

**SHOOLINI
UNIVERSITY
SOLAN, HP**

Report on Additional Support for Learning - V EMPOWER Coaching



The VE -V Empower Coaching program

Topic – Session 3:

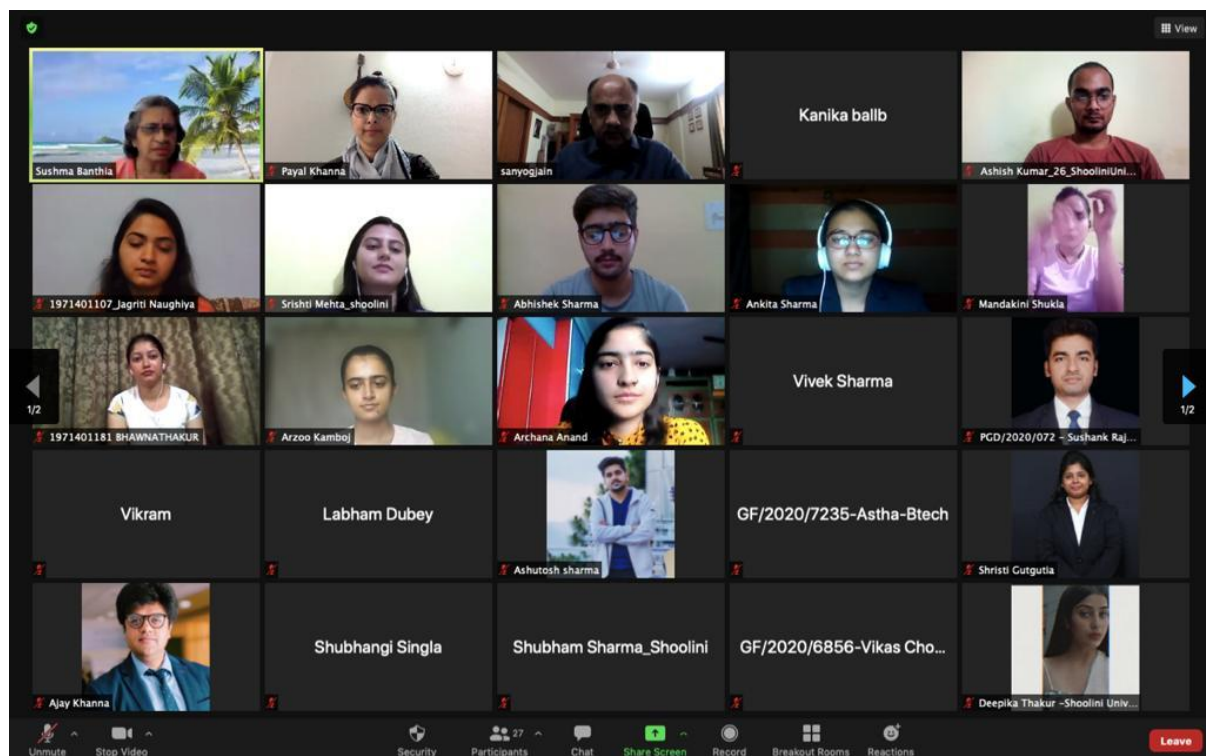
BRANDU

Saturday, 19th of June 2021

Third session in the series of Coaching seminars, under **The VE -V Empower Coaching program**, being run at the Shoolini University, aimed at empowering the youth, was held last Saturday. The series has been curated by Ms. Payal Jindal Khanna [Senior Coach at the Shoolini University] under the prized guidance of the Honorable VC Prof. Atul Khosla.

Eminent guest facilitators for the session were ICF [International Coaching Federation] Certified Coaches Ms. Sushma Banthia and Mr. Sanyog Jain. The architect of this session Ms. Sushma Banthia spoke about this topic being very close to her heart when it comes to enabling the youth finding and establishing their unique and cherished identities.

The session was a win from the word Go! The facilitation style and well-ordered content appealed to the audience from the very start.



Conversational style facilitation by ICF Coach Ms. Sushma Banthia and ICF Coach Mr. Sanyog Jain

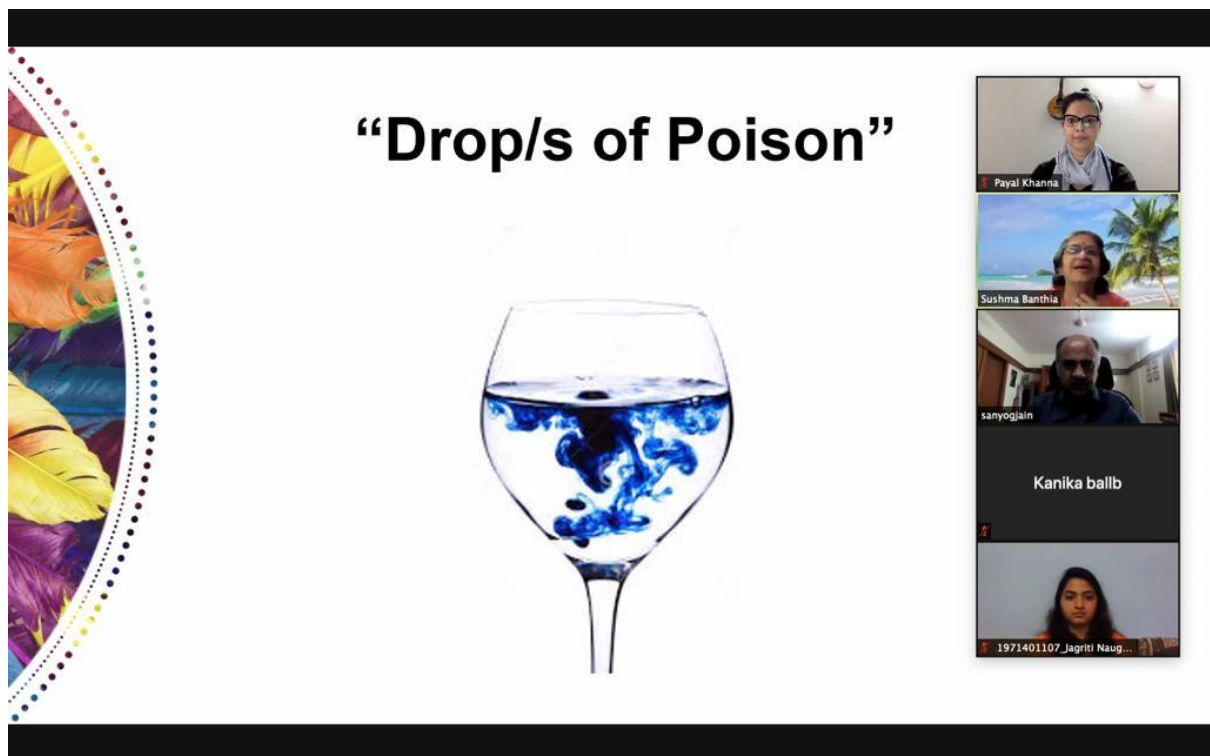
The session piqued the interest of the participants with the following thoughts shared by the facilitators.

“We are familiar with popular brands like Coke, BMW, Nike etc.

A certain image comes to our mind the moment these names are mentioned. What is your BRAND? Have you spent time to build it? How do you build 'BRANDU'? “

The session highlighted the importance of:

1. Building a positive reputation (BRANDU) for long term success. Through an engaging and interactive session, the students listed the elements of building a positive reputation.
2. Practical, real time incidents and behaviours which destroy the reputation. This highlighted the aspect that we need to be very careful if we want to have long term success.
3. The foundation being physical health, emotional well-being and knowledge updation. Once the foundation is strong, that is the right habits set in, the probability of long term success is high.



The slide is titled "Drop/s of Poison" in a large, bold, black font. To the left of the title is a decorative circular graphic with a dotted border and colorful floral patterns. In the center is a wine glass filled with blue liquid, with a dark, swirling shape inside. To the right is a vertical stack of five video thumbnails from a Zoom meeting. The thumbnails show: 1. Payal Khanna, 2. Sushma Banthia, 3. sanyogjain, 4. Kanika ballb, and 5. 1971401107_Jagrati Naug...

ICF Coach Ms. Sushma Banthia expressing her thoughts on behaviours that act as Drops of Poison

Ms. Payal applauded the facilitators for conducting an effective session and she appreciated the hearty interaction of the student participants.

18 Student names who attended the 3rd session - Brand U by Ms. Sushma and Mr. Sanyog

1. Shubham Sharma
2. Abhishek Sharma
3. Srishti Mehta
4. Shubhangi Singla
5. Varun Grover
6. Sushank Raj
7. Ankita Sharma
8. Archana Anand

9. Satyam Kumar
10. Ashish Kumar
11. Arzoo Kamboj
12. Deepika Thakur
13. Meghna Soni
14. Anjali gaur
15. Shristi Gutgutia
16. Labham Dubey
17. Jagriti Naughiya
18. Bhawna thakur