



PANIPAT INSTITUTE OF ENGINEERING AND TECHNOLOGY

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Department of Computer Science and Engineering

Ref. No. *PIET/CSE/SS/2021/2*

Dated: 22nd April 2021

NOTICE

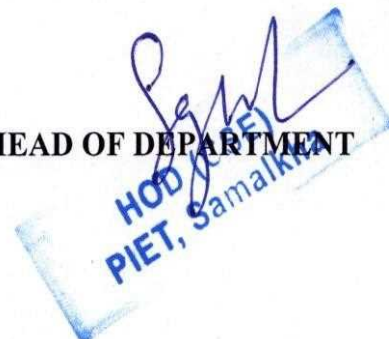
“FROM SURVIVING TO THRIVING: CULTIVATING RESILIENCE SKILLS”

This is the information for the concerned that the Department of Computer Science and Engineering is organizing a session on “**FROM SURVIVING TO THRIVING: CULTIVATING RESILIENCE SKILLS**” on 24th April 2021. This session is open for all the students of B.Tech and DCA departments. The session will be online, and link will be shared 30 minutes before the commencement of workshop. The interested students can join the session using the link. The aim of organizing this session is to make students realize the importance of resilience in today's fast-paced and unpredictable world and provided practical strategies to develop and enhance resilience.

CC:

1. All HODS – B.Tech
2. Share in all Whatsapp groups

HEAD OF DEPARTMENT





REPORT

TOPIC OF THE SESSION – FROM SURVIVING TO THRIVING: CULTIVATING RESILIENCE SKILLS

SPEAKER – MS. SHAILJA SHARMA , 9650776699

DATE –24th April 2021

NO. OF STUDENTS ATTENDED – 82

Mode: Online

Coordinator of the session: Mr. Vipin

The Department of Computer Science and Engineering. hosted a session on ‘FROM SURVIVING TO THRIVING: CULTIVATING RESILIENCE SKILLS’. The event began with a warm welcome and an insightful opening address by Dr. Anju Gandhi, Professor from Computer Science and Engineering Department.

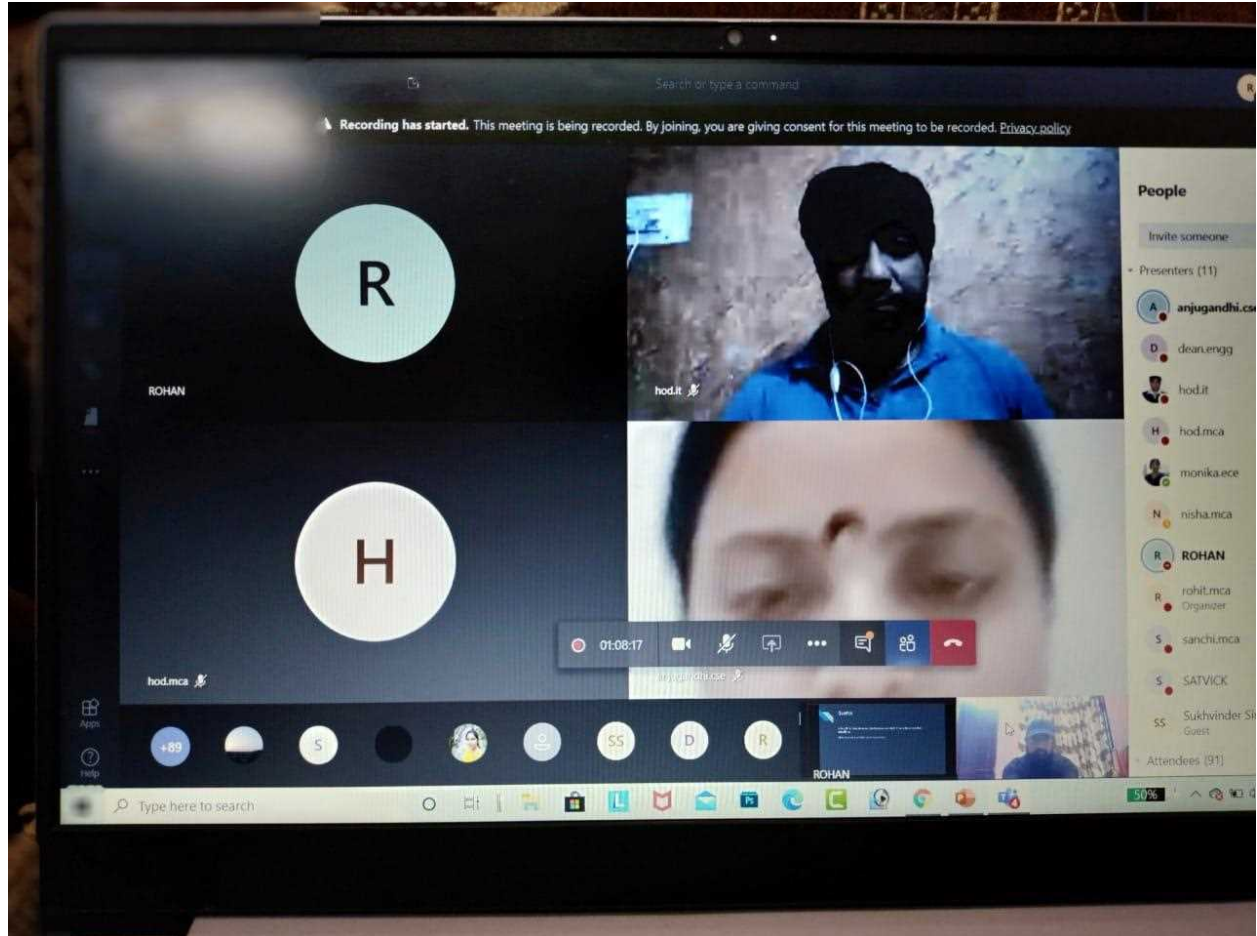
The session titled "**From Surviving to Thriving: Cultivating Resilience Skills**" was conducted with the aim of equipping participants with the necessary skills to navigate challenges effectively and thrive in both personal and professional spheres. The session addressed the significance of resilience in today's fast-paced and unpredictable world and provided practical strategies to develop and enhance resilience.

The session aimed to help participants understand the concept of resilience, learn practical techniques and strategies for building resilience, and create a personalized resilience action plan for continued growth.

The session commenced by **Ms. Shailja Sharma** with an overview of resilience, emphasizing its role in promoting mental and emotional well-being. Participants were encouraged to reflect on their own experiences of resilience and share insights with the group. Various factors influencing resilience, such as mindset, social support, and coping mechanisms, were discussed in detail. The session also addressed the importance of self-care and boundary setting in maintaining resilience.

The "From Surviving to Thriving: Cultivating Resilience Skills" session provided participants with valuable insights and practical tools to enhance their resilience. By fostering a deeper understanding of resilience and providing concrete strategies for development, the session empowered individuals to navigate life's challenges with confidence and thrive in the face of adversity. Participants left the session equipped with the knowledge and skills necessary to cultivate resilience and lead more fulfilling lives. Overall, the session was a resounding success in equipping participants with the tools and knowledge needed to transition from merely surviving to thriving in all aspects of life.

Dr. Anju Gandhi wrapped up the session with an inspiring message, encouraging participants to continue their journey of learning. She expressed her sincere gratitude to the organizers, coordinators, and participants for their valuable contributions to the workshop's success.



Pic: Screenshot during the workshop- Prof. Anju Gandhi welcoming the Speaker



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Session: FROM SURVIVING TO THRIVING: CULTIVATING RESILIENCE SKILLS

Date: 24th April 2021

List of Students

Sr. No	Course	Name	Roll No
1	CSE	GAURAV KUMAR SINGH	2819061
2	CSE	HIMANSHU	2819062
3	CSE	SHANU BATRA	2819063
4	CSE	RAVI KIRTI MAHTO	2819064
5	CSE	SHUBHAM SHRIVASTAVA	2819065
6	CSE	LAKSHIT MITTAL	2819067
7	CSE	SUKRITI SINGH	2819068
8	CSE	DHRUV	2819099
9	CSE	SARTHAK SARANGLE	2819100
10	CSE	ASHISH KUMAR	2819101
11	CSE	SHAYAK JANA	2819102
12	CSE	PULKIT	2819115
13	CSE	MOHIT KUMAR	2819116
14	CSE	BHANU PRATAP	2819117
15	CSE	AMAN KUMAR SHARMA	2819118
16	CSE	ROHIT	2819196
17	CSE	CHIRAG ARORA	2819225
18	CSE	NIRAJ KUMAR	2819226
19	CSE	BINOD LAMICHHANE	2819230
20	CSE	NANDINI WADHWA	2819233
21	CSE	ABHISHEK KUMAR DAS	2819235
22	CSE	KAPIL DEV JOSHI	2819236
23	CSE	BIRENDRA KUMAR YADAV	2819237
24	CSE	MAHIR KHURANA	2819247
25	CSE	SAHIL KUMAR	2819249
26	CSE	PRACHI	2819250
27	CSE	AMAN	2819253
28	CSE	ABHINAY SINGH	2819255
29	CSE	SHAGNIK KAUL	2819256
30	CSE	VISHESH KUMAR SHRIVASTAVA	2820911
31	CSE	TAMANNA	2820912
32	CSE	KARTIKEY TYAGI	2820913
33	CSE	PRIYAKSHI SINHA	2820914
34	CSE	VIVEK KUMAR	2820915
35	CSE	ASHISH KUMAR	2820916
36	CSE	AMIT KUMAR	2820917
37	CSE	RITESH KUMAR	2820918

Vipin
24/4/21

38	CSE	MANISH KUMAR SINGH	2820919
39	CSE	AYUSH NAGAR	2820921
40	ECE	AAKASH	2819251
41	ECE	TUSHAR GARG	2819252
42	ECE	KANNU RANI	2819257
43	ECE	HARSH	2819258
44	ECE	PRINCE KUMAR	2819261
45	ECE	SAQIB ABBAS	2819262
46	ECE	ROHIT JAIN	2819264
47	IT	ANSHUL	2819372
48	IT	AARZOO	2819373
49	IT	VIBHOR VERMA	2819374
50	IT	VAIBHAV	2819376
51	IT	JATIN KAUSHIK	2819377
52	IT	DEV KUMAR	2819379
53	IT	HARSHIT JAIN	2819380
54	IT	AMAN KUMAR SINGH	2819381
55	IT	NAVDEEP	2819382
56	IT	AAKASH	2819383
57	IT	RAJEEV NAYAN	2819385
58	IT	TUSHAR	2819386
59	IT	PAVITAR SINGH	2819387
60	IT	ASHISH KUMAR SEWDA	2819388
61	IT	AYUSH BANSAL	2819390
62	IT	BIKEY KUMAR CHAURASIYA	2819412
63	IT	IMROZ WAJID	2819414
64	IT	ROHIT	2819415
65	IT	MANISH KUMAR	2819416
66	Mechanical	ABHISHEK BAL	2819474
67	Mechanical	VISHAL	2819476
68	Mechanical	KARTIK AHLAWAT	2819477
69	Mechanical	SUDHANDSHU KAUSHIK	2819481
70	Mechanical	PRATHAM SHONAK	2819483
71	Mechanical	ANIKET JHA	2819486
72	Mechanical	SACHITANAND SAH	2819489
73	Mechanical	BHUWAN	2819490
74	MCA	MAHIMA BANSAL	210167318
75	MCA	SAHIL RAWAT	210167319
76	MCA	NANCY	210167320
77	MCA	ISHIKA GUPTA	210167321
78	MCA	SEJAL	210167322
79	MCA	RAGHAV	210167323
80	MCA	SAKSHI	210167324
81	MCA	MUSKAN	210167325
82	MCA	VERSHA	210167326

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22/4/21