

हंसराज महाविद्यालय

दिल्ली विश्वविद्यालय
महात्मा हंसराज मार्ग,
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HANSRAJ COLLEGE

UNIVERSITY OF DELHI
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2024-2025

Name of the Event: Prerak-Building Confidence and Self Esteem: Empowering yourself for success

Organised by: UDAAN: The Motivational Society

Date of the Event: 11th September 2024

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

Venue of the Event: Old Seminar Room, C-Block

Name of Coordinator: Arpit Yadav (President)

Name of Convener: Dr. Vikash Singh

Description:

The speaker session took place at Hansraj College, University of Delhi. This event staged one of the most required and insightful discussions on the theme Building Confidence and Self Esteem: Empowering yourself for success. The idea behind this theme was to keep forward that success doesn't come from perfection in an individual's field but by acceptance of flaws and shortcoming one faces in life.

The event took place on 11th September, with keynote speaker Mr. Vivek Atray, ex-IAS officer, an author and a prominent TEDx-speaker, he is currently very much active in the field of public speaking and is a very motivational & humorous speaker. The event began with the light lamping session by our honorable guest Atray sir, Convener Mr. Vikas Singh and President of UDAAN, Arpit Yadav. This was followed by the Felicitation ceremony of Vivek Sir and Vikas Sir. After the felicitation ceremony our anchors for the event, Anushka Jaiswal (Editorial Head) and Preksh Gupta (Volunteer) begin with a succlittle brief about the theme and invite Sir to start with the event. Vivek Sir commenced the event by sharing his journey of Public speaking, how difficult it is to speak in front of an audience and how he gained his confidence to pursue public speaking after being an IAS officer. He discussed how he joined the public speaking field in service and enjoyed every interaction done through it, how he gathered confidence because of it and loved the camera & audience.

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He went on to explain one should be active, energetic and alert when on stage, he said “kiske samne kya bolna hai is very important”. Further he asked a different variety of important questions leading to a very interactive discussion: What is

success? Who is successful? He went on to answer these questions by explaining how success without happiness and tranquility is not success but still an internal fight an individual have with themselves which will not let them rest and summarized this with “Yeh Udaan hai motivation hai, koi success success nhi hogi agar aapne apne andar kuch jeeta nhi”. He explained how everyone craves to be Perfect & run behind Perfection as well, he kept forward the truth that we all are humans, we have flaws, we are bound to make mistakes and we will always have shortcomings in life this is what makes us human and proved the same by taking the example of his visit at IIT Madras, how it has NIRF ranking 1 and many would assume being in IIT Madras completes the struggles one has but no, he went on to describe the conditions of student how sleep deprived and stressed they are because of the shortcomings they are coming across and how they could move on from it just by accepting and facing it. He explained shortcomings can be handled if we work on our emotional intelligence, switch to it when things get hard and always remember to remain calm, as being calm takes you to the way of success and prosperity. He took a short story of paderewski and little boy to explain how when life throws uncertain and unexpected things one can come ahead of it by remaining calm and not taking any action in the heat of the moment. The session came to an end with an interactive Question Answer session where the audience got to ask their queries and get a deeper insight on the topic.

A vote of thanks was presented by Ashi Verma, Vice President of UDAAN wherein she thanked sir for providing her with the confidence to speak just like him and the tips he gave was very insightful and helpful to everyone present there. In the end a group photo session was organized with the guest speaker, capturing the memorable moments of the event and serving as a memento for all the participants. It provided an opportunity for the participants to bond and celebrate the success of the event.

Five Geo-tagged Pictures:

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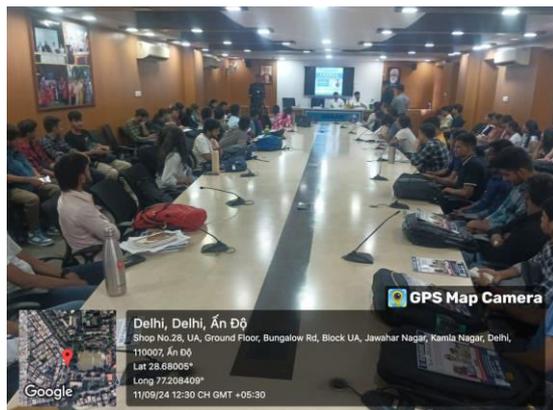
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Attach Attendance Sheet:

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| Name | Course | Contact |
|--------------------|---------------------------------------|----------------------------|
| Ujjwal Pandey | B.Sc. Physics Hons | 7081841970 |
| Harsh Sharma | BA(H) English | 7015925793 |
| Raushan Kumar | BA Program (Economics + History) | 9313039484 |
| Blossom Nidhi | BA program | 9315288764 |
| Vanshaj Chaturvedi | Bsc Hons Geology | 9026587375 |
| Fiza Naithani | BSc Hons Chemistry | 9172430702 |
| Raushan Kumar | Bsc analytical chemistry | 8102624857 |
| Mehak Jain | Bcom hons | 7717661518 |
| Keshav | Bsc(Hons) chemistry | 9034527918 |
| Astha Jaiswal | B.Sc.(hons) Botany | 9219370398 |
| Aryaman Rajput | B.com hons | 9310838429 |
| Mahak Poswal | Bcom Hons | 9518233833 |
| Sahil Yadav | B com hons | 7985162700 |
| Shivangi Gupta | Ba program | 9953458533 |
| Kavya | Economics honours | 9654776668 |
| Manshi Chaudhary | Bsc Botany Hons | thisismanshisinh@gmail.com |
| Triparna Dasgupta | B.sc Zoology | 8250665152 |
| Shreya Jain | Eco hon | 6396971452 |
| Gautam | Ba program (Commerce+Economics) | 8949585440 |
| Piyush | Ba (h) Sanskrit | 8572021870 |
| Sundram Mishra | BSC hons in chemistry | 7307201522 |
| Ishan Shukla | Ba program Sanskrit Philosophy | 6394136069 |
| Anuj | Bsc (Physical Science with Chemistry) | 7988950610 |
| Pranav Sharma | BA ECONOMICS HONOURS | 9958683610 |
| Yash | Ba program (commerce + eco) | 9560667683 |
| Sakshi Mishra | Bsc physical science with chemistry | 9818129624 |
| Sahil Kumar | B.SC physical science | 8570992240 |
| Palak saini | Bsc honunrs zoology | 9358769039 |
| narayan bhati | bsc physical science with cs | 9311644492 |

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| | | |
|-----------------------|--|------------|
| VASUDEV GODARA | BSC PHYSICS HONOURS | 7014282072 |
| Abhishek kumar shah | Ba (hons) hindi | 7367845297 |
| Jatin Dhanwadiya | Physical science with chemistry | 7357927536 |
| Bharti Malhotra | B.A. Program | 9910472588 |
| Gungun | Bcom hons | 8447192131 |
| Jayantika Purkayastha | B. com(H) | 9599021320 |
| Saransh Mishra | B.Sc (H) computer science | 7982203309 |
| Ankit Rajput | Mathematics(hons.) | 8630927564 |
| Hemant Singh yadav | B.a programme | 8890553158 |
| Anshul Sethi | Bcom Hons | 9814517587 |
| Manohar Choudhary | Bsc Anthropology | 8000238406 |
| Aastha Kaul | BA (Economics and commerce) | 9682536972 |
| Siddharth Shukla | B.SC Program | 9519157384 |
| ROHIT KUMAR | BSC Hons Mathematics | 7297851483 |
| SACHIN YADAV | B.Sc LIFE SCIENCE | 8905854597 |
| Sambhav jain | Ba English (honours) | 8006917302 |
| Rishu | B.A. (H) Sanskrit | 9650986958 |
| Nagma Malik | Bsc life science | 8506953216 |
| ABHISHEK KANNAUJIYA | BS.C (H.) Zoology | 8299371281 |
| Saloni | Bcom | 8929353706 |
| Shubham Garg | B.com[Hons] | 8595115524 |
| Bhavya Talwar | B. A. Programme (Commerce plus economic) | 8826156112 |
| Devansh Singh | B.com Honours | 7065108221 |
| Ritu Chaudhary | B.Sc | 6396540006 |
| Anjali yadav | BA English honours | 9818941948 |
| Ankit kumar | Bsc chemistry (H) | 9647512280 |
| Kanchan | BA hons philosophy | 7065949650 |
| Parth Mishra | Bcom Hons | 6393342486 |
| Nitin Agrawal | B.A Program (Commerce + Economics) | 9770636067 |
| Rajaram kumawat | Ba programme (commerce+economics) | 8949091094 |

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|-------------------|-----------------------------|-------------|
| Alisha Kumawat | English hons | 9911536267 |
| Tarun Kumar | Hansraj College | 9310357116 |
| Harish | BSc. Prog. CHEMISTRY | 7880927172 |
| Pawan kumar | Ba economic hons. | 7014599128 |
| Soumya Chouksey | Ba program | 8770705456 |
| Suhana | Bcom honours | 7976827651 |
| Aditya Kumar | B.Sc (H) Botany | 8789614382 |
| Nikhil | Bsc cs hons | 8826004816 |
| Tanushka Gupta | Bcom. Hons. | 6387883351 |
| Samaira Sarin | BA (Commerce and economics) | 9811382042 |
| Sanjana Kumari | BSC LIFE SCIENCES | 6369677884 |
| Vedant Agrawal | Ba eco + commerce | 7606854412 |
| Amish Singh | Bsc hons botany | 8090279767 |
| Prateek Sharma | Bsc(hons) Chemistry | 8920993502 |
| YUVAJ SINGH | B.Sc(hons.) Chemistry | 8292822345 |
| Prakhar Singh | Botany Hons | 6387990207 |
| Muskan singh | B.com hons | 7061509376 |
| Sakshi Maurya | B.Com(Hons.) | 9560362841 |
| Kabir Tanwar | Ba programme | 9625208865 |
| Sanskar bajaj | Bcom hons | 9006220655 |
| Rahul Raj | Bcom Hons | 7357886430 |
| Farhan Ahmad | BA program | 82358 81990 |
| Deb Das | Bcom hons | 7908084485 |
| Aakansha Gupta | Bcom honours | 7292054910 |
| Samrat Choudhary | English Hons | 9990555484 |
| Nandani kumari | B com hons | 9234574619 |
| Saksham Makhija | Bcom H | 9303103004 |
| Shreya Khandelwal | Bcom hons | 8955035941 |
| Nihal Soni | Bcom Hons | 8595375556 |
| Shubham | BA(hons.) History | 8209861999 |

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| Khetu Dan | Hindi hon. | 9509674915 |
| Ayush Pratap Singh | BA philosophy hons | 8076001362 |
| Harsh Choudhary | Ba programme | 8076377904 |
| Priyanshu | Bcom hons | 7404260131 |
| Pranjal Shome | Computer Science | 8135087702 |
| Tanish Chimaniya | B.com(Hons) | 7898177019 |
| Piyush Thapa | Bsc hons electronics | 9654422380 |
| Abhishek kashyap | B.a program | 8252112868 |
| Durgam Himabindu | Bcom honours | 7032937599 |
| Sushil Singh | BA Programme hindi + physical education | 9798953889 |
| Avnee Singh | Bcom hons | 7983063661 |
| Esha Sharma | BSC(H) Zoology | 9508939757 |
| Ananya Pragati | BSc Zoology(Hons) | 9431079690 |
| Akansha Kumari | B.com (hons) | 9308994206 |
| Sumit Yadav | BA English Hons | 9756100071 |
| Bhargav krishna m | Botany | 8590684672 |
| Isha Sharma | Ba program | 8376826412 |
| Akshay Jindal | Bsc physics honors | 8901916303 |
| Bhoomika | Bcom honours | 8930450342 |
| Aaban Anwer | Bcom hons | 7289980890 |
| Chetan Bhatt | Bcom Hons | 7599483716 |
| Mohit Nahata | Bcom hons | 9798916684 |
| Daksh Aggarwal | Bcom hons | 9878907346 |
| Ritesh Khandekar | B.Com hons | 9399580081 |
| Mohammd Ajam | BA progmm | 9935349129 |
| Diksha Jethwani | Bcom hons | 8875358415 |
| Anita Meena | Ba program (Eco+History) | 8882638929 |
| Divyanshu Raj Singh | BA(Hons.) Sanskrit | 7903377694 |
| Sanjay Kumar meena | Life science | 7976224860 |
| Tilak Pandey | Bsc prog Physical science | 8527348939 |

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|-------------------|---|------------|
| Neha minj | Bsc zoology honours | 7063638624 |
| Aryaman Parashar | B.Sc (Hons.) Chemistry | 7099306499 |
| Tarshit | Bcom hons | 9212493919 |
| KIRAN | B.A. Prog. (History +Political Science) | 9896733856 |
| Vansh Bajaj | BA history hons | 7417770707 |
| Palak | BA Programme | 9817639676 |
| Anushka | Bsc maths | 9310109931 |
| Prateek Chaurasia | bsc chem hons | 9718964720 |
| Kashish Singh | Ba program | 8826181775 |
| Aarohi Agnihotri | B.A (Hons) English | 8219463127 |
| Chhavi | Bsc life sciences | 7737879463 |
| Priyanshi | Physical science with chemistry | 8957069843 |