



## **IEEE SIGHT DAY 2021 CELEBRATIONS**

**Date:** 27/04/2021

**Time:** 06:00PM-07:45PM

**Venue:** Cisco WebEx Meet

**Speaker:** Dr. Suresh Meruguru, Chair IEEE SIGHT Group, IEEE Hyderabad section and prof M L Sai Kumar, Former Dean (institute of public Enterprise)

**Number of people attended:** 100 in the meet and 100 in live

The first speaker prof M L Sai Kumar discussed about these topics:

What are SM Skills?

- The greatest asset we have is 'self', and all of us possess it irrespective of who we are, how we are, how we look or what we do
- This 'self' has immense power
- It has the strength to transform our little world and in turn, change the more prominent world too.
- Behaviour is the key to success. Control over our behavior comes with self-management

One can establish a career and personal relations better if one is good at SM. It is one of the top five professional skills by which success can be achieved. Best SM Skills you need to learn to manage yourself. Some of the best self-management skills that you need to learn to manage yourself

Managing stress- One can't work efficiently when they are under stress. Every stress is not bad. Too little stress leads to boredom.

- Make peace about past and don't spoil the present.
- What others think is none of our business.
- Time heals everything.
- Do not compare with others.
- Always keep smiling.
- Enjoy your life.

The second speaker Dr. Suresh Meruguru discussed about the following topics:

1. IEEE HAC/sight projects
2. Whats new and area of focus
3. Proposals warding for funding
4. Proposals received by IEEE Region
5. Coomon Applications and plat fills and how to avoid them.
6. Sustainable development Goals

He concluded the webinar by a very interactive Q&A session and through enlightening the participants by making the aware of IEEE SIGHT and their benefits.

The webinar started with a question 'Do I know myself?'. The webinar continued with managing stress and managing time

Some snaps of the event



