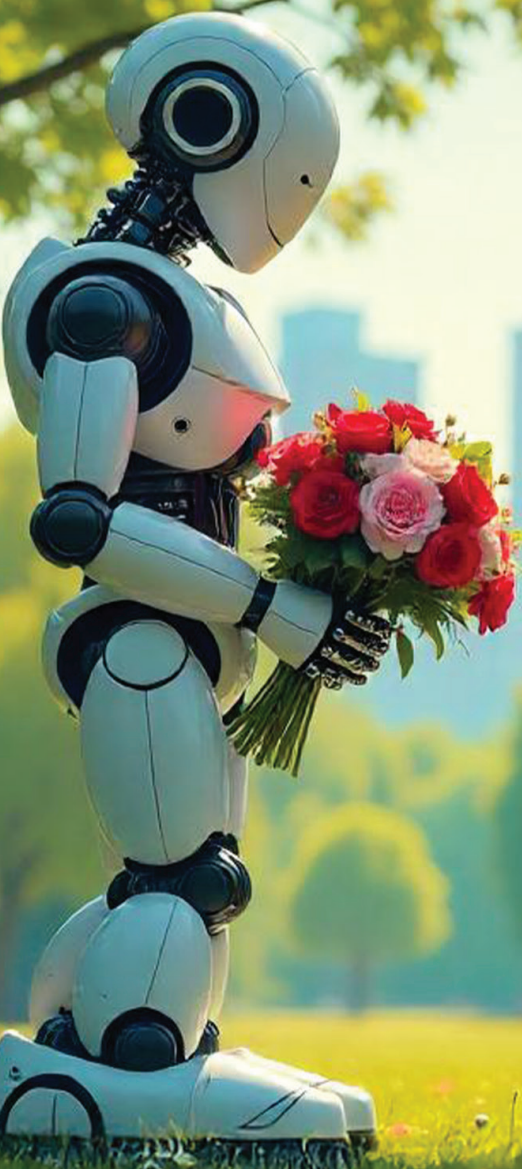


# Being

# Human





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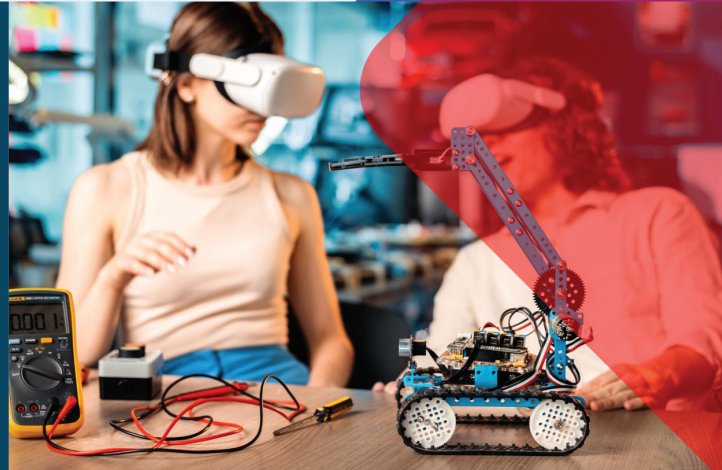




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ICT Academy is organizing a webinar titled Thought Leaders Talk Series (TLTS). This exclusive webinar series aims to deliver insightful sessions from industry experts and subject matter experts on emerging trends, new technologies, far-sighted information, and roadmaps in the ESDM, AVGC, Smart Manufacturing and Life Sciences sectors.



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- ✔ Critical Technologies: Opportunities and Challenges in The ESDM Domain
- ✔ Emerging Trends in AVGC Industry
- ✔ Driving The Next Generation of Careers Through Gaming
- ✔ Building A Transformational Future in Smart Manufacturing
- ✔ Building Careers in The Life Sciences Sectors

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10.00 AM to 12.00 Noon



Fortnightly Sessions



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### WHO CAN ATTEND?

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Entrepreneurs and Higher Education Students

For queries contact [saisuman.v@ictacademy.in](mailto:saisuman.v@ictacademy.in)

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## **ICT Connect**

A Monthly EduTech Magazine.  
January 2025 – Volume 16 Issue 01

Published By

## **ICT Academy**

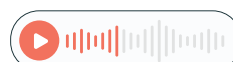
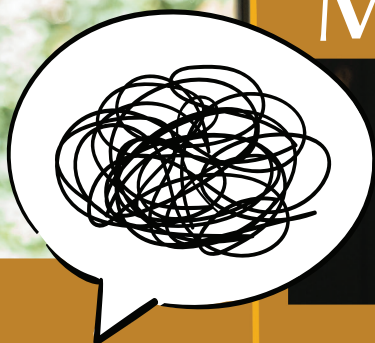
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Kanagam Road, Taramani, Chennai - 600 113. Tamil Nadu. India.  
Ph: +91-44 - 4290 6800 / 6820  
editor@ictacademy.in | www.ictacademy.in

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# Balancing Ambition and Mental Wellness



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Full Article

True success is not just reaching the peak but having the strength and clarity to enjoy the view once you're there. In a world driven by ambition and constant growth, achieving big goals often comes with immense pressure. Many ambitious individuals relentlessly pursue success, pushing boundaries and defying limits.



**DR. NAGAMANI KRISHNAMURTHY**  
FOUNDER  
BALAVIKASA EDUCATIONAL ACADEMY

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# A New Year, A New Beginning Or Is It?



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New Year's resolutions are often framed as declarations of hope and determination. However, the underlying narrative frequently assumes that we must strive to fix something broken within us. While growth and self-improvement are noble pursuits, the manner in which these aspirations are marketed can inadvertently foster feelings of inadequacy. We are inundated with messages suggesting that who we were in the preceding year was insufficient—that a “new you” is imperative for the upcoming year to be worthwhile.



**GEETHA SOLARAJ**  
AUTHOR & MANAGING PARTNER  
BRAHMI TRANSFORMATIONS

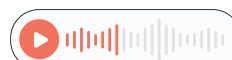
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# SELF INTRODUCTION

I studied Electrical Engineering because I was always curious about how things worked, like fixing lights or altering power cords at home. In my sixth semester, I was introduced to Java, and it sparked my interest in programming. Since then, I've spent over a year exploring and practising it.



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**The Question  
Everyone Knows but  
Few Prepare For**

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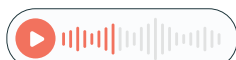
**SENTHIL KUMAR THANGAVEL**  
SENIOR SPECIALIST - SOFTWARE ENGINEER  
LTI MINDTREE





# HOW TO DEFINE A PROBLEM USING **SIX SIGMA** APPROACH?

In Six Sigma approach a Project sponsor is a must. A sponsor is a senior management representative who sanctions time and resources for problem-solving efforts. A sponsor can be a senior management representative or a manager of the process in scope for problem-solving.



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**SREEDHER KADAMBI**  
PRINCIPAL CONSULTANT & MANAGING DIRECTOR  
SKIL GLOBAL

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# Just Start

When we carefully notice all the winners around us, they took the risk of starting to do something that was close to their heart. Leaving the comfort zone is never going to be easy, nobody said so, but winners always say they took the risk of coming out of it to follow their passion and gradually gained their foothold. If you look closely, all their overnight successes took some time, meaning there is nothing called an overnight success - news flash!!



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HEAD - PEOPLE AND VALUES  
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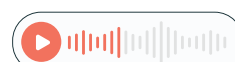




# Competitive Coding Contests

to Improve Employability of Computer Science & Engineering Students

As per the World Economic Forum (WEF) Report, the unemployment rate in India in 2023 is 9% for those with engineering and other professional qualifications. One of the key reasons for this is employability skills gap. The India Skills Report 2025 is a report providing insights on employability in India with the participation of Confederation of Indian Industry (CII), Association of Indian Universities (AIU), AICTE, Google and Wheebox.



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**DR. PRASHANT R. NAIR**  
HEAD, INTERNAL QUALITY ASSURANCE CELL (IQAC)  
AMRITA VISHWA VIDYAPEETHAM  
COIMBATORE

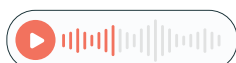
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# MAGIC HAPPENS IN THE MIDDLE

Emotions give depth to our human experience. They transform the five senses, sight, touch, smell, hearing, and taste, into something richer and more meaningful. But here's something even more interesting, every emotional experience also has a physical reaction tied to it. That's the only way we truly experience emotions.



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**BHAVANA ANANTH**  
FOUNDER PARTNER AND CEO  
BRAHMI -CENTER FOR COUNSELLING AND TRANSFORMATIONS

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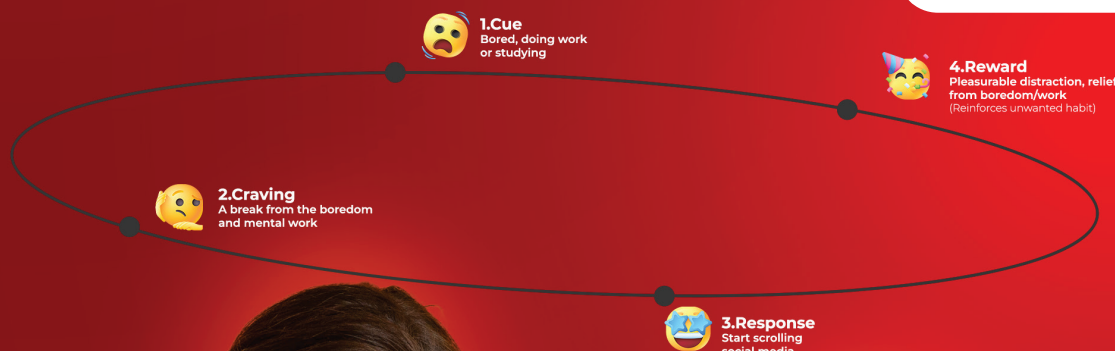


# FORMING AND MAINTAINING HABITS

You repeat so many actions and behaviours daily, some healthy and some not so much. Repeat these actions and behaviours long enough and they become your habits, they become you. So, how do you create new habits and, maybe break old unwanted ones?



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**AADHYATHMIKA REDDY**  
PSYCHOLOGIST

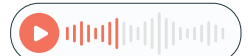
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# TIMELY TIPS ON MANAGING TIME

Busy Bandwagons allude to the relentless urgency wherein everything is to be done now, of our times. Infinity pools, on the other hand, refer to various apps/devices which continuously and relentlessly occupy our attention span, leaving us with no time for ourselves. To make time to accomplish our goals, writers outline a simple 4-pronged approach.



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**DR SREELEKHA KOPPARAMBIL**  
ASSISTANT PROFESSOR, MANAGERIAL COMMUNICATION  
NARSEE MONJEE INSTITUTE OF MANAGEMENT STUDIES

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# THE POWER OF APPRECIATION



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The truth is, it's nobody's fault if someone has a comfortable life or doesn't need to work as hard. Similarly, it's no one's fault if another person faces more challenges. We are all shaped by different circumstances, but what we can control is how we respond.



**MATHURABARGAVEE S**  
DATA ENGINEER  
FRACTAL ANALYTICS



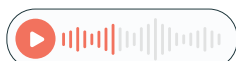
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# CONVERSATIONAL PAYMENTS

## THE FUTURE OF SEAMLESS TRANSACTIONS



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**SHASHIREKHA VENUGOPAL**  
ASSISTANT PROFESSOR & COORDINATOR  
STUDENT DEVELOPMENT CELL  
ISME

Payment Successful



With conversational payments, transactions are becoming faster, more convenient, and more customized than ever before, completely changing how we think about them. Businesses can provide clients with a smooth and natural experience that blends with their everyday lives by incorporating chat-based and AI technology into the payment process.

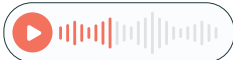
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# TRANSFORM YOUR LIFE

## 10 SIMPLE HABITS FOR SUCCESS



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When we foster positive connections and gain support from those around us, we can accelerate our progress toward achieving our aspirations. In this article, I will discuss ten fundamental habits of highly successful people you may already be familiar with. You might be surprised to learn that these habits are quite simple, and if practiced consistently, they can help you achieve the success you desire in any area of your life.



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

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