



DATE: 06/07/2024

**Event Coordinator(s)**

1. Prof. Martina D'souza

**Student Coordinator(s)**

1. None

**Time& Place:**

9:00 am to 1:00 pm

Vinayalaya, Andheri  
(E)

**No of participant:**

40 staff

Life is full of ups and downs, and sometimes it can be challenging to keep going. Giving up is always tempting in challenging situations. Whether we're facing a difficult situation or trying to achieve a goal, it's important to stay motivated and never give up., "Survival can be summed up in three words — never give up."

The resource person, Fr. Terance Quadros SJ, the former campus counsellor at St. Xavier's College, Mumbai, shared various survival strategies and methods to manage relationships. He explained the importance of keeping a positive mental attitude is a critical survival tip that can help stay focused and motivated in difficult situations. Your attitude can affect your behavior, decisions, and ultimately, your chances of survival. He specifically addressed how to deal with young people, how our choices impact us, and how our challenges are merely choices whose consequences we must face bravely.

A positive mindset can help you stay calm, optimistic, and resourceful, even when facing challenges. It can also help you find solutions to problems and make the best use of the resources available to you.

A negative attitude, on the other hand, can lead to despair, panic, and poor decision-making, which can decrease your chances of survival.

Session was very informative and helped in directing to have a positive perspective in personal & work life.

The aim of this FDP was to highlight the need to improve resilience and adaptation in a constantly shifting academic environment. Despite the weighty nature of the content, Fr. Terry's humor and wit made it very relatable and easy to understand. This event was attended by 40 faculty members .

**Feedback:**

The way Father gave us Lessons for Life with appropriate examples.


Finding optimistic ways for survival with wonderful examples

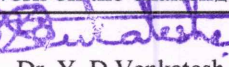
Positive about life, always express willingness to do the things, open the fist

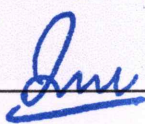
Don't say trying, Do it

become a good human being

Connect with environment and work on the challenges.

  
Martina D'souza  
Interfaith Member- IT Dept

  
Dr. Y. D Venkatesh  
Principal

  
Fr. Dr. John Rose SJ  
Director

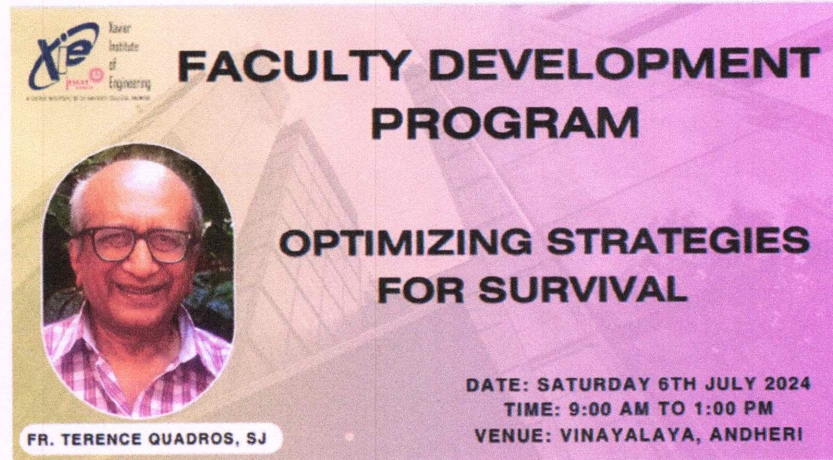


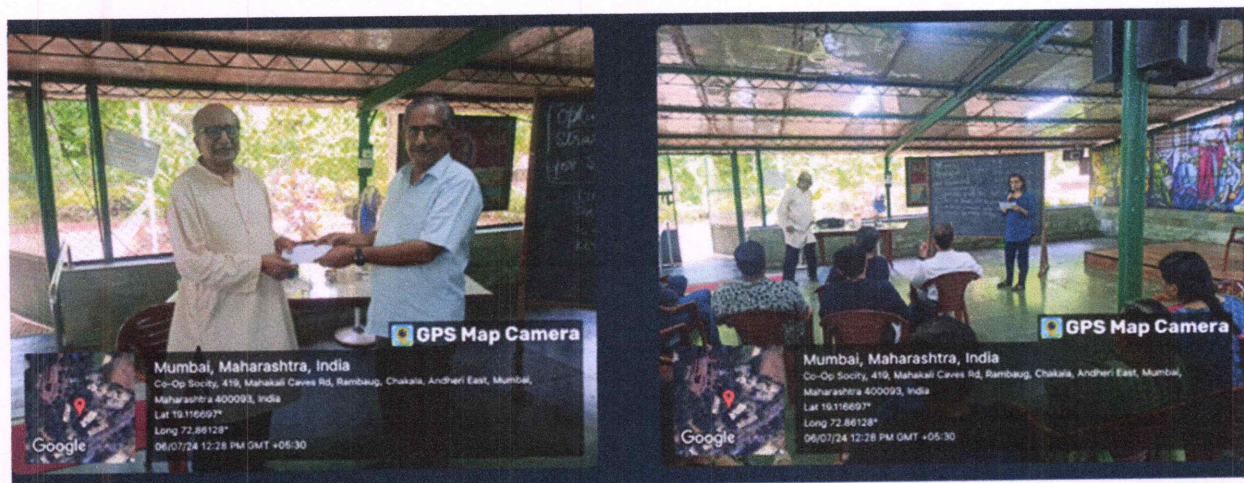
Fig: Speaker for Session



Fig: Faculties participated in FDP – Optimizing Strategies for Survival



**Fig: Attending session with great enthusiasm.**



**Fig: Gratitude towards speaker for wonderful session.**