

Building Resilience for Career Advancement, 2 March 2022



Centurion University of Technology & Management

Building Resilience for Career Advancement

**Department of English
&
Center for Innovators and Entrepreneurs**

Dr. Tanima Shome

Assistant Professor (English)

Krishna School of Science

Drs. Kiran and Pallavi Patel Global University

Vadodara, Gujarat



**2nd March, 2022
Time 10:30 am**

Join Zoom Meeting

Meeting ID :

Password :

Girish Prasad Rath



CONVENOR



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*Shaping Lives...
Empowering Communities...*

A Report on

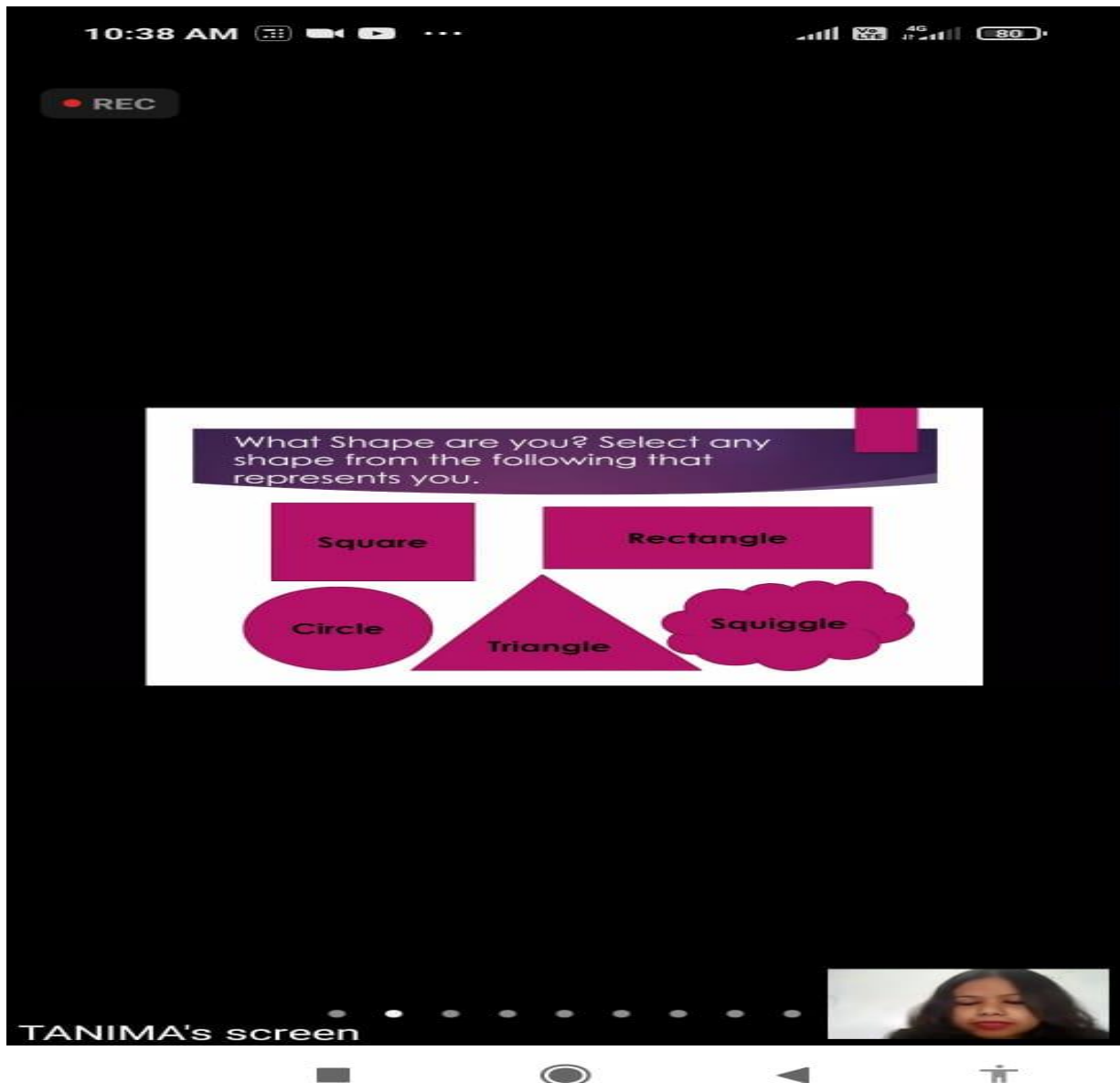
Building Resilience for Career Advancement

9 March, 2022

A webinar on **Building resilience for career advancement** was organized by the collaborative approach of the department of English and the Centre for Innovators and Entrepreneurs with the following objectives:

- Understand the meaning of resilience
- Understand the emotional roller-coaster of change
- Factors contributing to resilience
- Identify the attributes of career resilient people
- Associate the relevance of resilience in career graph
- Develop strategies to build resilience at the workplace

The event was organized on 9th March, 2022 for which a total of 136 students attended the webinar which was coordinated by Dr. Girish Prasad Rath, faculty, Department of English. The resource person was Dr. Tanima Shome, Assistant Professor, Krishna School of Science, Dr. Kiran and Pallavi Patel Global University, Vadodara, Gujrat.



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The resource person stressed on the following points in her deliberation:

- Person's capacity to respond to pressure and the demands of daily life
- Understanding the emotional roller coaster of change
- Being adaptable to change
- Managing emotions

- Factors contributing to resilience like optimism, ability to regulate emotions, communication skills, building relationships etc.
- Reverting back to normalcy after a stressful event
- Tools for career management
- Attributes of career resilient people
- The resilience matrix like coping, grit, emotional intelligence, sense making
- Strategies for building resilience for career advancement
- Other ways to build resilience

It truly was a wonderful session that provided a platform to develop the ability to bounce back from difficult experiences and include attributes like flexibility, strength and the speed of recovery.

Anita Patra

REGISTRAR



Girish Prasad Rath



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Empowering Communities...*

Building Resilience for Career Advancement, 09th March, 2022

Sl. No.	Name	Branch/Deptt.	Registration no.	PRESENT/Absent
1	Mammula Sai manohar	SoET	191801120031	PRESENT
2	Neelam Pavan Kalyan	Computer science and bio science	211801360019	PRESENT
3	Kancharla Raja	SoET	191801120034	PRESENT
4	Omkaram Vishnu Varma	CSE	211801370101	PRESENT
5	Srivaths	Ece Industry integrated	211801410007	PRESENT
6	KULASEKHAR REDDY NIDRABANGI	cse	211801370119	PRESENT
7	Chelamkuri Srinivas Kalyan	SoET	191801120023	PRESENT
8	Sukumar	CN	211801350018	PRESENT
9	Vamsi	CSM	211801370088	PRESENT
10	PranaliPratihary	SoET	200301120063	PRESENT
11	Amit nayak	B.tech	210301120201	PRESENT
12	Amit Chaudhary	SoET	190101130020	PRESENT
13	BiswajeetRaula	SOM	200409120027	PRESENT
14	Raunak kumar	SoET	190301160004	PRESENT
15	ROUSHAN Kumar	SoET	200101120079	PRESENT
16	Aman Kumar	SoET	190101160058	PRESENT
17	Bivas Raj	SOPLS	201516100009	PRESENT
18	Jyotirmayee Nayak	SOAS	200705120006	PRESENT
19	Choudhury Pratyush Kumar Baral	SOPLS	201516100013	PRESENT
20	Ayusmansai Tripathy	SOM	210409120018	PRESENT
21	Suryakamal Biswal	SOAS	200705170065	PRESENT
22	Raj kumar thakur	SoET	190101160050	PRESENT
23	Osam kumar thakur	SoET	190101160043	PRESENT
24	Chhotu Kumar	SoET	190101160046	PRESENT
25	Shatrudhan kumar	SoET	190101160033	PRESENT
26	Lovely Lima	Diploma in mechanical	201107121069	PRESENT

		branch		
27	Dr. SutarSuhas Bharat	SOAS	EMPBBS0911	PRESENT
28	Manisha Maharana	Forensic science	202105240027	PRESENT
29	Smriti kumari	SoET	190101120072	PRESENT
30	Abhishek Kumar	SoET	190101160045	PRESENT
31	Dr. Sahuji Bandyopadhyay	MSSSOA		PRESENT
32	A JAGANNATH PATRO	Bsc in Forensic science	212104320011	PRESENT
33	Pradeep Kumar Sahoo	SOM		PRESENT
34	Karthik chilukoti	CSE	211801350006	PRESENT
35	Milan swaraj panda	SOPLS	201516100041	PRESENT
36	Subhash Kumar	SoET	190101130012	PRESENT
37	Bimal kishorsahu	SoET	190101120056	PRESENT
38	Sriparna Nayak	MSSSOA	200804130036	PRESENT
39	Sonali panda	SOAS	200705170026	PRESENT
40	Amit Kumar Sah	SoET	190101160023	PRESENT
41	Rahul Kumar Dey	SOPLS	191516100001	PRESENT
42	Kanhaiya kumar	SoET	190101160048	PRESENT
43	SUDHIR KUMAR	SoET	190101110042	PRESENT
44	Kamalkishor Kumar	SoET	190101160020	PRESENT
45	KRISHNENDU ADDHYA	SOPLS	201516100052	PRESENT
46	Satyendra kumar	SoET	190101160021	PRESENT
47	SwagatikaHota	SOAS	200605180007	PRESENT
48	Smrutisikha Patnaik	MSSSOA	200804130069	PRESENT
49	Dr Koustava Kumar Panda	MSSSOA	9348222577	PRESENT
50	Sonia Panigrahi	MSSSOA		PRESENT
51	ISHIPRASAD SWAMY	SoET	18030112011	PRESENT
52	Shabana shaik	MSSSOA	190804130005	PRESENT
53	Prabir Chandra Sahu	SoET	190101161068	PRESENT
54	RITIK KUMAR	SoET	190101120114	PRESENT
55	V.Prasanth	MSSSOA	190804130040	PRESENT
56	ISHIPRASAD SWAMY	SoET	180301120011	PRESENT
57	Prabir Chandra Sahu	SoET	190101161068	PRESENT
58	KanhuCharanmajhi	SoET	200101161017	PRESENT
59	Jyoti kumari	SoET	190101120103	PRESENT
60	Kaurudileswar Rao	SoET	200101161020	PRESENT
61	Sohit Kumar	SoET	201107120017	PRESENT
62	Sandeep kumar	SoET	190101120102	PRESENT
63	SWARNA SARITA SAHOO	SOAS	200705170086	PRESENT
64	ROUSHAN Kumar	SoET	200101120079	PRESENT
65	Raguthu Shiva	Btech	180101160008	PRESENT
66	Amit Kumar	SoET	190101120110	PRESENT

67	k.jahnaviaparna	MSSSOA	200804130181	PRESENT
68	Debi Prasad Dhal	SOABE	193001170048	PRESENT
69	TatikondaNavyasatyasrisailakshmi	MSSSOA	200804130215	PRESENT
70	Sudhanshu Kumar	SoET	200101110002	PRESENT
71	Revathi.S	MSSSOA	190804130316	PRESENT
72	Ankit kumar	SoET	2001011100008	PRESENT
73	Ankit Kumar	SoET	190101160059	PRESENT
74	MITHUN KUMAR	SoET	190101120106	PRESENT
75	Raginikumari	SoET	200101111011	PRESENT
76	Abhay Howladar	MSSSOA	210804130284	PRESENT
77	K.Karthikeya	MSSSOA	190804130024	PRESENT
78	Basant Kumar	SoET	200101120118	PRESENT
79	K. Nitesh kumar	MSSSOA	190804130047	PRESENT
80	Manish kumar	SoET	200101120100	PRESENT
81	Chalamalagopichand	MSSSOA	200804130249	PRESENT
82	Dr. Girija Nandini	SOM		PRESENT
83	Jyotirmayee Nayak	SOAS	200705120006	PRESENT
84	Krishnendu Mondal	MSSSOA	190804130212	PRESENT
85	KALINGO AUROBINDO NAYAK	SoET	200101120022	PRESENT
86	Dr. Pramod Kumar Patjoshi	SOM		PRESENT
87	Anuska Roy	MSSSOA	200804130136	PRESENT
88	Mrutyunjaya Mishra	SOM	200402100009	PRESENT
89	Potrakanda Jagadish	SOM	200209120013	PRESENT
90	G.Naga Subhash	MSSSOA	190804130039	PRESENT
91	Tadikonda srucharansai	MSSSOA	190804130037	PRESENT
92	Prajwalita Behera	SOM	190409120022	PRESENT
93	Adarsh Kumar Sahoo	SOM	190409120043	PRESENT
94	Goutam Kumar Dash	SoET	200101120018	PRESENT
95	LammataDivya	SoET	200101130009	PRESENT
96	Lammata Mounika	SoET	200101130008	PRESENT
97	Urjana Raghavendra	SoET	200101130014	PRESENT
98	Pankaj Maity	MSSSOA	200804130183	PRESENT
99	Purnendu Pradhan	MSSSOA	200804130187	PRESENT
100	Hemanshu Mondal	MSSSOA	210804130076	PRESENT
101	GourangaBhunya	Mechanical	190101161067	PRESENT
102	T.sumith kumar	SoET	200101130001	PRESENT
103	Ankita Kumari	SOM	200402100028	PRESENT
104	Gautam Kumar Sharma	SoET	200101120073	PRESENT
105	Gopal Krushna Panda	SOPAHS	201705160016	PRESENT
106	Y Teja Kiran	SoET	190101130003	PRESENT
107	Lingaraj Pradhan	SoET	200101131017	PRESENT

108	Sourav prakashpatra	SoET	190301120014	PRESENT
109	RajashreeSahu	SOM	200402100049	PRESENT
110	Sourav prakashpatra	SoET	190301120014	PRESENT
111	Satendra Kumar yadav	SOVET	181107131009	PRESENT
112	Kumar Kaushik Panda	MSSSOA	190804130004	PRESENT
113	Abdul Naseer	SoET	200101120002	PRESENT
114	Srija Tripathy	SoET	200101120006	PRESENT
115	ANIL VARMA	SoET	200101120019	PRESENT
116	SontanaGeetasri	SoET	200101120062	PRESENT
117	Aditya Kumar sahoo	SOPLS	201516100040	PRESENT
118	Ankita Panda	MSSSOA	200804130089	PRESENT
119	AguruSireesha	SoET	200101120057	PRESENT
120	Lipika Pradhan	SoET	200101120058	PRESENT
121	Priya kumar charchi	MSSSOA	190804130032	PRESENT
122	Aman Kumar	SoET	190101160058	PRESENT
123	Sneha Kumari	MSSSOA	180804130181	PRESENT
124	LADI ALIK KUMAR	SOPLS		PRESENT
125	Supriya Muni	MSSSOA	200804130146	PRESENT
126	Kintalijahnavi	MSSSOA	200804130127	PRESENT
127	CH.SRIRAM	MSSSOA	190804130093	PRESENT
128	Gopal Kumar	SoET	200101120096	PRESENT
129	Debashisbarad	Cutm ,BBSR	20151610000	PRESENT
130	Rahul Kumar Dey	SOPLS	191516100001	PRESENT
131	DubakulaChandini	MSSSOA	200804130182	PRESENT
132	M Nagendra yadav	MSSSOA	190804130097	PRESENT
133	Laveti Purnima	MSSSOA	190804130112	PRESENT
134	Alisha Mishra	MSSSOA	190804130092	PRESENT
135	MANISH KUMAR NIRALA	SoET	190101120085	PRESENT
136	B. Kavya sree	MSSSOA	190804130271	PRESENT

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