



**MANIPAL UNIVERSITY
JAIPUR**

MUJ/Q&C/021/F/1.01



**MANIPAL UNIVERSITY
JAIPUR**

FACULTY OF MANAGEMENT & COMMERCE

SCHOOL OF BUSINESS & COMMERCE

**DEPARTMENT OF BUSINESS ADMINISTRATION
& DEPARTMENT OF COMMERCE**

**Workshop
On
Self- Awareness**

May 09, 2022



MANIPAL UNIVERSITY **Event Report** JAIPUR

1. Introduction of the Event
2. Objective of the Event
3. Beneficiaries of the Event

4. Details of the Guests

5. Brief Description of the event

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7. Brochure or creative of the event

8. Schedule of the Event

9. Attendance of the Event



1. Introduction of the Event

A webinar was organized on May 09, 2022, for the undergraduate student's training on self-awareness. The invited speaker was Ms. Mridu Sharma, Youth coach and Lead Copy writer at WAT consult. Around 30 students participated. The workshop was on making students understand oneself.

2. Objective of the Event

The objective of the workshop was to make the students realize their weaknesses and how to overcome them.

3. Beneficiaries of the Event

The target audience were students.

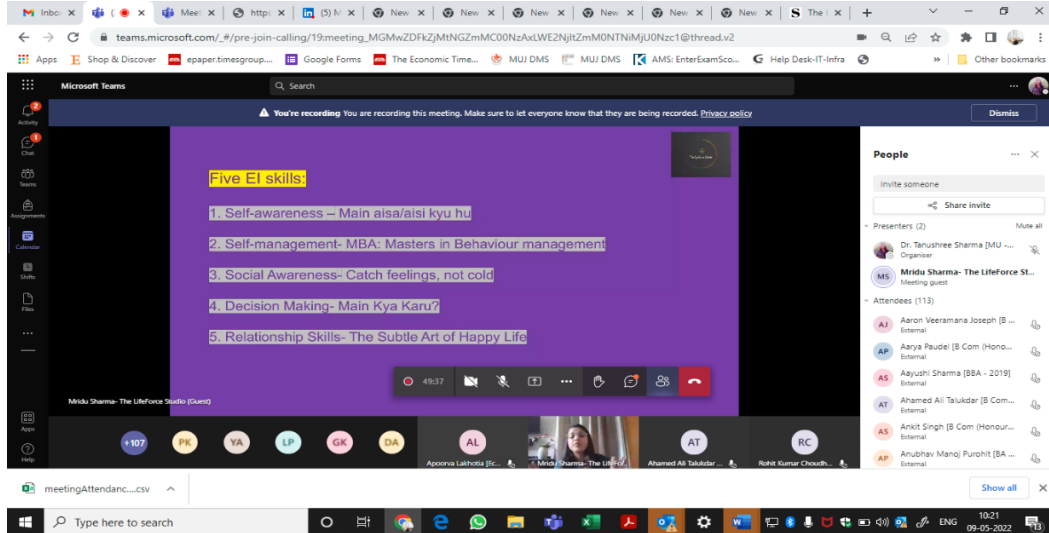
4. Details of the Guest

Ms Mridu Sharma is youth coach and Lead Copywriter at WATConsult. She did her graduation from Delhi university and Postgraduate from Xavier institute of communication. She has 5 years of experience in various fields and is a highly recommended Internationally Trained Youth Life Coach and Copywriter. She puts creativity and fun at the core to help others enhance emotional intelligence.

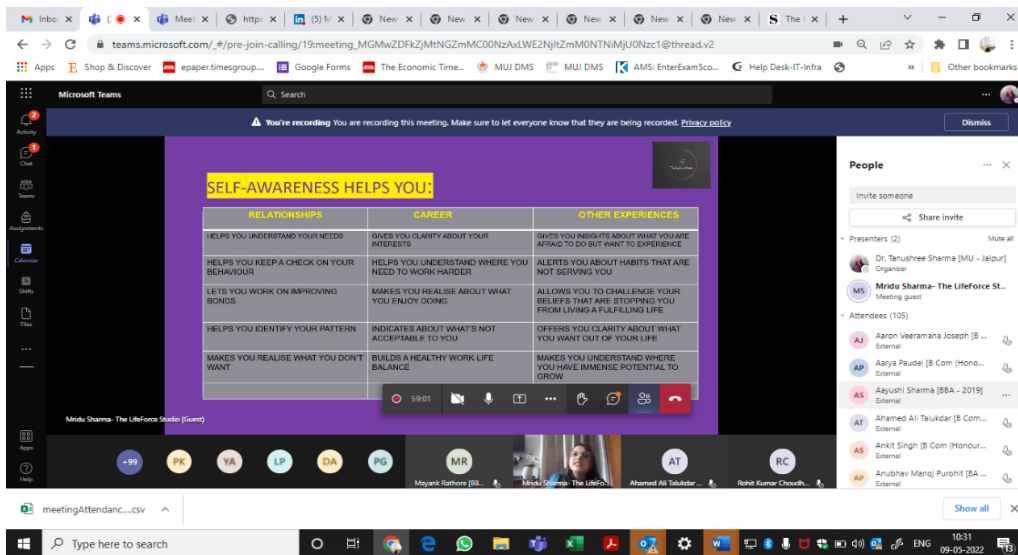
5. Brief Description of the event

The workshop helped the students realize their weaknesses and how to overcome them. The speaker also explained that the self-awareness helps in overcoming anxiety and depression that the current generation is facing. The workshop was a great learning for our young minds since it also trained them on controlling their anger. The students participated with enthusiasm and discussed their believes with the speaker.

6. Photographs of the event or screenshots of the event



Lecture by Ms Mridu



Lecture by Ms Mridu



7. Brochure or creative of the event

 School of Business & Commerce in collaboration with
Department of Economics, School of Humanities & Social Sciences
is
Organizing
Workshop
on
"Self Awareness"
Date: April 9, 2022
(time 10:00 am to 12:00 noon.)
Resource Person
Ms. Mridu sharma
(Youth coach and Lead Copy writer atMVAConsult)
Convenor:
Dr. Tanushree Sharma
Associate Professor, Department of
Commerce
Dr. Minali Banerjee
Assistant Professor, Department of
Economics

8. Schedule of the event (insert in the report)

The event was scheduled on May 09, 2022, from 10:00 AM to 12:00 PM on Microsoft Teams.

9. Attendance of the Event (insert in the document only)

Total attendee

Full Name
Dr. Tanushree Sharma [MU - Jaipur]
Mridu Sharma- The LifeForce Studio (Guest)
Yashvardhan Singh [BBA - 2021]
Tarun Agarwal [BBA - 2021]
Vansh Bothra [BBA - 2021]
Shreyansh Kumar [BBA - 2021]
Vibha Jain [BBA - 2021]
Shubham Mitra [BBA - 2021]
Aayush Lodha [BBA - 2021]
Shivam Kumar [BBA - 2021]
Aditi Jain [BBA - 2021]
Srajan Mahajan [BBA - 2021]
Vani Kapoor [BBA - 2021]
Priyanshu Pravinbhai Kasundra [BBA - 2019]
Mehak Arya [BBA - 2021]
Nitin Kumar Sharma [BBA - 2021]
Krishna Gupta [BBA - 2021]
Kuldeep Singh Rajawat [BBA - 2021]
Naveen Saini [BBA - 2021]
Nikhil Naredi [BBA - 2021]
Nihal [BBA - 2021]
Palak Chouhan [BBA - 2021]
Naval Kishor Acharya [BBA - 2021]
Aryan Soni [BA (Hons-Economics) - 2021]
Ishita Rajpal [BBA - 2021]
Kush Bhardwaj [BBA - 2021]
Manan Vyas [BBA - 2021]
Mayank Tyagi Bhardwaj [BBA - 2021]
Kashish Jain [BBA - 2021]
Mahak Nagori [BBA - 2021]
Hitesh Makhijani [BBA - 2021]
smrtysourav2190@gmail.com (Guest)

Ishaan Singh Gill [BBA - 2021]
Karmanya Joshi [BBA - 2021]
Neeraj Dhakar [BBA - 2021]
Keerthana Sukumar [BBA - 2021]
Siddharth Agrawal [BBA - 2021]
Navya Khetan [BBA - 2021]
Naman Beniwal [BBA - 2021]
Aryan Gupta [BBA - 2019] (Guest)
Nitin Sabnani [BBA - 2021]
Mitr Sharma [BBA - 2021]
Ujjawal Agarwal [BBA - 2021]
Manushree Prateek [BBA - 2021]
Manav Pilania [BBA - 2021]
Nikita Dassani [BBA - 2021]
Mansi Bagaria [BBA - 2021]
Mradul Bansal [BBA - 2021]
Jay Sharma [BBA - 2021]
Mohit Chandra Shekhar Bhiwaniwala [BBA - 2021]
Aayushi Sharma [BBA - 2019]
Anuj Kandoi [BBA - 2021]
Satvik Agrawal [BBA - 2019]
Mishu Mathur [BBA - 2021]

Hemant Sharma [B Com (Honours) In Accounting - 2021]
Divyansh Gaur [B Com (Honours) In Accounting - 2021]
Tijil Yadav [B Com (Honours) In Accounting - 2021]
Nitesh Gupta [B Com (Honours) In Accounting - 2021]
Aaron Veeramana Joseph [B Com (Honours) In Accounting - 2021]
Ahamed Ali Talukdar [B Com (Honours) In Accounting - 2021]
Aarya Paudel [B Com (Honours) In Accounting - 2021]
sharatsalil@gmail.com (Guest)
Ankit Singh [B Com (Honours) In Accounting - 2021]
sparshsaxena040803@gmail.com (Guest)
Harsh Bansal [B Com (Honours) In Accounting - 2021]
Priya Jain [B Com (Honours) In Accounting - 2021]
Ashish Saini [B Com (Honours) In Accounting - 2021]
Jani Manan Manishkumar [B Com (Honours) In Accounting - 2021]
Faisal Agha [B Com (Honours) In Accounting - 2021]

Bhumika V Hiremath [B Com (Honours) In Accounting - 2021]
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Sharat Salil [B Com (Honours) In Accounting - 2021]
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Nistha Sethia [B Com (Honours) In Accounting - 2021]
Riya Lohia [B Com (Honours) In Accounting - 2021]
Ishika Khandelwal [B Com (Honours) In Accounting - 2021]
Tanisha Doshi [B Com (Honours) In Accounting - 2021]
Aryan Soni [BA (Hons-Economics) - 2021]
Ambudhi Choudhary [B Com (Honours) In Accounting - 2021]
Deepak Sahu [B Com (Honours) In Accounting - 2021]
smrtysourav2190@gmail.com (Guest)
smrtysourav2190@gmail.com (Guest)
Shantanu Verma [B Com (Honours) In Accounting - 2021]
Vyom [B. Com (Honours) Accounting- 2021]
Sanskriti Sharma [B Com (Honours) In Accounting - 2021]
Rishabh Mantri [B Com (Honours) In Accounting - 2021]
Yash Dangi [B Com (Honours) In Accounting - 2021]
Sarthak Anand [B Com (Honours) In Accounting - 2021]
Ishan Sharma [B Com (Honours) In Accounting - 2021]
Simran Kaur Arora [B Com (Honours) In Accounting - 2021]



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