



Foundation Program- The Trailer

By: Vindhya Menon

This lockdown resulted in sinking the Indian GDP; but what's worsened more than that is my socializing skills! During this period, I was chatting with my friends once in 3 months and the ones that I would communicate with daily were my parents, brother, grandmother, Pepper (my cat), and my phone! So, I was obviously thrilled to *finally* begin college.

But, I am so thankful to you all for organizing this foundation program. It's not just a transition from higher secondary to college. It's a transition from lockdown laziness to college enthusiasm. Also, this foundation program has already helped me understand this university's *21st century way of thinking*. I have understood that you value the health and well-being of the students as much as their education. I am particularly looking forward to experiencing your way of teaching and assessment which, I have learned, would mostly be activity-based. This induction program also acts as a great start for me in this line of work and has given me early learning for all that we will be required to do.

I have learned that our country's service industry (which contributes to 54% of our GDP) is very much affected during this lockdown resulting in GDP falling by 24% in the last 3 months. Hence, I was fascinated to hear that in these struggling times people are still managing to open up airports, hotels, logistics, delivery services, and many others whilst exploring their creativity for providing their customers with safe, comfortable, and 'Touch-less' service.

I was astonished to learn so much about mind management and importance of one's physical and mental health. This is a very important subject for us, as the young generation which is rarely discussed by schools or universities. Here, I was taught about how to set and achieve my goals in a SMART way and the little tricks to keep myself focused on that goal. But, I was particularly shaken up while listening to Ms. Sheila Kuruvilla. She spoke about our emotions and the "Power of

touch” which is so important in our lives. I could relate and understand when she talked about the impact of not hugging your loved ones every day. And now I try my best to do it as much as possible. I started it with my cat - a rub on her cheek or a kiss on the head while she is sleeping. She also mentioned an inspiring quote from *The Alchemist* at the end, “*When you want something, all universe conspires in helping you achieve it.*”

These session about our mind and emotions were an eye-opener and made me look at life in a more precious way. Another session about public speaking with Ms.Kuruvilla, helped me tackle the biggest problem that I always face while presenting something, which is fear and anxiety. I would always get all stressed, feeling hot, sweaty, and forget to breathe normally. I tried NLP in the following debate session to turn this problem to my advantage to focus better on my verbal communication skills and content rather than on my fear of public speaking.

I learned about Internships and profiling, conducting academic research and creating a report, professional etiquette, self-branding, and Influencer marketing on Social Media. Also, finance, stock markets and building a sustainable business idea. These topics I will crucially require during and post this BBA course. In each session, the lecturers entertained us with examples and activities, gave us a bunch of tips and tricks, recommended some websites and books, and went through each topic in detail. I cannot name every single learning that I had from these sessions because there are numerous of them! But, I can tell you that I have a basket full of minor and major information, crucial to anyone aspiring to become a professional.

In the session of building a sustainable business idea, I was particularly thrilled to hear about the Incubation Centre. It’s a huge requirement in our country which is home to such creative individuals with innovative ideas but not equipped with enough resources to bring it to life. Therefore, they require an esteemed institution which provides them with resources and emotional support that they require to run their business. But, I believe that the lecturer could have inspired us with few examples of such sustainable ideas that went on to become successful enterprises. I wish that I too could come up with an innovative idea focused on sustainability and build it with the support of such Incubation Centers.

The interactive afternoon sessions were necessary and thrilling. The ice-breaker: virtual interaction successfully broke the ice between many of the students. Frankly, I was shy to interact virtually with others but I still managed to come

forward and speak with many of my classmates. The other competitions and elections gave way to know more about them, helping me become more confident and comfortable during other sessions. But, most importantly, it forced me to look in the mirror for understanding, appreciating, and accepting the person looking back at me.

This program was focused on influencing and educating the young generation about our *Changing World*. Some sessions were focused on self-marketing through social media. Also, during the extempore and debate competition, some of the topics were social media and Artificial Intelligence. But, I think that in all of these guest sessions there could have been at least a 30-minute session about the “Do’s and Don’ts on Social Media.”

We should know when to stop *scrolling*, stop *posting*, and stop *liking*. Ms.Renuka Chikne suggested us to watch *Social Dilemma* movie, which I humbly did. I believe that she could have given us that movie as homework and talked a little more about it during the session. As, after watching that movie I had so much realization and questions in my head, especially about the last 3 weeks. So, I would like us all to talk about this in more detail instead of a 10-minute debate.

To conclude, I am so grateful for the opportunity to study this interesting course with such an esteemed university! The foundation program has convinced me that this course can groom me into a confident, focused, research-oriented professional entrepreneur that I seek to become.

I have seen the *trailer* and I am so excited to be a part of the *movie* ahead!