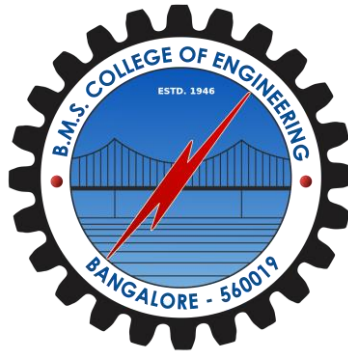


**Report on  
Student activities  
(Under SWAYAM Student Forum)**



**Dept of Telecommunication Engineering  
BMS College of Engineering, Bangalore  
Bangalore**

**July 2018-June 2019**



**BMS College of Engineering, Bengaluru**  
**Department of Telecommunication Engineering**



*Organizes an*  
**2-Day workshop**  
**(Under SWAYAM Student Forum)**

*by*  
**Mr Prashanth Rao**  
**(Senior Software Engineering Manager, Intel India)**

*on*  
**Carrier Vizion**



Prashanth Rao is a Social Entrepreneur, supporting in setting up new companies and realizing their vision in the world of computer business. He is in the advisory board of start up companies. Coaching and Mentoring is his passion. He contributed to the development of IT Industries in India and Abroad for the past 25 years. He has travelled across many shores and got wide exposure of vivid culture. He has authored many articles and papers in the field of computer science and engineering.

He is an artist and humourist at the heart and love to share his knowledge and experience with the young entrepreneurs. His work in developing young leaders and social projects is well recognized and honored. He has worked with many leaders and contributors in the field of Developing Leaders and incubating Innovation cultures.

His vision is to start a "Study Circle that is based on self-discipline and the Fountain Head of Knowledge" that will contribute to the "self-development" of human beings. He is also passionate about developing and protecting natural resources like Rivers, Forest etc.. He is associated with many such projects. He created the possibility of "being Profound Love and Deep Compassion".

His favourite lines are, "Kindness in word creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates Love". - Lao Tzu. Currently he is holding the position of president at Saddiksha Public Charitable Trust.

**Time: 10.00am-5.00pm**

**Date: 7<sup>th</sup> -8<sup>th</sup> September 2018**

**Venue: EC209**

**Akash B, Rahul M**  
**Student Co-ordinators**

**P S Gowra**  
**Faculty Coordinator**

**Dr Rajeshwari Hegde**  
**HoD, TE**

A workshop on 'Leading a life of visionary' was organized by the department of Telecommunication of BMSCE for the 3rd semester students.

The first session was conducted on 7th of September 2018 from 10 am to 5 pm by Mr. Prashanth Rao, a social entrepreneur. He was accompanied by Mr. Ravishankar (Alumni of BMSCE) and Bhim Sen (An Entrepreneur).

The session was started off by Mr. Prashanth Rao, with a brief description on the importance of commitment and contribution in one's life. Mind is like a monkey, the thoughts always wander between the past and the future. So the students were told this mantra to bring their mind back to the present: "I am not listening, that I am not listening, that I am not listening".

The thing that distresses most of the young minds is fear. Fear is the threshold that one needs to cross over to reach their goal. The students were then exposed to three kinds of fears that is the actual fear, psychological fear, fantasy fear. A practical demonstration on the same was given. Sir believes that the only way to fight the fear is to feel it.



The next part of the session was a transition from overcoming fear to importance of thoughts. We are what our thoughts are. The session threw light on self introspection and visualization of thought, which in turn helps one build a powerful self image. He projected his views through famous quotes. An activity on realizing one's long term goals was conducted.

The later part of the session stressed on knowing one's hidden talents. Various methods to know our talents were taught. Talents within us should be discovered . Talents are something you possess irrespective of your parents , society, etc. Discovering one's talents is the highest wealth one can possess . The day's session ended on a high note as to how our talents and vision can make a change in our life. Importance of talent in life was highlighted and the students were made clear on the fact how talents can be linked with their vision. Vision is what we want to and why we want to do it . The impact on us and the people around us is going to make a change. Vision starts as a thought which should be put into action and it should produce specific measurable outcomes. The kite which flies is the vision and thread which holds it is the mission.

The objective of helping the students to unleash their hidden potential and mapping it with the industrial requirements was attained.

The earnest and energetic participation by the students lived up to the mission of the workshop.

Following the first day, the second day was more of a practical session. Lessons of Overcoming fear, thinking creative ideas, Career mapping were the topics of the first day. The session started off at 10 am in the morning. Prashanth was accompanied by Mr. Ravishankar (B.M.S.C.E Alumni) for the session.



The session started off by Mr. Prashanth Rao with a recap highlighting the previous day topics. The vision statement of Amazon was shown during the session. Short term vision statements like “To help people to be healthy. To have our product in every home in India.” were shown. Following short term vision statements some long term vision statements were also shown along. Vision statements help to define goals, creating something to work towards in the future. Some of the vision statements of the Multinational companies and Universities were shown in the presentation. All the statements shown had a perfect meaning and were well enough to show their potential to the entire world. This part made the session more inspiring for the students. Following vision statements, we were taught on the law of intensity: Making it happen through efficiency and coordination. Some of the students were brought themselves to talk about their talent. Also they were told about the process of achieving goal. The main steps for achieving goal were told as 1) Clearly See 2) Believe it is possible 3) Graciously ask and finally the 4th one Training the brain

to execute the vision. After this, we were all asked to close our eyes and relax our mind and picturing ourselves achieving the goal. The meditation lasted for almost 30 minutes. Every student had a peaceful time in relaxing themselves in the meditation. The session was called off for a 30 minutes break.

After the 30 minutes break, Prashanth started with the theory behind visualization. He told that logical thinking ,reasoning and the creative part of the brain dealing with the science of visualization. Then he asked us to make a rough picture of our dream. Then he told that when we actually try to accomplish our goals, our brain moves to the comfort zone. The students were told on how people moves to the comfort zone when trying to accomplish their goal. He told about how we should ask and not hesitate and also connections should be established with people. He added that taking some time daily before going to bed or early morning to visualize the goal will help people more focused in achieving it. All the students were enjoying the session throughout. Coming to the end of the session, he asked every person to give feedbacks on the session. All of them were quite positive. After the feedback session a group was taken. The workshop was a success and helped everyone in having a proper vision in their life to be successful.