

EVENT DETAILS	
EVENT TYPE	EXPERT TALK
TOPIC	DESIGNING AND MASTERING YOUR INNER GAME: ELEVATING MENTAL AND EMOTIONAL ENERGY FOR SUCCESS
DATE	2025-07-30 to 2025-07-30
MODE	ONLINE
ORGANIZER NAME	MR. JATINDER CHOPRA
RESOURCE PERSON	DR. DEEPALI MATHUR, MEDICAL OFFICER
NO. OF PARTICIPANTS	201
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 9: INDUSTRY, INNOVATION AND INFRASTRUCTURE

**OBJECTIVE:**

1. Equip students with holistic mental health tools for professional resilience.
2. Enhance self-awareness to manage academic and industry-related pressures effectively.
3. Introduce practical stress management strategies tailored to pharma management careers.
4. Foster a positive mindset using mind reset and healing techniques.
5. Prepare students for sustainable, growth-oriented careers in pharma and health industry.

**DESCRIPTION:**

CCSM organized an expert talk for MBA Sales & Marketing (Pharmaceutical-Management) students on 30th July,2025. The resource person was Dr Deepali Mathur. She is a medical officer, working on a central govt project for Women & Child Health. She is a life coach with expertise in Mind reset & Stress theory, Stress & De stress, Law of attraction, Pranic healer & Reiki healer. The primary objective of this session was to equip our students with essential mental health tools and a holistic mindset for navigating the unique pressures of their academic

and future professional lives. The session aimed to: Enhance Mental Health Literacy, Cultivate Self Awareness, Provide Practical Stress Management Techniques. Students learned & practiced: Improved Stress Resilience, Proactive Goal Setting, Enhanced Self Awareness, A Supportive Peer Culture etc. Over all the session was very engaging in terms of its content & delivery. Students asked multiple questions & these were appropriately answered by Dr Deepali MBA sales and marketing with specialization in Pharmaceutical Management provides platform to the students to be industry ready for a sustainable, growth-oriented career in pharma and health industry. The current landscape of business is complex & the organizations look for diverse capabilities in a candidate. The high expectation & low lag time for expected outcomes, put immense pressure on new employees plus they have to face stiff competition during their academic journey as well. So to keep our students fit, resilient & to equip them with the skills to handle pressure & in order to make students industry ready, the SMEs expertise and techniques would surely benefit the them, who are seeking a career in the industry and help in academic performance.

**OUTCOMES:**

1. Improved ability to handle academic stress and workplace challenges confidently.
2. Enhanced self-awareness for better decision-making and personal growth.
3. Developed resilience to thrive in competitive professional environments.
4. Gained practical techniques for stress reduction and emotional well-being.
5. Strengthened supportive peer culture encouraging mental and professional growth.



Expert Talk Designing and Mastering Your Inner Game: Elevating Mental and Emotional Energy for Success (30-07-2025)



Welcome address by Mr. Harinder Pal Singh and Mr. Jatinder Chopra (30-07-2025)



Valuable information about vibration by Dr. Deepali Mathur (30-07-2025)



Energy Flow Awareness guidance by Dr. Deepali Mathur (30-07-2025)



Masaru Emoto's research explanation by Dr. Deepali Mathur (30-07-2025)



Dr. Deepali Mathur with team CCSM and MBA Students (30-07-2025)