

## The GIBS Talk: Season 1

### Roadmap to Higher Education Post Covid'19

21<sup>st</sup> June, 2020

We need to be strong within and when we are strong we can conquer the world. With these words Padmashri Prof.(Dr.) Mahesh Verma, Vice Chancellor, Guru Gobind Singh IndraPrastha University, Delhi started his talk at Episode 2 of “The GIBS Talk: Season 1 on theme: Strength Within Success Throughout”. giBS organized the webinar on 21<sup>st</sup> June, 2020 wherein 2122 registrations were drawn and 820 live participants loomed.

Prof. (Dr.) Mahesh Verma highlighted that strength is sign of physical, emotional and mental health. Everyone is born with set of personality traits but what works is the way in which we harness our capabilities. He presented that success has many interpretations but we should not mix it with progression. One has to define success and draw self-portrait. We all have combination of our dreams, strengths, weaknesses, truths and blind spots. Fixing weakness is not good rather explore strengths and cultivate talent and opportunities.

DO YOU FEEL THAT GOOD MENTAL HEALTH IS IMPORTANT TO ENSURE ONE'S STRENGTHS AND ABILITIES?

Dr. Sanatan Maharana, Patna University  
Rishabha Kumar, Student, Kolkata  
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MANTRAS FOR STRENGTH & SUCCESS

- ▶ Look Within
- ▶ Enhance your Strengths
- ▶ Dreams Make it Happen
- ▶ Weakness is Superpower
- ▶ Discipline is Key
- ▶ Love yourself first
- ▶ Choose your friends wisely
- ▶ Planning is of utmost Importance
- ▶ Keep Going Forward
- ▶ Strive for Independence

His view on achievement of strength was very enlightening and he emphasized that without struggle strength cannot be achieved. There is difference in expectations and realities. One should accept his or her faults and embrace flaws but definitely overcome these. Discipline is the key if we want to succeed in life. Strength with discipline brings success. He also underlined that feeling of wellness should come. For that one has to nurture his/ her mind and body. Self-care is essential but for that pre-requisite is, “love yourself.”

Answering to the questions of participants related to good mental health, Prof. Verma replied that mental and physical health go hand in hand so everyone should keep good relation with environment. Further replying to a question on self-confidence, he returned that falling again and again in life should not demotivate us. Self-confidence does not come in a single day. Adversities

come but we should not stop. Finally he enlightened the attendees on the question related to mantra for building strength. He said that look within, enhance your strengths, dreams make it happen, discipline is the key, love yourself, and choose friends wisely, planning is utmost important, keep going forward, strive for independence and don't hide your weaknesses.

GIBS deeply thank Padmashri Prof. (Dr.) Mahesh Verma for accepting out the invitation and enlightening the participants with his motivational thoughts.