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# THE MIND MATTERS



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# INSIDE

**07** A Psychological Compass for Young Minds

**08** Why Digital Transformation is Crucial for Business Growth

**09** Working with Frenemies

**10** Understanding Emotions  
A Journey into the Heart of Human Experience

**11** Screen Time & Sleep Hygiene

**12** Elevate Your Career  
Harnessing the Power of Positive Habits

**13** The Power of Perseverance

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India as the Global  
Epicentre of Talent

Inclusive Tech  
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Driving Innovation and Employment  
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**Shri N Rangasamy**  
Hon'ble Chief Minister  
Puducherry



**Dr Palanivel Thiaga Rajan**  
Hon'ble Minister for Information Technology  
and Digital Services, Government of Tamil Nadu



**K Lakshminarayanan**  
Hon'ble Minister for Public Works  
Puducherry

## Guests of Honour



**Jayanta Kumar Ray IAS**  
Information Technology, Secretary to Government  
Government of Puducherry



**Robert Jerard Ravi ITS**  
Chairman and Managing Director  
BSNL/MTNL



**Dr K Tharanikkarasu**  
Vice Chancellor (i/c)  
Pondicherry University

## Speakers



**V Srikanth**  
Chief Executive Officer (i/c)  
ICT Academy



**Bala MS**  
GCC Leader | CEO, STRATINFINITY INC,  
Chairman - Southern Regional  
Committee of AICTE, Innovation  
Center & DY Chairman-MoE AICTE  
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**M Dhanasekaran**  
Chancellor, Takshashila University  
Chairman and Managing Director  
Sri Manakula Vinayaga Educational Trust



**Dr V S K Venkatachalapathy**  
Director  
Sri Manakula Vinayagar  
Engineering College



**Dr Sainarayanan G**  
Global Technology Director  
Engineering and Research Services  
HCLTech



**Udaya Sankar**  
National Lead - Academia &  
Government Relations, NASSCOM



**Rajmohan Arumugam**  
Director, Motivational Speaker, Writer,  
Orator, and Social Media Influencer

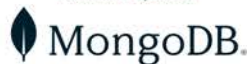
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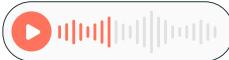


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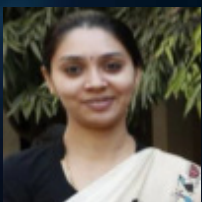
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# A Psychological COMPASS for YOUNG Minds


The meaning in what you do is critical for long-term satisfaction. Passion makes you want to do things; purpose gives a reason for your existence. When it comes to your career, being in alignment with what you value most and enjoy doing results in a great deal more overall satisfaction and productivity.



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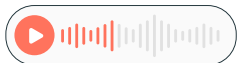
**AKHILA V**  
CLINICAL PSYCHOLOGIST

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# Why Digital Transformation is Crucial for



# Business Growth




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New technologies yield vast maintenance efficiency potential for industries with distributed fixed assets. Companies that have digitized and automated their maintenance processes now show a significant increase in labor productivity and a 20 to 30 percent reduction in maintenance costs. Efficiently identifying the “when,” “where,” and “what” for field maintenance is crucial to labour productivity and lower maintenance costs.

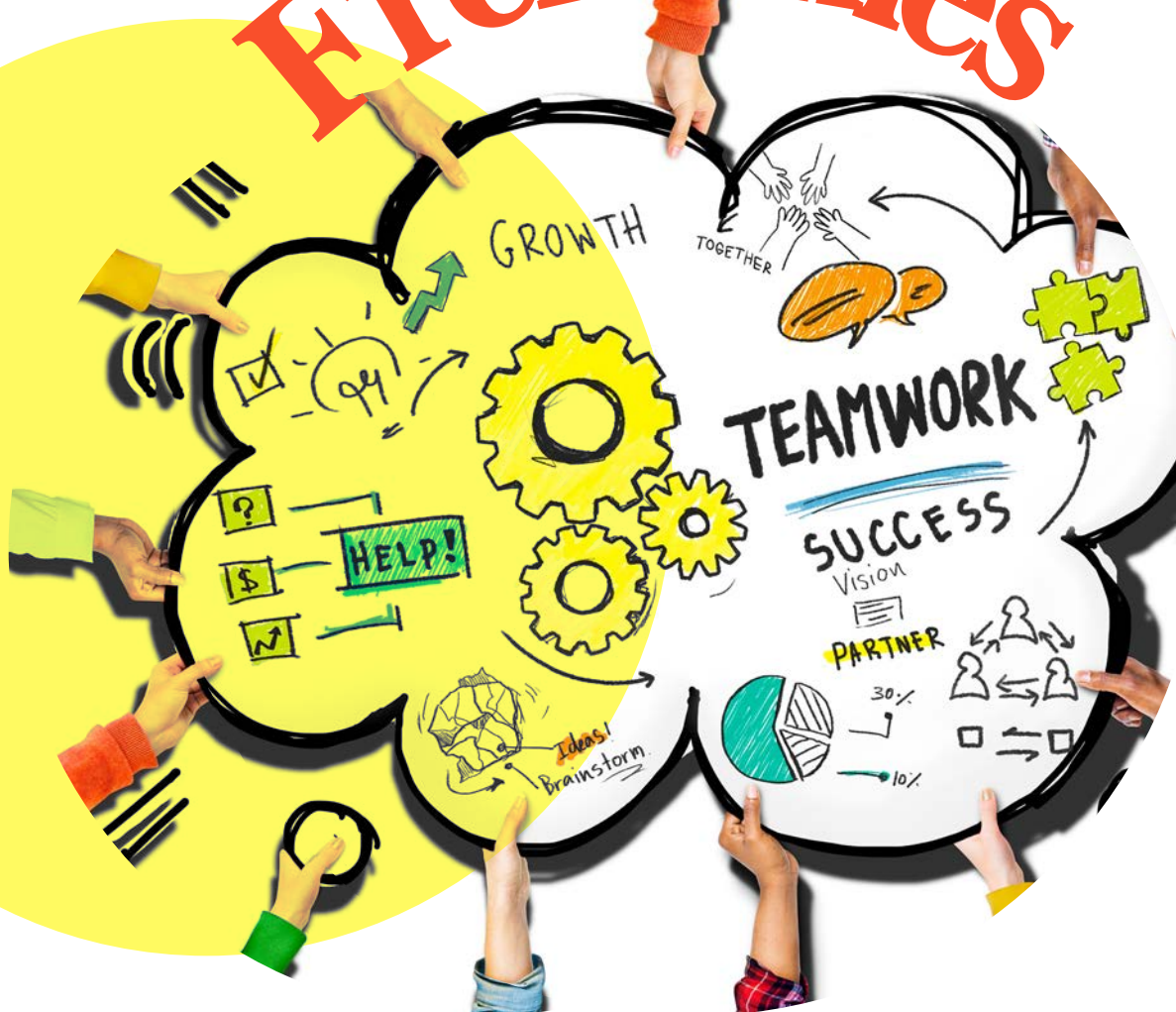


**KUMAR VAIDYANATHAN**  
HEAD – STRATEGIC PARTNERSHIPS  
HARDCAT

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# Working with Frenemies



Robson cites research by psychologist Julianne Holt-Lunstad that shows that interactions with frenemies can be more detrimental to our health and well-being than those with whom we have clear-cut “aversive relationships.”



**ARUNA SANKARANARAYANAN**  
PSYCHOLOGIST AND WRITER



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# UNDERSTANDING EMOTIONS

A Journey into the Heart of Human Experience



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Every moment in your life, you experience a situation with yourself, the objects around you and people around you. Emotions are the reactions you give to these objects and people around you. For instance, you may find a monument “beautiful” while your friend may find it “intriguing”!! The same monument has aroused different emotions in each one of you and your responses to them are also different.

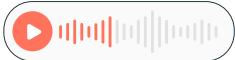
**DR. NAGAMANI KRISHNAMURTHY**

FOUNDER  
BALAVIKASA EDUCATIONAL ACADEMY

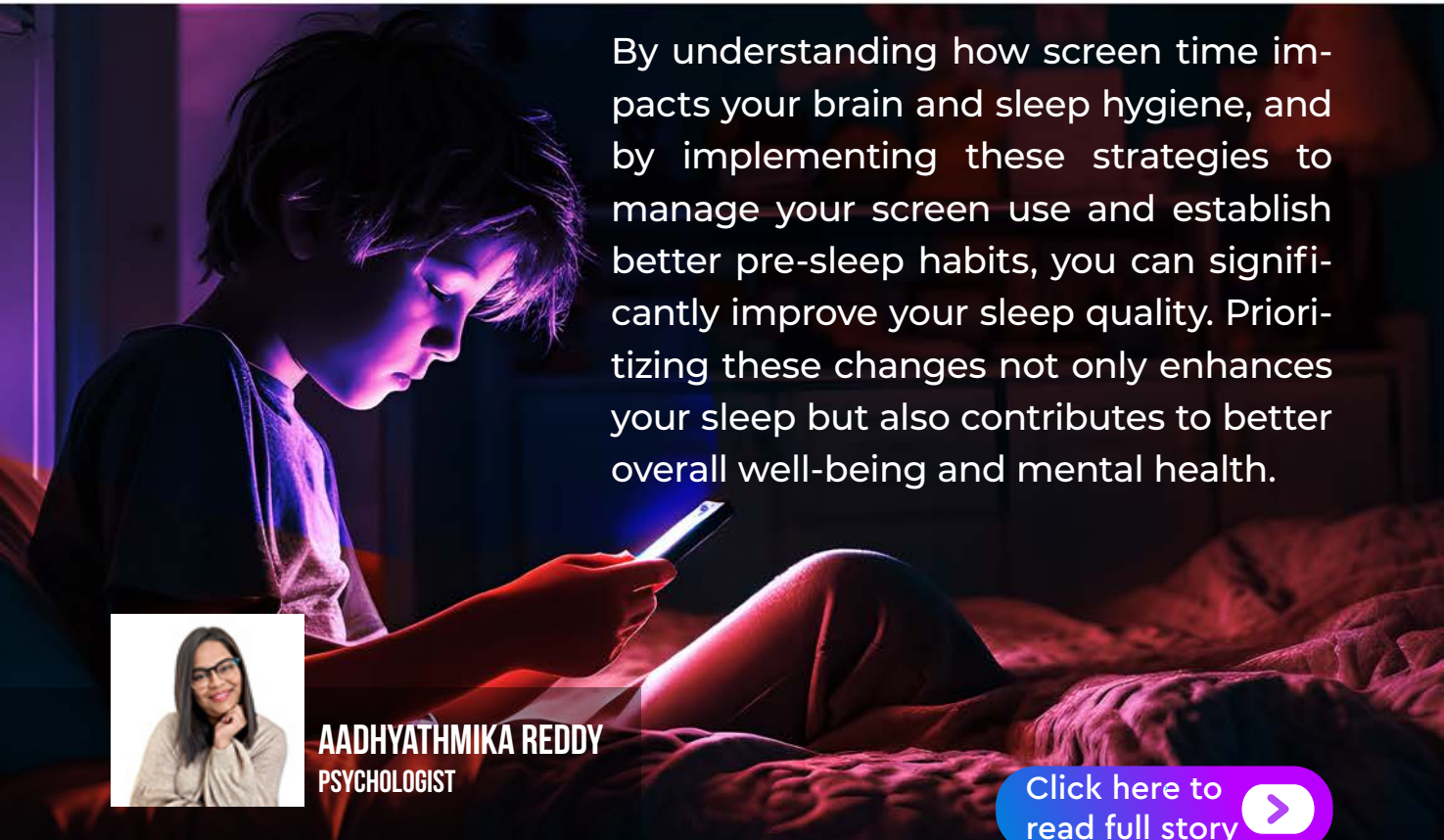


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# SCREEN TIME & SLEEP HYGIENE




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By understanding how screen time impacts your brain and sleep hygiene, and by implementing these strategies to manage your screen use and establish better pre-sleep habits, you can significantly improve your sleep quality. Prioritizing these changes not only enhances your sleep but also contributes to better overall well-being and mental health.



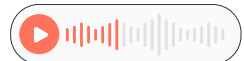
**AADHYATHMIKA REDDY**  
PSYCHOLOGIST

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# Elevate Your Career

## Harnessing the Power of Positive Habits


Engaging in consistent meditation, eating healthy foods in appropriate portions and at regular times, ensuring you get enough sleep, and exercising at least four to five times a week can all contribute to a positive mindset. Additionally, maintaining a cheerful attitude in the face of challenges can foster excellent qualities that others, like interviewers, will notice when they meet you.



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**ASH NAN**  
AUTHOR  
CERTIFIED LIFE & CAREER COACH

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# The Power of Perseverance




  
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Full Article**

There is always no shortage for people around us to pull us down and discourage us, to tell us nothing is going to get better. But perseverance will prove them all wrong! Where we focus matters the most and what we stand for shows our courage to face things head on. At some point, all these the 2 were left with was only hope to succeed no matter what life throws at them and I am pretty sure they are going to do much better than most of us!



**SHALINI SOLOMON**  
HEAD - PEOPLE AND VALUES  
KAZH FINTECH PRIVATE LIMITED

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