the text 'MEDITATION AND MINDFULNESS TRAINER'. At the very bottom, a red banner displays the date and time: '16 August, 2020 Sunday | 12 NOON Google Meet'.