

## **CRADLE - SEASON 5**

### **[Capability Recognition & Development Lessons for Entrepreneurship**

As a part of our strategy to promote Entrepreneurship skills amongst students, LJ MBA has created CRADLE, under which successful entrepreneurs are invited to share their experience and interact with students and faculty members.

On 19<sup>th</sup> September 2016, we had the first session of CRADLE- Season 5 by our alumnus, a motivational speaker and the owner of Himani's Happiness Hub, Ms. HimaniChawda. Ms. Chawda, is an active Pranic Healing Practitioner, Reiki Practitioner, a Hypnotherapist and a Yoga Trainer, who conducts various Mind-Training workshops across the country.



**Ms.HimaniChawda was given a warm welcome to our institute with a Tulsi Pot, as a part of our tradition**

After the introductory note about the speaker, our honourable Director, Dr. P.K. Mehta gave a welcome note to our guest of the day, Ms.Chawda. The stage was then handed over to our guest speaker for the day Ms.HimaniChawda.

Ms.Chawda shared the journey of her life from being an under-confident student to the current day motivational speaker she has become. She shared the story behind this transition in her life along with the business format of Himani's Happiness Hub.



**Ms. HimaniChawda, interacting with the Audience**

## **Key lessons learnt from her Speech:-**

### **1. Life is the best teacher.**

Ms. Himani firmly believes that the lessons one learns from one's own life experiences are the key to an individual's growth and evolution. Life has its own unique way to teach lessons that no individual can teach us.

### **2. Follow your Passion.**

Passion is everything. As per Ms. Chawda, if one follows the dreams one is passionate about, nothing can stop one from being successful. "Either do it with Passion or don't do it at all..." said Ms. Chawda.

### **3. Start your day with Positivity.**

If one starts one's day with positivity and enthusiasm, the whole day would turn out to be a positive one; believes Ms. Chawda. The summation of such good days adds up to a good life as per Ms. Chawda.

### **4. Controlling your Mind is Controlling your Life.**

Ms. Chawda is a firm believer of "The-Secret"'s Philosophy, "Thoughts become Things". She advised students to always guard and control their thoughts as thoughts shape a person's reality.

### **5. Better late than never..**

Last but not the least, Ms. Chawda said that it is never too late to start in life irrespective of the stage going through in life. A small start can definitely change the direction of one's life as per Ms. Chawda.

The session then was followed by some practical mind control exercises it ended with a question and answer round.



**Students performing a mind control exercise during the session.**

Lastly the vote of thanks was casted by Prof. Kiran Khatri and a memento was awarded to Ms. HimaniChawda by Ms. Sushma Jacob as a token of appreciation.



**Prof. Sushma Jacob giving away the memento to Ms. HimaniChawda**