

Activity Report  
Of  
Expert Talk  
On  
"Balancing Study or Career and Personal Responsibilities"



Organized by ,  
Sandip Foundation's  
Sandip Institute of Technology and Research Center  
Womens' Grivance Committee

Date :14th February 2015

**Aim:** To educate and motivate students towards their personal and professional responsibilities

**Name of the Program:** "Balancing Study or Career and Personal Responsibilities "

**Venue:** Computer Seminar Hall

**Time:** 11:00 am

**Organised By:** Women Subcommittee of MACCIA and Sandip Foundation Nashik.

**Conducted By:** Members of Womens' Grivance Committee

**Name of the resource Person:**

1. Mr. Parmar Premji
2. Dr. S. T. Gandhe, Pricipal, SITRC, Nashik
3. DR. Mrs. G. M. Phade, HOD E&TC Department, SITRC, Nashik

**Audience:** TE, BE Girls Students and Sandip Foundation's Ladies Staff

**Deatils of Events:** Mr Parmar Premji shared his thought with girls students. He said that worls is changng and with this change your career aspects and repositibilities also changes. For all these changes you should be ready. He also added that Personal responsibility means accepting that you, and only you, are in charge of your own destiny. It means acknowledging and accepting that you are responsible for the choices you make, the way you behave, the actions you take and the way you think and feel. Personal responsibility begins from the inside and moves outwards. It starts with taking responsibility for our thoughts, choices, and reactions, only then we can be responsible for the circumstances that create our careers. He also shared some of the steps towards being more responsible. Here are some suggestions for personal growth and career advancement:

- 1) **Invest in your personal and professional development:** Identify your positive and negative and make them tool for your personal and professional success.
- 2) **Help Yourself:**Seek out the answers.Don't wait from them to come to you. Personal responsibility is active, not passive.
- 3) **Be accountable:** For your thoughts, your attitudes, your feelings and your actions. Accept that you have a choice in all of these.
- 4) **Be Proactive:** Take a control of your life and all your action

- 5) **Remain Open minded:**Being open-minded requires you to be receptive to new and different ideas and ways of doing things.It suggests impartiality and is a vital component of critical thinking and reasoning. If you are open minded you will consider experiences, suggestions and opinions on their own merit. You will be prepared to alter, or add to, your world-view with this new-found knowledge.
- 6) **Develop a healthy risk attitude:** Following on from the above – a healthy risk attitude takes you out of your comfort zone and provides the momentum to move forward.
- 7) **Be willing to let things go:** Even when you take control of your own life, things happen that you can't control. When this happens, you can either wallow in self-pity or you can show positive attitude and move forward.

## Event Photo

