



SUCCESS THROUGH THE ARTS©

*IIT Delhi, B.Tech graduates
14 – 19 May, 2018
Duration: 7 hours x 6 days*

Our educational system has been designed to develop and cultivate only half of the brain - the verbal, rational, on-time left hemisphere. The other half brain of every student is virtually neglected.

Right-brain imagination, artistry and intuition, **along with** left-brain logic and planning allows for the wholesome growth of a person and therefore an organisation.

Whole-brain thinking is the need of the hour and provides one with a strategic roadmap for creativity, problem solving, innovation and transformation.

SUCCESS THROUGH THE ARTS is a 6-day workshop designed to help students develop this ability before they step out into the real world; outside the cocoon they've lived in at the prestigious IIT-Delhi.

critical skills needed for self-development

success through the arts focuses on skills like

1. Emotional Quotient (EQ)
2. Communication skills
3. Interpersonal skills
4. Listening skills
5. Collaboration
6. Goal setting
7. Time management
8. Critical thinking
9. Social responsibility



Having these skills may be responsible for **80%** of an individual's success in life and their employment.



overview

This workshop aimed at preparing students to win in the real world outside IIT-Delhi.

Towards this, I integrated aspects of coaching into this workshop with a focus on using art for the engineering mind.

My exercises are designed to effect shifts in perception.

They help people learn more about

- themselves,
- their values,
- their own identity and
- break out of traditional mindsets.

AREAS COVERED IN WORKSHOP



DAY 1

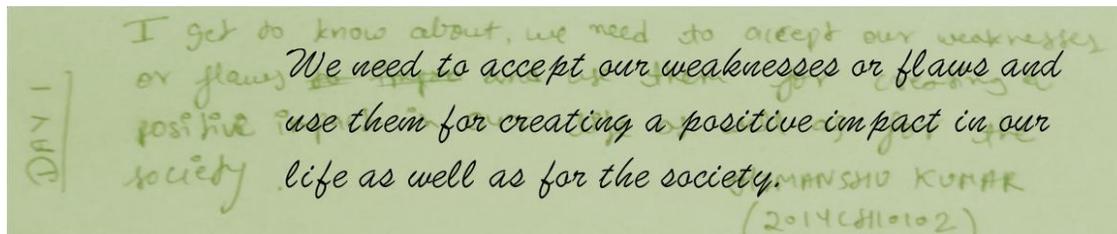
MAIN THEME: My Personal Identity - a tool for understanding oneself better vis a vis the bigger picture.

Other than getting to know each other and my team, the students` main challenge was to begin the process of introspection. **They were asked to explore the yin and the yang (the opposing forces) in their own selves using art/ drawing as the medium to express.**

What art does is, it allows one to **embrace the unknown and ambiguous**. It gives the focus required to bring infinite abstract thoughts into one creation. It opens one`s mind towards finding relationships between unrelated ideas and events; and identify and use multiple creative-thinking techniques to generate ideas.



takeaway



I get to know about, we need to accept our weaknesses or flaws. We need to accept our weaknesses or flaws and use them for creating a positive impact in our life as well as for the society.

MANSHU KUMAR
(2014CH10102)

PHOTOS FROM DAY 1





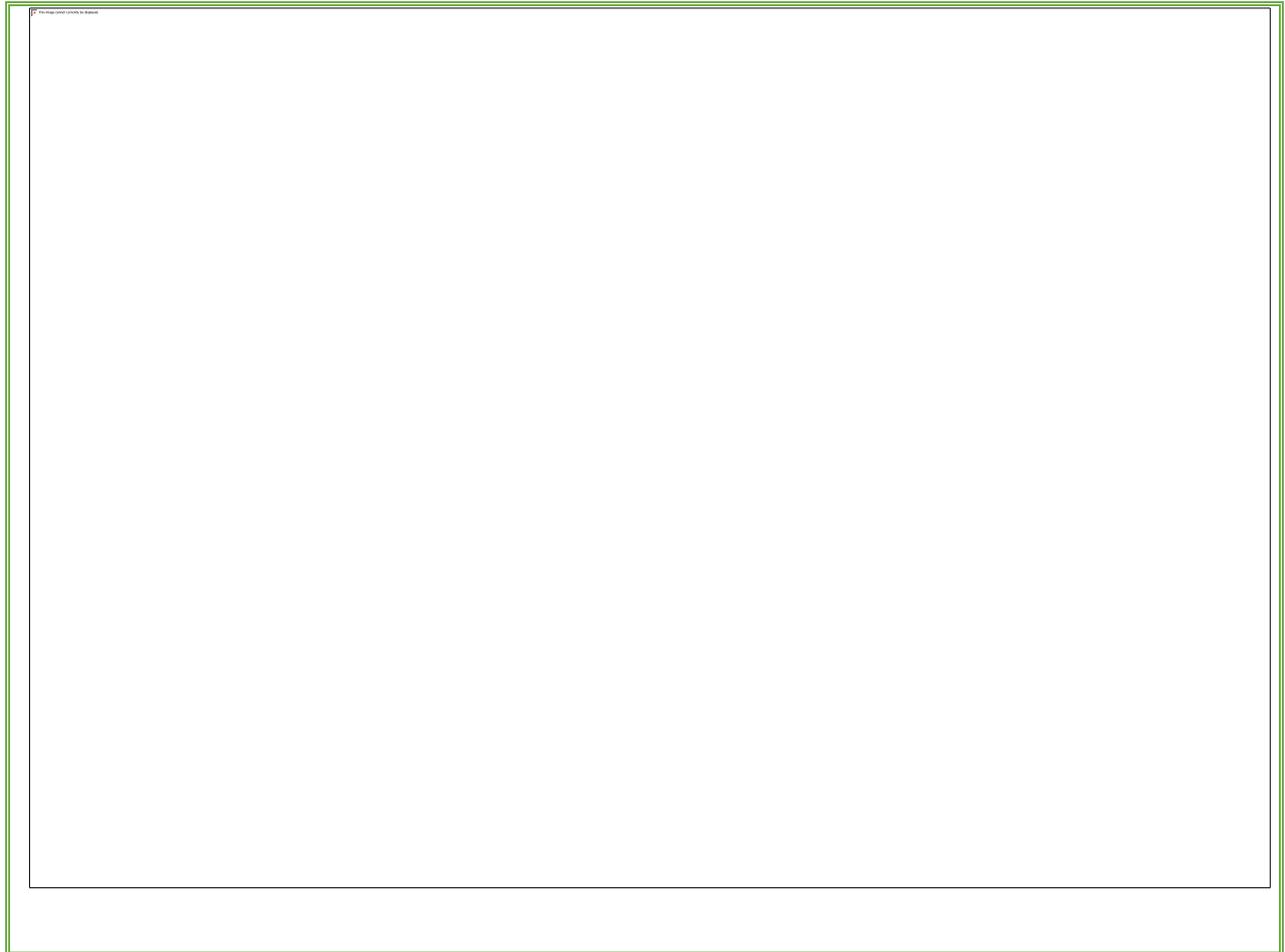
DAY 2

MAIN THEME: Emotional Quotient – *Discovering the concept of emotional quotient and why it is so important going forward in the bigger picture of life.*

The participants go through a range of activities that allow them to understand the need to have a higher emotional quotient the immense need for developing **empathy**. In some exercises they were made to emote, in some to work their way through body language alone, they explored mindfulness and being present in the moment – savouring each second, and also intuition.



PHOTOS FROM DAY 2



DAY 3

MAIN THEME: Communication and Stress Management

Day 3 began with a guest lecture by media specialist and writer Vanita Kohli Khandekar. Currently, she is a columnist and writer for Business Standard and Mid-Day. The fourth edition of her book, *The Indian Media Business* (Sage), was launched in September 2013. The lecture was an introduction to Media & Entertainment industry and the future of Digital Communication.

Instead of focusing on the traditional solutions to stress management, I made the participants **draw a problem-solution map** that allowed them to mull over and introspect to propose an ideal solution given the circumstances. This forced them to think critically about their problems while working on the muscle of taking perspective in a situation. **Students openly shared their issues and the solutions they had worked out.**

I used an art exercise, because the lack of a specific expected result, forced them to maneuver around the uncertainty, and therefore tune into their own senses and develop confidence in their own instincts.

We also worked through **understanding some basics of communicating**. Beyond this we worked through other non-verbal ways of communicating clearly and quickly, understanding that communicating well encompasses many different things.



takeaway

Empty rectangular box for taking away notes.

PHOTOS FROM DAY 3





DAY 4

MAIN THEME: figuring corporate life, time management and goal setting

Time Management – *how to prioritise* - understanding the fundamentals of time management and the personality types that are unable to manage their time well.

Goal Setting: Understand why achieving goals is so tough and what it takes to achieve them. *Introspecting and figuring one`s short and long term goals and the route to get there.*

Teamwork and capabilities: An area that needs better understanding. Most of us are unable to value or appreciate our teammates. *This exercise made the students realize why it is impostent and essential to have a diverse set of people in a team.*

takeaway

The BT'S of corporate life and a rough guide to ~~manage~~ manage them.

- The BT's of corporate life and a rough guide to manage them.

- Utkarsh Garg

Day 4 Madhur Mittal 2014MT10595

What to do & what not to do after going to a company. - Madhur Mittal

DAY 4: learned about corporate culture and adapting in a corporate environment. Learned about time management and how to be better at managing tasks. Learned about personality traits that people have in a work environment. - Nitin Kumar

• Real world corporate problems - their proposed solutions

- Real world corporate problems - their proposed solutions.

- Time management - prioritise

- Piyush Kumar



PHOTOS FROM DAY 4



**DAY 5****MAIN THEME: Goal setting and Critical Thinking**

Tree of Goals: Participants were given art sheets and coloured paper. They had to mull over and deeply think about their short-term and long-term goals and the detail of the route they would take to get there. They had to depict these goals and respective roots as a tree, its branches, flowers and fruits.

Through this art-based activity, participants learnt more about themselves, their values, and their own identity. Additionally, the joy of struggling with and finally creating an artwork is beyond comparison. As a by-product, each student proudly took his work of art home!

takeaway

Figuring out things about yourself is the step one for anything you want to succeed at.
- Mehul Kumar
Mehul Kumar
2014 CH1040

Follow your passion.
- Himanshu Kumar
HIMANSHU KUMAR

PHOTOS OF DAY 5



DAY 6

MAIN THEME: Critical thinking

We are what we think. Whatever we are doing right now, whatever we feel, whatever we want - all are determined by the quality of our thinking.

For most of us, our thinking is largely subconscious, that is, never explicitly put into words.

The attempt was to introduce the concept of critical thinking to the students. The final exercise of the workshop was based on critical thinking. Students were put into groups of 5 and they had to present an all rounded argument for a specific topic they were given.

Students stepped outside their comfort zone and even created dialogues and acted to express their well-thought-out points of view.

PHOTOS OF DAY 6