

## WEBINAR REPORT

**Name of the Department:** The Department of English and Modern European Languages, University of Lucknow.

**Topic:** “DREAM IT. ACHIEVE IT”

**Resource person:** Dr. Bhupendra Singh, KGMU, Lucknow.

**Number of participants:** 50

### **Main points covered:**

Dr. Singh meticulously elaborated upon the true meaning, significance and of pursuing one’s dreams by dividing the word ‘DREAM’ into 3D, 3R, 3E, 3A, 3M which are as follows:

3 Ds: Decide, Divide, Dedicate

3 Rs: Realistic, Regular, Rhythmic

3 Es: Eagerness, Enthusiasm, Empathy

3 As: Acceptance, Avoidance, Anger management

3 Ms: Management of time, Management of Mind, Meditation

He also motivated the students by encouraging them to practice uplifting exercises like giving yourself a pat on the back every morning and accepting yourself as you are – the key to a stable mental health.

The session was followed by heart-warming presentations by few student speakers where they discussed their own experiences as a dreamer and an achiever.

### **Feedback of students:**

The students were motivated and uplifted by the evoking lecture of Dr. Singh and they look forward to hearing him again. He seemed to be an excellent life coach.

The image shows a Zoom meeting interface. The main video feed displays a man with glasses and a light-colored kurta, set against a virtual background of a tropical beach with palm trees. At the top of the window, the names of other participants are visible: Madhurima Prad... and Maria Khan (India). On the right side, a participant list is open, showing a search bar and a list of names with their initials: SHIVANGI GAUTAM (Host, me), Maria Khan (India) (Co-host), Dr. Bhupendra Singh, Madhurima Pradhan, Abhinav Singh, ADITYA PRATAP SINGH, Ahmad Gul Momand, Arahya Parveen, Arti, Bhargavi Shankar, CHETNA RAWAT, and Elena. The bottom control bar includes icons for Mute, Start Video, Security, Participants (34), Chat, Share Screen, Record, Reactions, More, and End. The system tray at the very bottom shows various desktop icons and a temperature display of 33°C.