

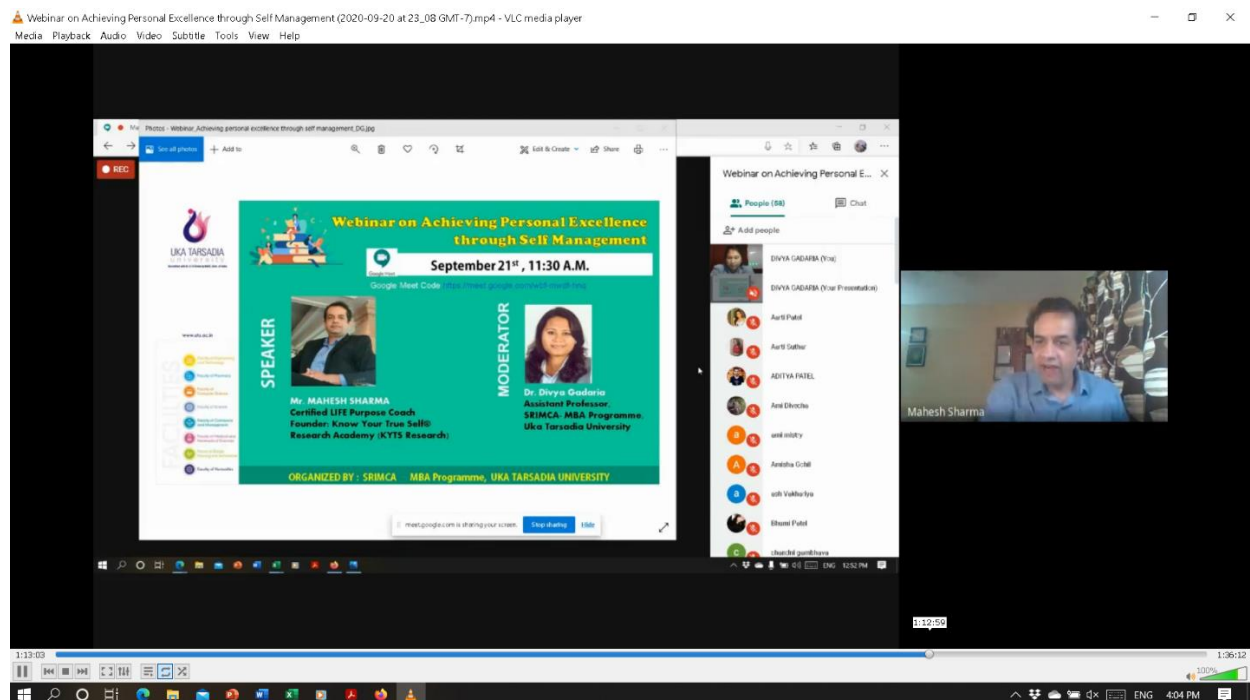
# SRIMCA- MBA UKA TARSADIA UNIVERSITY Webinar Report

**Date: 21-09-2020**

SRIMCA MBA, Programme has organized a webinar on "Achieving Personal Excellence through Self-Management" for its final year students on 21<sup>st</sup> September 2020 at 11.30 A.M. The students have joined the session on google meet. Renowned life coach and trainer Mr. Mahesh Sharma conducted the session.

The session mainly focused on how one can identify his/ her true self and worth. To identify oneself, one must ask the question to self like who am I? Why I am doing what I am doing right now? When one asks such a question, he or she will have a real purpose for life. He has also stated that most of the problem arises due to a lack of time management. He has shared insights into how to manage one-self. He talks about attitude, mental health, physical fitness, thought management, anger management. The session was interesting as it has created so many questions and query from the students' side. Mr. Sharma successfully solved the doubt of students regarding anger management, frustration, goal setting, etc.

The entire session was managed and moderated by Dr. Divya Gadaria.



Now work on what

What do I need to achieve my WHY

**Resources**  
**Attitudes**

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Maresh Sharma

44:40

1:06:12

Now work on how

How will I execute my WHAT to go towards my WHY

**My goals**  
**My planning**  
**My actions**  
**My daily actions**

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Maresh Sharma

49:08

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**Time management**

Its not a problem of time management,  
it's a problem of self-management

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Maresh Sharma

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Energy management

Monitor and manage your thoughts

As your energy goes where your thoughts go



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www.kyts.in


Maresh Sharma

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Attitude management

Blaming  
Victimisation  
Sympathy  
Not asking for help  
Negativity  
Hopelessness  
Arrogance



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Maresh Sharma

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Anger management

Identify the issues  
Listen to the feeling after the anger  
Increase the reaction window  
Develop understanding of human nature



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Maresh Sharma

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