

Event Details	
Event Name	Carrer Counselling
Topic	WORKSHOP ON CAREER COUNSELING WITH IKIGAI: ALIGNING PASSIONS & STRENGTHS FOR FULFILMENT
Date	2024 -01-31 to 2024 -02-01
Mode	Offline
Venue	LH-1, Flemming Block
Organizer Name	Dr. Subodh Saluja; Dr. Reet Kaur
Resource Person	Mr.Sanjay Arora  CEO, Rishma Dua Senior Career Counsellor , Akshita Bhargava  Counselling Manager
No. of Participants	25
SDG No	SDG 4: Quality Education , SDG 9: Industry , Innovation and Infrastructure , SDG 17: Partnership for the Goals

### Objective :

- Provide participants with a comprehensive understanding of the Ikigai concept , exploring its roots in Japanese philosophy and its relevance to modern career development .
- Break down the components of Ikigai (passion , vocation , profession , and mission ) to help participants grasp how they intersect and contribute to a fulfilling life and career .
- Guide participants through a series of reflective exercises and assessments to identify their personal passions , strengths , and values .

### Description :

The workshop on Career Counselling with Ikigai, titled "Aligning Passions & Strengths for Fulfilment," is a comprehensive and transformative experience designed to guide participants on a journey of self-discovery and purposeful career planning. Rooted in the Japanese concept of Ikigai, which translates to "a reason for being," the workshop aims to help individuals uncover the intersection of their passions, strengths, values, and the needs of the world. The primary objective of the workshop is to foster increased self-awareness among participants. Through various interactive exercises, reflective discussions, and assessments, attendees delve into the core aspects of their personality, interests, and values. By understanding themselves at a deeper level, participants lay the foundation for aligning their personal and professional lives with authenticity. One of the key highlights of the workshop is its emphasis on aligning career goals with the Ikigai framework. Participants explore the four fundamental elements of Ikigai: what they love, what they are good at, what the world needs, and what they can be paid for. This exploration enables them to identify potential career paths that resonate with their innermost passions and strengths, leading to a more purposeful and fulfilling professional journey.

### Outcomes :

1. Participants gain a deeper understanding of their passions, strengths, and values through the exploration of Ikigai, leading to heightened self-awareness.
2. The workshop facilitates the alignment of personal passions and strengths with potential career paths, helping participants set clear and purposeful career goals.
3. Attendees acquire improved decision-making skills by considering the Ikigai framework.



Faculty student Interaction (31.01.2024)



Mr. Sanjay Arora delivering the lecture (31.01.2024)



Ms. Rishma Dua along with Ms. Akshita Bhargava delivering their session (31.01.2024)



Participants with the resource person Sanjay Arora Sir (31.01.2024)



Students benefiting from Day-2 of workshop (01.02.2024)



Students performing task assigned (01.02.2024)