## **Report on Webinar on**

## "How to Accelerate Your Career During and Post Covid-19 Crisis"

## An Initiative of Mata Sundri College for Women in association with Passionately Curious

We are in the middle of a global COVID-19 pandemic which has affected all segments of the society in one way or the other. Be it the health sector, economy, education, or livelihood. In times of constant information overload and emerging infodemics, reliable information is becoming more valuable than ever.

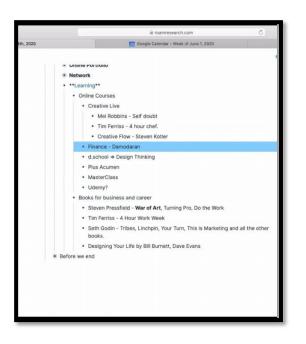
During the coronavirus lockdown, the Placement and Internship Cell of Mata Sundri College for Women strives hard to impart valuable information and keep them going using webinar series. In continuation of the same, a webinar using Zoom platform was conducted on "<u>How to Accelerate Your Career During and</u> <u>Post Covid-19 Crisis</u>" for the students across Delhi University on May 29, 2020 from 11:00 AM to 1:00 PM, by Placement & Internship Cell, Mata Sundri College for Women, in association with <u>Passionately Curious.</u> The webinar was attended by **74** participants.

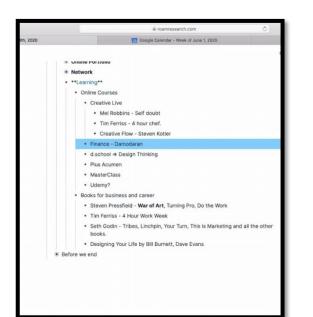
The resource person was Mr Saurabh Mittal, the CEO and Founder of Passionately Curious and Co-Founder of Effortless Yoga. He is an FMS, Delhi alumnus with corporate experience in Investment Banking at JP Morgan and over 8 years of experience in the education sector. He has also served as a subject matter expert with Upgrad.

The speaker focused on the tactics and the right mindset to prepare for various kinds of examinations and/or while looking for internships and jobs. The session covered the pros and cons of being a single tasker and multi-tasker, how to keep away from excessive use of social media platforms, practical techniques to meet the self-assigned deadlines, and the importance of putting the gained knowledge into use instead of just writing in resumes.

The session had witnessed enthusiastic participation from students of various colleges. Numerous queries were entertained during the session and participants actively involved themselves in gaining insight on how to be productive during the global crisis. The good conduct of the session was recognized by the convenor and co-convenor of the placement cell.







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, 2020	Coogle Calendar - Week of Juna 1, 2020	
	May 14th, 2020	
	<ul> <li>**Online Webinar - Covid: How to</li> </ul>	
	accelerate your career during and after Covid?**	
	Metadata	
	Before we begin	
	Understanding our Behaviour in the Covid situation.	
	EXERCISE: Gaining clarity with your goals.	
	• • EXERCISE: Are my Habits in sync with my Goals?	
	EXERCISE: Milestones, and timeline	*
	PROJECT: Cracking Entrance Exams, College Exams	
	<ul> <li>DeConstruct          ⇒ Structure and nodes. Hacking memory.</li> </ul>	
	Select	
	Sequence	
	Stakes	
	Books for grades or cracking exams	
	PROJECT: Getting a Job or internship	
	<ul> <li>Before we end</li> </ul>	

	Google Calendar - Week of June 1, 2020
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	<ul> <li>Books for grades or cracking exams</li> </ul>
	<ul> <li>Cal Newport - How to become a straight A student</li> </ul>
	Adam Robinson - What Smart Students Know_ Maximum Grades. Optimum Learning. Minimum Time. (1993, Three Rivers Press)
	<ul> <li>Josh Waitzkin - The Art of Learning_ An Inner Journey to Optimal Performance (2008, Free Press)</li> </ul>
	4 Hour Chef by Tim Ferriss
	https://collegeinfogeek.com - Thomas Frank
۲	PROJECT: Getting a Job or internship
	Before we end

