

Expert Talk

by

Prof. Kumar Gaurav

**Institute of Hotel Management Catering Technology & Applied Nutrition
Bhubaneswar
(Under the Ministry of Tourism, Government of India)**

Organized by

**School of Engineering and Technology, Bhubaneswar
Centurion University of Technology and Management, Odisha**

Event: Expert Talk

Topic: Elevate Your Persona: Mastering Personal Grooming and Personality Development

Date: 17th August 2024

Time: 10:00am - 12:00noon

Venue: Kautilya Building (CUTM-BBSR Campus)

Guest: **Prof. Kumar Gaurav**, Institute of Hotel Management Catering Technology & Applied Nutrition Bhubaneswar, (Under the Ministry of Tourism, Government of India)

Members Present:

1. Dr. Supriya Pattanayak (VC-CUTM)
2. Prof. Jagannath Padhi (Director)
3. Dr. Biswajit Mishra (Pro-VC, Academics)
4. Dr. Ajay Kumar Nayak (Pro-VC, Administration)
5. Dr. Sujata Chakravarty (Dean-SoET)
6. All Hod's and Other Faculty Members of SoET
7. B-tech 1st year Students (Newly Admitted, 2024 Batch)

Opening:

On 17th August 2024, the School of Engineering and Technology at Centurion University of Technology and Management, Bhubaneswar, organized a captivating expert talk on the theme "Elevate Your Persona: Mastering Personal Grooming and Personality Development." The lecture was delivered by Prof. Kumar Gaurav, an esteemed academician from the Institute of Hotel Management Catering Technology & Applied Nutrition, Bhubaneswar. The event aimed to shed light on the vital role that personal grooming and personality development play in shaping one's professional and personal life, particularly in

today's highly competitive environment. The talk was geared toward empowering students with the knowledge and skills necessary to refine their personalities, enhance their grooming standards, and thereby, improve their overall persona.

Main topics of discussion:

Prof. Kumar Gaurav delved into the nuances of personal grooming, explaining how it goes beyond mere appearance. He highlighted that personal grooming is a holistic practice that encompasses hygiene, body language, and dressing etiquette, all of which contribute to an individual's confidence and self-esteem. He emphasized the importance of maintaining a polished appearance as a reflection of one's respect for self and others. Furthermore, he discussed the psychological impact of grooming on self-perception and how it influences interactions in both personal and professional settings.

The conversation also touched upon the multifaceted aspects of personality development. He illustrated how personality is not just an inherent trait but a dynamic quality that can be cultivated over time. He elaborated on the significance of communication skills, emotional intelligence, and adaptability as key components of a strong personality. By providing real-life examples and engaging anecdotes, he demonstrated how individuals can work on these aspects to create a positive and lasting impression in their professional lives.

In addition, He addressed the challenges that individuals face in developing a well-rounded personality, such as overcoming shyness, managing stress, and navigating social dynamics. He stressed the need for continuous self-improvement and learning, encouraging students to embrace feedback and view it as a tool for growth. The importance of setting personal goals, practicing self-discipline, and maintaining a positive attitude were underscored as essential practices for successful personality development.

Suggestions:

To enhance personal grooming and personality development among students, Prof. Kumar Gaurav proposed several key recommendations. He suggested that educational institutions incorporate personality development workshops and grooming sessions as part of their regular curriculum. This would not only help students prepare for the professional world but also boost their self-confidence.

He also advocated for the inclusion of soft skills training in academic programs, emphasizing that attributes like communication, teamwork, and leadership are just as crucial as

technical skills in today's job market. Additionally, He recommended fostering a culture of mentorship, where experienced professionals can guide students in their personal and professional growth. He also emphasized the importance of practicing mindfulness and stress management techniques to maintain a balanced and composed persona.

Acknowledgements:

The School of Engineering and Technology, Bhubaneswar, extends its deepest appreciation to Prof. Kumar Gaurav for sharing his invaluable insights and expertise during the expert talk. His engaging and thought-provoking lecture provided students with a wealth of knowledge on the importance of personal grooming and personality development. We would also like to express our sincere thanks to all attendees, including faculty members and students, for their active participation and contribution to the success of the event. The lessons learned from this talk will undoubtedly inspire students to strive for continuous self-improvement and professional excellence.

Event Snapshots:



The poster is a rectangular graphic with a white background and a dark blue border. At the top, it features the Centurion University logo on the left, the text 'CENTURION UNIVERSITY OF TECHNOLOGY AND MANAGEMENT, BHUBANESWAR, ODISHA' in the center, and the NAAC A+ accreditation logo on the right. Below this, there are logos for IEEE, IEEE Women in Engineering (WIE), and the 'विकसित भारत अभियान' (Viksit Bharat Mission) with the dates '1947 TO 2047'. The main title 'EXPERT TALK ON ELEVATE YOUR PERSONA: MASTERING PERSONAL GROOMING AND PERSONALITY DEVELOPMENT' is written in large, bold, blue and red letters. Below the title, it says 'BY' followed by a portrait of Prof. Kumar Gaurav. Underneath the portrait, his name and affiliation are listed: 'PROF. KUMAR GAURAV, Institute of Hotel Management, Catering Technology & Applied Nutrition, Bhubaneswar (Under the Ministry of Tourism, Govt. of India)'. At the bottom, there are two blue curved sections containing the date '17th August 2024' and the venue 'KAUTILYA BUILDING, BHUBANESWAR CAMPUS'. The footer contains the university's name and a list of campuses: 'Paralakhemundi | Bhubaneswar | Rayagada | Balangir | Balasore | Chatrapur'.

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IEEE

IEEE Women in Engineering
WIE
Bhubaneswar

विकसित भारत
अभियान
1947 TO 2047

EXPERT TALK
ON
**ELEVATE YOUR PERSONA:
MASTERING PERSONAL GROOMING
AND PERSONALITY DEVELOPMENT**

BY

PROF. KUMAR GAURAV
Institute of Hotel Management
Catering Technology & Applied Nutrition, Bhubaneswar
(Under the Ministry of Tourism, Govt. of India)

DATE:
17th August 2024

VENUE:
**KAUTILYA BUILDING,
BHUBANESWAR CAMPUS**

Centurion University of Technology and Management, Odisha
CAMPUSES: Paralakhemundi | Bhubaneswar | Rayagada | Balangir | Balasore | Chatrapur

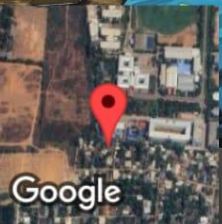


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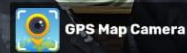
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Jatni, Odisha, India
 5PF4+F6H, Jatni, Odisha 752050, India
 Lat 20.173531°
 Long 85.705902°
 17/08/24 12:52 PM GMT +05:30



Jatni, Odisha, India
 Mac block, Jatni Rd, Jatni, Odisha 752050, India
 Lat 20.173296°
 Long 85.705573°
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Sample Copy of Student Attendance Sheets:

CENTURION UNIVERSITY OF TECHNOLOGY AND MANAGEMENT School of Engineering and Technology, Bhubaneswar Orientation Programme (2024-25) Attendance Sheet (Date: 17.08.24)				
Sr. No	Name of the Student	Regd. No.	Branch	Signature
1	Anshika Kabya	240301370070	CSE	Anshika Kabya
2	Isha Kumari	240301370069	CSE	Isha
3	Yashi Kumari	240301120350	CSE	Yashi Kumari
4	Sakshi Narayan	240301370066	CSE	Sakshi Narayan
5	Gopi Krishna Sa	240301120013	CSE	Gopi Krishna Sa
6	Rajesh Choudhury	240301120097	CSE	Rajesh Choudhury
7	Pratyush Kumar Pradhan	240301370018	CSE	Pratyush Kumar Pradhan
8	Swastik S. Sahoo	240301120024	CSE	Swastik S. Sahoo
9	Prince Bhanja	240301120087	CSE	Prince Bhanja
10	Baswajit Moharana	240301120061	CSE	Baswajit
11	Sunil Kumar Ghadei	240301120188	CSE	Sunil
12	Subham Mishra	240301120063	C.S.E	Subham
13	Rajesh K. Gouda	240301120058	C.S.E	Rajesh
14	Anvesha Seivas	240301120453	C.S.E	Anvesha Seivas
15	Ganisi Sai Bhabani Shankar	240301120324	C.S.E	G. Sai Bhabani Shankar
16	Yogesh K. Behara	240301120251	C.S.E	Yogesh K. Behara
17	Devesh Das	240301120006	C.S.E	Devesh Das
18	Ayush Kumar Mishra		C.S.E	Ayush Kumar Mishra
19	Ayush Mohanty		C.S.E	Ayush Mohanty
20	Y. Tanmay	240301120059	C.S.E	Y. Tanmay
21	Ashwinkrada Behara	240301120147	C.S.E	Ashwinkrada Behara
22	Ritesh Kumar Singh	240301120154	C.S.E	Ritesh Kumar Singh
23	Saksham Kumar	240301120210	C.S.E	Saksham
24	Alok Ojha	240301120209	C.S.E	Alok Ojha
25	Shreekan Kumar Sahoo	240301120167	C.S.E	Shreekan
26	Donipudi Anir Kumar	240301120025	C.S.E	Donipudi Anir Kumar



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CENTURION UNIVERSITY OF TECHNOLOGY AND MANAGEMENT

School of Engineering and Technology, Bhubaneswar

Orientation Programme (2024-25)

Attendance Sheet

(Date: 17.09.24)

Sr. No	Name of the Student	Regd. No.	Branch	Signature
1	Bidyadhar Nayak		CSE	Bidyadhar Nayak
2	Ajay Ku Behera	240301120403	CSE	Ajay Ku Behera
3	Dibyayoti Nayak		CSE	Dibyayoti Nayak
4	Minaya Mohit Patra		CSE	Minaya Mohit Patra
5	ITESH KUMAR DALAI		CSE	Iteah kumar Dalai
6	D.V. RAGHU VAMSY		CSE	RAGHU VAMSY
7	Arbaz Ahsad	240301120058	CSE	Arbaz Ahsad
8	Rohit Dutta	2403011370090	CSE	Rohit Dutta
9	Sandaru Paria	2403011370059	CSE	Sandaru Paria
10	Sahamanshu Saha	240301120160	CSE	Sahamanshu Saha
11	Bismaya Nayak	2403011370022	CSE	Bismaya Nayak
12	Surya Prakash Jena		CSE	Surya Pr. Jena
13	Gibananda Topathy	2403011370068	CSE	Gibananda Topathy
14	Prabhu Prasad Pattnaik	2403011370067	CSE	Prabhu Prasad Pattnaik
15	Rudra Behera	240301120362	CSE	Rudra Behera
16	Priyabrata Biswal	2403011370071	CSE (IRMM)	Priyabrata Biswal
17	Sangram Keshari Behera	240301120377	CSE	Sangram Keshari Behera
18	Aditya Mohan Swain	240301120375	CSE	Aditya Mohan Swain
19	Sourya Ranjan Panda	240301120387	CSE	Sourya Ranjan Panda
20	Sujal Mohanty	2403011370021	CSE	Sujal Mohanty
21	Ayushman Das	240301120034	CSE	Ayushman Das
22	Sushil Kumar Nayak	240301120010	CSE	Sushil Kumar Nayak
23	Abhinav Swain	2403011370082	CSE	Abhinav Swain
24	Rabin Samanta	240301120354	CSE	Rabin Samanta
25	K. Avinash	240301120370	CSE	K. Avinash
26	Kayatalu Kunal Reddy	240301120007	CSE	Kayatalu Kunal Reddy



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Attendance Sheet
(Date: 17-08-24)

Sr. No	Name of the Student	Regd. No.	Branch	Signature
1	Subham Das	240301120262	B-Tech (CSE)	Subham Das
2	Rajkeshore Panda	240301120283	CSE	Rajkeshore Panda
3	Shubhasankar Pradhan	240301120212	CSE	Shubha
4	Sameerendra Das	240301370036	C.S.E	Sameer
5	Debasish Mahanta	240301120081	C.S.E.	Debasish Mahanta
6	Sipun Dandapat	240301120079	C.S.E	Sipun Dandapat
7	Prasenjit Mahanta	240301120076	CSE	Prasenjit Mahanta
8	Naman Parashar	240301120089	C.S.E	Naman Parashar
9	Adarsh Pandey	240301370083	CSE	Adarsh Pandey
10	Aditya Barik	240301120331	C.S.E	Aditya Barik
11	Smriti Ranjan Sahoo	240301120216	C.S.E	Smriti Ranjan Sahoo
12	Rajesh Nayak	240301120218	CSE	Rajesh Nayak
13	Anurag Kumar		CSE	Anurag Kumar
14	Puatham Ray	240301120328	CSE	Puatham Ray
15	Anurag Kumar	240301120048	CSE	Anurag Kumar
16	Sachin Kumar Singh	240301120090	CSE	Sachin Kumar
17	Om Nayayan	240301120351	CSE	Om Nayayan
18	Ankit Singh	240301120081	CSE	Ankit Singh
19	Nazir Hussain	240301120428	CSE	Nazir Hussain
20	Xeshith Ku. Behera	240301120491	CSE	Xeshith Ku. Behera
21	Dr. Sahil	240301120073	CSE	Dr. Sahil
22	Debasish Padhichari	240301120255	CSE.	Debasish P.
23	Deban Kumar Sahu	240301120242	CSE	Deban Ku. Sahu
24	Rama Chandra Sahoo	240301120176	C.S.E	Rama Chandra Sahoo
25	Santosh Kumar Das	240301120240	C.S.E	Santosh Kumar Das
26	Rajat Kumar Biswal	240301120087	C.S.E	Rajat Kumar Biswal



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Sr. No	Name of the Student	Regd. No.	Branch	Signature
1	Aman Swain	240301120384	CSE	Aman Swain
2	Jyoti Keshanprasadha	240301120385	CSE	Jyoti Keshanprasadha
3	Chinmaya Mahapatra	240301120151	CSE	Chinmaya Mahapatra
4	Sourya Ranjan Sahoo	240301120069	CSE	Sourya Ranjan Sahoo
5	Ritesh Rishi		CSE	Ritesh Rishi
6	Hara Prasad Sahu	240301120382	CSE	Hara Prasad Sahu
7	Durgaprasad Sahu	240301370085	CSE	Durgaprasad Sahu
8	Ansh Tiwari	240301370012	CSE	Ansh Tiwari
9	Amlan Anshuman Behera	240301340099	CSE	Amlan Anshuman Behera
10	R. Harin Prasad Achary	240301120456	CSE	R. Harin Prasad Achary
11	K. Prabin Kumar Patra	240301120399	CSE	K. Prabin Kumar Patra
12	ANUBHAV PATI	240301120100	CSE	Anubhav
13	Subhankar Das	240301120122	CSE	Subhankar Das
14	Bikash Patel	240301120111	CSE	Bikash Patel
15	Sujit Basu	240301120096	CSE	Sujit Basu
16	Jyoti Prakash Saha		CSE	Jyoti Prakash Saha
17	Balaram Biswal		C.S.E	Balaram B.
18	Aishik Roy Nayan		C.S.E	Aishik Roy
19	Parambrahma Parida	240301120275	C.S.E	Parambrahma Parida
20	Ommkar Mishra	240301120256	C.S.E	Ommkar Mishra
21	Manis Kumar Samal		C.S.E	Manis Kumar Samal
22	Manish Hota	240301120287	C.S.E	Manish Hota
23	K. Rajesh	240301120208	CSE	K. Rajesh
24	Ajit Kumar Chhaboi	240301120237	CSE	Ajit
25	Sivendu Mishra	240301120429	CSE	Sivendu
26	Swarnap Rout		CSE	Swarnap Rangan Rout