



"FROM HAPPINESS TO SUCCESS"

Organized by
Department of Business Administration
in Association with
Counselling and Guidance Cell (CGC)
University of Lucknow .

Date - 8th October, 2021 Timing - 1:00 pm to 2:00 pm

***Venue :- Auditorium,
Department of Business Administration.***

Main Speaker :- Col (Dr) Sanjeev Sahai (Retd)

Organizing Team

Dr. Anu Kohli
Co-ordinator,
CGC
Univ. of Lucknow.

Prof. Sanjay Medhavi
Head,
Dept. of Business
Administration.
Univ. of Lucknow.

Prof. Madhurima Pradhan
Director,
CGC
Univ. of Lucknow.

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On 8th October, 2021 at 1:00 PM

Expert: Colonel(Dr) Sanjeev Sahai

An interactive session '**From Happiness to Success**' was organized by the Department of Business Administration in association with Counselling and Guidance Cell under the able guidance of the Head of the Dept of Business Administration Prof. Sanjay Medhavi and in the presence of Prof. Madhurima Pradhan, Director, CGC, along with event coordinator Dr. Anu Kohli and teaching staff.

The session was led by Col (Dr) Sanjeev Sahai, an author and Life Management Skill Coach.

To mark the beginning of the session Prof. Madhurima welcomed Col. Sanjeev Sahai, the guest of honour with a bouquet. Thereby, she introduced Col. Sahai and briefed students with the objective of the seminar and CGC mentioning that not only academic intelligence but also social and emotional intelligence is important to shape up the career skills also mentioning the fact that this is the first offline session organised after the pandemic.

Thereafter, Col. Sahai, the keynote speaker commenced the session with 2 statements-

- (i) Only happy people can achieve success
- (ii) Imagination is more beautiful than reality.

Col. Sahai acquainted the students with the importance of happiness in success. He focused on the fact that only happy people can achieve success. Talking about various challenges of being happy he gave suggestions for overcoming those challenges. Col. Sahai proposed that life management skills are the core skills that a student should work upon and is the key to success. In this session, he encouraged students to avoid mob mentality, select worthy goals and give their cent percent dedication as one cannot achieve full-time success with part-time preparation. Later, Col. Sahai interacted and encouraged students to discuss their experiences and learnings from the session.

The conclave was successful enough to attract as many as 87 students.

The session was brought in with a view to promote all-around development and expose students' stigmas to maximize their learning. It was a fun-mingled educational and motivational session.

The seminar concluded with a vote of thanks from student volunteers.

Students appreciated the interactive, informative session and dispersed with a sincere hope that such fruitful sessions be organized time and again giving them a chance to interact and learn from the experiences of such eminent personalities.

Student Volunteers- Mahek Srivastava, Divya Singh, Saad Sabir Siddiqui, Pranav Yadav and Divya Srivastava

