

Report on Motivational Talk
on 'Know Yourself'

Prolife Forum -Shift-II



On 19th December 2018, the prolife club Shift-II organised an interactive session which was headed by N. Amrutha Sujatha Ramesh, Director of the Indian IAS Academy and the secretary of Ozone human society and the Co-founder of Ozone Charitable trust, she is also with her inspiring speech she made this session a very interactive one involving each and every person in the audience and the participants gave their views on the various questions asked by her. The session turned to be very interesting.





Her approach to life was very simple and not complex, she told about the small things which the participants had to consider in order to lead a successful life. She told them about the subtle differences between knowledge and information. She explained how information was mere collection of data whereas knowledge applied the data that have been accumulated from various sources through proper channel.



She told that it was important to know oneself better, know about one's strengths and weaknesses so that one could evaluate oneself and help oneself in being a better human being. She asked not to be judgemental about people on the way they looked or dressed as visuals might be deceptive and she rightly said that everyone who was not appealing to eyes were bad.



She asked each participant to practice a healthy lifestyle as it could drive in a lot of positivity and lead to a better life. She also spoke about the necessity to build good relationships as human beings are social animals we have to be in close contact with the society to have a happy life. The talk was scintillating and thought provoking, she addressed each and every student's issues and gave clear visions and right perceptions in order to get rid of their misconceptions in life.





All the members of the prolife club were a part of this session. Dr.R.Xavier, co-ordinator of the club and the professor of the Department of History was present in the event with all the office bearers for the successful and smooth functioning of the entire session. The programme wined up with the national anthem.