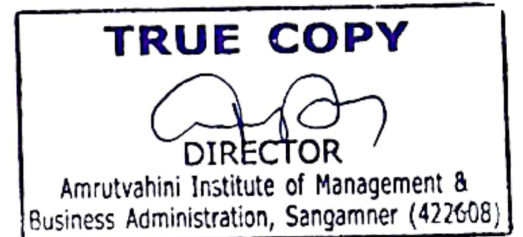


Table 2 : Career Guidance and Counseling Activities conducted during the AY 2021-22

Sr	Date	Resource Person	Topic
1	5/07/2021	Mr. Sagar Patil, Program Manager, Nirmaan	Career Opportunities in Non Profit Organization for MBA Students
2	16/07/2021	Mr. Amitesh Ranjan, Regional Sales Manager, MARS International.	Career Opportunities in Digital Marketing for MBA Students
3	21/08/2021	Mrs Rajitha Nair, Statistician & Founder, Rajitha Nair Business Analytics Solutions, Nashik	Research Orientation and Application of Research to Various Fields of Marketing, Finance and HR
4	22/03/2022	Mr. Saurabh Bhosale	How to be the best version of yourself
5	24/03/2022	Mr S R Kulkarni, SRK Consultings, Pune	Industry Expectations from MBA Students
6	24/03/2022	Mr. Ankush Puri, Director, Nuts and Bolts Consulting	Human Excellence for Career Success" conducted by
7	29- 30/03/2022	CA Akash Agarwal, Nashik	2 Days Training Program on "Basics of accounting, finance, share market, and bank"
8	27/06/2022	Rajendra Kore Director, AIMS	How to Search for Brown Diamond Jobs for 10x Career Growth



The Director
AIMBA,
Sangamner

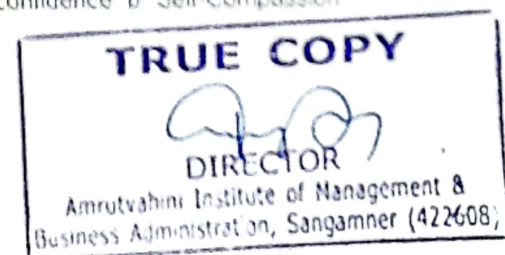
Subject: Report on **How to Be the Best Version of Yourself?**

Dear Sir,

I am pleased to present a report on the topic of "How to Be the Best Version of Yourself" conducted on 22/03/2022." Mr. Saurabh Bhosale of Project Visioncy conducted guest session. This report aims to provide valuable insights and practical strategies for individuals to maximize their personal growth, unleash their potential, and become the best versions of themselves.

The guest covered the following points during his talks. The summary of the same is as given below

1. Highlighted the importance of personal growth and self-improvement in achieving success and fulfillment in life. He emphasized that being the best version of oneself is a continuous journey of self-discovery and self-development.
- 2 Understanding Yourself. He asked students to use a. Self-Reflection b. Self-Awareness and c. Personal Values to understand self.
- 3.He asked students to set goals and priorities to stay focus and avoid any sort of distractions.
- 4.Continuous Learning and Skill Development: a. Lifelong Learning: Promote the value of continuous learning and acquiring new knowledge and skills to stay relevant and adapt to changing circumstances. b. Skill Development: Encouraged individuals to identify areas for skill development, both professionally and personally, and invest time and effort in honing those skills.
- 5.He asked students to embrace Growth Mindset to learn from failures, and persist in the face of setbacks by overcoming Self-Limiting Beliefs
- 6.Emphasized the importance of cultivating positive Habits and Mindfulness to enhance focus and clarity
- 7.Building Resilience and Managing Adversity: a. Resilience: Discussed at length about the the importance of building resilience to bounce back from challenges and setbacks. Encouraged individuals to develop coping strategies, seek support from others, and maintain a positive outlook.
- 8.Cultivating Positive Relationships and Support Systems: a. Building a Support Network: Encouraged individuals to surround themselves with positive and supportive individuals who inspire and motivate them in their personal growth journey. b. Effective Communication: Highlighted the significance of developing effective communication skills to build strong relationships, resolve conflicts, and collaborate with others
9. Celebrating Progress and Practicing Self-Compassion: a. Recognizing Achievements: Encouraged individuals to celebrate their achievements, no matter how small, as it boosts motivation and self-confidence b. Self-Compassion



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Stressed the importance of practicing self-compassion, being kind to oneself, and embracing imperfections and setbacks.

R.B.G.

Dr. R.B. Gawali
Coordinator-Learning & Development

