



योग: कर्मसु कौशलम्
IN PURSUIT OF PERFECTION

Vivekananda Institute of Professional Studies - Technical Campus

Affiliated to Guru Gobind Singh Indraprastha University, Delhi, Recognised by Bar Council of India and AICTE

NAAC Accredited Grade 'A++' Institute, NBA Accredited for MCA Programme

Recognised under Section 2(f) by UGC, ISO 9001:2015 Certified Institution

Vivekananda School of Information Technology

Webinar

on

EMBRACING YOUR EXISTENCE

VSIT organised a webinar on “Embracing Your Existence” on 21st January 2023 on Google Meet. The session aimed to provide attendees with strategies for accepting and valuing their unique experiences and perspectives. The session was organised by a group of students, under the supervision of Ms Kanta Malik and was conducted on Google Meet. The guest speaker of the webinar was **Mr Siddharth Pruthi**. He holds a B.Tech and LLB degree and is the founder of the NGO “The Only Karma”. Mr Siddharth Pruthi delivered an amazing and interactive session.

Attendees learned about the importance of embracing one’s existence and the positive impact it can have on mental and emotional well-being. The speaker discussed the concept of self-acceptance and the common barriers to it, such as societal expectations and self-criticism. The speaker also provided attendees with scientific facts and a detailed presentation. At the end of the webinar, we had a small meditation session.

Overall, attendees reported a positive experience with the webinar and felt that it provided valuable insights and strategies for embracing their existence. Webinar was attended by around 70 students, and all the queries/questions were beautifully answered and explained in detail. It can be concluded that the webinar was beneficial for students looking to improve their self-esteem and overall well-being. Appreciated the guest speaker for their valuable time by providing them E-Certificates.



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INDIA, APPROVED BY AICTE & NBA FOR MCA ISO 9001: 2015 CERTIFIED

Vivekananda School Of Information Technology

Presents

A LIVE WEBINAR ON

EMBRACING YOUR EXISTENCE



Speaker:

Mr. Siddharth Pruthi

Motivational Speaker,
B.Tech, LLB, MA English,
Founder: The Only Karma (NGO)

📅 21 January 2023

🕒 12 PM - 1 PM

PLATFORM:
GOOGLE MEET

Student Coordinators

Ekta Kumari
Dilpreet Kaur
Aditya Kumar
Anushka Chawla
Bhavesh Sharma



Aditya Tiwari
Aman Chadha
Dushyant Bhati
Abhishek Guleria
Manjaree Sharma

Faculty Coordinator

Ms. Kanta Malik



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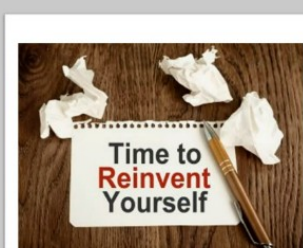
sid siddharth is presenting

- We live in a society where we are constantly under pressure of 'faking' ourselves.
- We cannot show or act- just the way we are-whether at home, or outside!
- Everyone expects us to act the way-they think is appropriate; and such expectations make us battle with our own selves- "the battle between the true and the portrayed you."



12:20 | ifv-ussx-wut

- Everyone is born with a certain character, which is shaped by family, associations, and experiences. But this is a passive process.
- Be the master of your own image rather than letting others define it for you.




12:23 | ifv-ussx-wut



sid siddharth

12:33 | ifv-ussx-wut

sid siddharth is presenting



12:33 | ifv-ussx-wut