



Saksham Sharma

Regional CSR Lead - Central India Tata Consultancy Services

KNOWING THE 'SELF'

HR TALKS

SEMINAR

SATURDAY

11:00 AM

14th OCT

VENUE- IMS AUDITORIUM

Institute Of Management Studies

Devi Ahilya Vishwavidyalaya, Indore

Name of the event	HR Alumni Talk
Topic	Knowing the ' Self '
Date of the event	14 October 2023
Time	11 AM – 1 PM
Venue	IMS Auditorium
Speaker	Mr. Saksham Sharma
About the speaker	Mr.Saksham is an alumnus of IMS with an MBA in HR and is a Mechanical Engineering graduate. He is a passionate and dynamic HR professional leading CSR initiatives of Tata Consultancy Services for the Central India region.
Event In-charge	David Shine sir Priya Rathore ma'am
Objective	To explore the significance of Self-Awareness and understanding various aspects of 'Self '.
Key topics discussed	<p>Knowing Self</p> <p>Exploring, why it is important to know yourself. by understanding the concept of self-awareness and self-actualisation.</p> <ol style="list-style-type: none">1. Self-concept Defining self-concept and the importance of Self-Schema.2. Social Self Highlighting the role of social interactions in shaping our self-identity and the importance of healthy relationships.

	<p>3. Self-Esteem Explaining the signs of healthy self-esteem such as high motivation, psychological resilience, enhanced mental health, peaceful conflict resolution and signs of poor self-esteem such as feelings of inadequacy, lack of confidence, self-doubt, social withdrawal, etc.</p> <p>4. Self Knowledge Understanding the concept of self-knowledge, Including :</p> <ol style="list-style-type: none"> a. Cognitive Self b. Emotional Self c. Spiritual Self <p>Conclusion : In brief, Saksham sir’s presentation on “Knowing the self” underscores the significance of self-awareness. Understanding self-concept, self-esteem, social self and the various facets of self-knowledge is vital for personal growth and well-being. The presentation also introduced tools like self-discrepancy theory and REBT (Rational emotive behaviour therapy) to aid in the journey of self-discovery.</p>
<p>Interaction with students</p>	<p>The entire session was based on engaging question-and-answers, allowing attendees to seek clarification on self-awareness and its importance in personal as well as professional life.</p>
<p>Thank You Speech</p>	<p>The event concluded with a thank-you speech by Radhika Dubey (an MBA student), expressing gratitude to Mr. Sakham Sharma for sharing his experiences and valuable insights with the students.</p>
<p>Enclosure: Photographs</p>	

