

हंसराज महाविद्यालय

दिल्ली विश्वविद्यालय
महात्मा हंसराज मार्ग,
मलकागंज, दिल्ली - 110007
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2024-2025

Name of the Event: The Power of Positive Thinking: Mindset Shifts

Organised by: UDAAN: The Motivational Society

Date of the Event: November 26, 2024

Duration/Event Timing: 12:00 p.m.- 4:00 p.m.

Venue of the Event: Old Seminar Room

Name of Coordinator: Arpit Yadav (President)

Name of Convener: Dr. Vikash Singh

Description:

UDAAN - The Motivational Society hosted a captivating session with the theme: **"The Power of Positive Thinking: Mindset Shifts"** on November 26, 2024, in the old seminar room. This event aimed to encourage students to adopt a positive outlook and embrace transformative thinking. It featured two distinguished speakers: **IPS Neepa Manocha**, who secured AIR 144 in CSE 2022, and **Mr. Shashank Sharma**, an Assistant Faculty at NEXTIAS specializing in Indian Economy and Science & Technology. The session began with a traditional lamp-lighting ceremony led by the esteemed guests. This was followed by the screening of a motivational video presented by NEXTIAS, which delivered an uplifting message on resilience and the power of a positive mindset. The guests were then felicitated as a gesture of respect and gratitude. Mr. Shashank Sharma commenced his speech by talking about the four pillars required for the preparation of UPSC. These were **BASICS, SUPPORT SYSTEM, CONFIDENCE, AND SELF-CONFIDENCE**. To inculcate these four pillars, he tried to connect each pillar with the exam and its syllabus. To ensure his words reached everyone, he listed anecdotes of students who used these four pillars to successfully navigate the challenging UPSC exam, where many others failed. Sir enlightened our listeners about the UPSC exam and its pattern. He addressed some common myths among the students and then tried to debunk those myths by giving anecdotes of his old friends, students, and colleagues. He discussed how sometimes even IIT and IIM students fail in these exams and he took some real life

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anecdotes and concluded that it's not the lack of preparation or knowledge but the consistency that one lacks. He ended his speech by sharing more stories of aspirants with the attendees. He emphasized the importance of these success stories as they highlight the significance of consistency. Lastly, he concluded with a beautiful line - 'agar tum nahi kar paoge to koi nahi kar payega' (if you can't do it, then no one can). Following this, Ms. Neepa Manocha took the podium and started her speech by providing us with an estimation that only 0.007% of the registered candidates become IAS officers. However, ma'am also talked about how being an IPS or IAS officer allows us to serve and lead the nation. Drawing from her personal journey, she recounted how rediscovering a lost diary with forgotten aspirations set her on the path to civil services. Ma'am used her life experiences to help our listeners understand that every attempt is a new opportunity. She also focused on the challenges one has to face in this journey. To help participants further, she brought light to a 'to-do list', in which she asked participants to enjoy their life, create quality friendships, have essential curiosity, read the newspaper daily, take care of their health (both physical and mental), have a good routine, and create an ecosystem by having faith in oneself. Ma'am concluded her speech by reciting a very beautiful poem by Harivansh Rai Bachchan.

An interactive Q&A session allowed the audience to seek clarification and delve deeper into the speaker's insights. Ma'am and sir addressed queries with patience, offering practical solutions. The Vice President, Ashi Verma concluded the event with a heartfelt vote of thanks, expressing gratitude to everyone who contributed to its success. A group photo session was organized, capturing the memorable moments of the event and serving as a memento for all the participants. Ms. Neepa Manocha and Mr. Shashank Sharma held such an enlightening and inspiring session. Their journeys and insights left an indelible mark on the hearts of our participants.

Five Geo-tagged Pictures:

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New Delhi, Delhi, India
Roshanara Road, University Area North
Campus, New Delhi, 110007, Delhi, India
Lat 28.679731, Long 77.210422
11/26/2024 02:40 PM GMT+05:30
Note : Captured by GPS Map Camera



New Delhi, Delhi, India
Roshanara Road, University Area North
Campus, New Delhi, 110007, Delhi, India
Lat 28.679568, Long 77.210324
11/26/2024 02:44 PM GMT+05:30
Note : Captured by GPS Map Camera



Lat 28.679794, Long 77.210370
11/26/2024 02:49 PM GMT+05:30
Note : Captured by GPS Map Camera



New Delhi, Delhi, India
Roshanara Road, University Area North
Campus, New Delhi, 110007, Delhi, India
Lat 28.679657, Long 77.210211
11/26/2024 02:47 PM GMT+05:30
Note : Captured by GPS Map Camera



New Delhi, Delhi, India
University Area North Campus, New Delhi,
110007, Delhi, India
Lat 28.679634, Long 77.210156
11/26/2024 02:53 PM GMT+05:30
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Attach Attendance Sheet:

Name	Course	Contact Number
Arshia Mathur	B.A. English Honors	9205210873
Hemant Mishra	Philosophy Honours	9717370493
Geetesh Kumar	BA program Economics+History	9128248972
Fiza Naithani	BSc Hons Chemistry	9172430702
Mo Shadab	Bsc Chemistry Hons	7818079793
Rocky kumar	B.A program	8800945182
Karan Singh	Bsc chemistry hons	7056836397
Mehbis	B.A. English Honours	9958665379
Tanya Tanisha Mohanty	BA Honors English	9668751276
Rashmi Kumari	B.A(Hons.) Hindi	8540075275
Sourabh	Bcom hons	7065203102
Swarangi	BSc H Anthropology	8175098991
Simran	Ba programme	6378670104
Aditya chaturvedi	BA program	8532801546
Kunal Gulyani	BA Program	7838662590
Saloni	Ba program (Sanskrit+philosophy)	8295444625
Basukinath jha	BA (H) Sanskrit	6202765626
Bhagyavardhan	B.com(Hons).	8375061732
Sumit Kumar Chaurasia	Hindi hone	7982203236
Goldi Kumari	Political science honours	8102068155
Gunjan Pareek	Ba programme	6378670104
Apoorva Anand	B.A. Programme	7001606539
lipikumari625@gmail.com	Political science	9153376278
Hemant Choudhary	B.A. Program (Philosophy+Physical Education)	9352645603
Sachin Kanwar	BA PROGRAM	8091743503
Rohit	Ba program	8700340304

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Shikha	B.com hons	9971536761
Manik kumar	BA(H) PHILOSOPHY	9507340224
Harsh Gupta	Bcom hons	7518033447
Ambika Chopra	B.A. English hons	9667196697
Priyanshu kumar	Ba Hons History	9582256616
Surendar korra	PARKASH	Hansraj College
Hanika	B.com hons	9971916114
Shubham Shinde	Ba programme Philosophy Sanskrit	9322577235
Tanuj Katura	B.A.Prog	8218370183
Shivaansh Mehra	Bcom (Hons.)	9814996333
Sandeep	Bsc physical science	8860905449
Raushan	Sanskrit honours	9801481091
Ginni Malia	English Hons	8860712067
Sandeep	Anthropology	7878955385
Pradnya Jadhav	Ba programme (economics+Buddhist studies)	8767678758
Suneel Kumar	English Hons	9301693179
Kirti Singh	Ba Program	6299087225
Mihika Karwa	Bsc Hons computer science	8595652445
Neha	Ba program	9153919773
Harshita	Ba programme	9319345773
Usnita Adhikari	BA prog	8447716239
Rishabh	Bsc physical science	9310290399
syed hanzala hashmi	Ba hons(Philosophy)	8318366420
Shaifali Sethi	BSc Botany hons.	8287687949
Aarti	BA prog	9354009546
Nandini	Ba program	8800484584
KIRAN	B.A. Programme	9896733856
Sunidhi	B.A programme	8750187984
Priten Agarwal	B.A. Program	9610836249
Palak Chauhan	B.A. Programme	9354188355

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ABHISHEK YADAV	BA honours political science	8765785758
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Prabhanshu Mishra	Bcom(p)	8305572563
Vivek Jaiswal	B.com Prog.	9977565706
Priyanshu kumar	Bsc maths	9801798243
Divyansha Kala	Bcom hons	9971085349
Vipasha Kaul	Bsc. Life science	7011898421
Adhayan Chaudhary	BSc Physical Science	6307972139
Gaurav Godara	BA Programme (Philosophy + Physical Education)	7372907277
Aryaman Parashar	B.Sc (Hons.) Chemistry	7099306499
Suraj Yadav	Bcom hons	8787257895
Avinash Mishra	bsc physical science with cs	9336789972
Sahil Kumar	B	8570992240
Rahul Tailor	BSc Physical Science	9587217660
Sourabh chahal	Bsc ps	9350394533
Isha jain	English honours	7888722662
Priyansh Kherodia	Bsc mathematics hons	8209220637
Suhani Sharma	Eng hons	8700980387
Chetan rajalwal	M.A.	8287436137
Raj keshri	Ba programme	6202130918
Lakshay	Ba English Hons	9899445707
Nakshita	B. Com	8882026539
Payal	B.com	8448162173
Abhishek	BA programme	9625037032
Vaibhav	Bsc hons maths	6280445659
Aarti	Ba program	9354009546
Lipi Kumari	Ba(H) Political Science	9153376278
Abhishek	BA programme	9625037032
Kunal bagga	English hons	8376013077
Ranjana eingh gurenia	BA PROGRAM (HINDI AND PHYSICAL EDUCATION)	7055487822

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