



MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES

(A unit of Maharaja Agrasen Technical
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DEPARTMENT OF COMMERCE

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September 16th, 2026

Report On Expert Session

on

"Beyond the Balance Sheet: Life Skills for Success"

Academic Year: 2026-27

Name of Event: Expert Session on "Beyond the Balance Sheet: Life Skills for Success"

Organised by: Department of Commerce, Maharaja Agrasen Institute of Management Studies (MAIMS)

Resource Person: Ms Bharti Dudeja, Life Skills Coach & Corporate Trainer

Date of the Event: 16th September, 2026

Time of the Event: 12:00 PM to 1:00 PM

Mode: Offline

Venue: Room No. 984, 8th Floor, Block 9, MAIMS

Participants: Students of MAIMS, Commerce Department (64 students)

Expert Session on "Beyond the Balance Sheet: Life Skills for Success"

The Department of Commerce, **Maharaja Agrasen Institute of Management Studies (MAIMS)** organised an interactive expert session on **"Beyond the Balance Sheet: Life Skills for Success"** on **16th September 2026**. The session aimed to sensitize students towards the importance of essential life skills in achieving personal and professional success. The session covered key areas including purpose, confidence, communication, decision-making, time management, adaptability and personal growth.

The programme was organised under the guidance of **Prof. (Dr.) Rajni Malhotra Dhingra, Director, MAIMS, and Prof. (Dr.) Manju Gupta, Head, Department of Commerce, MAIMS**. The session was conducted by **Ms Bharti Dudeja, Life Skills Coach & Corporate Trainer**, who shared practical insights and real-life examples to make the discussion engaging and relevant for students.

The session began with a discussion on purpose and self-awareness, encouraging students to reflect on their strengths, values, interests and aspirations. Students were guided to understand how clarity of purpose can help them set meaningful goals and make informed choices about their academic and professional journeys.

A significant part of the session focused on confidence and effective communication. Students learned the importance of expressing themselves clearly, listening actively and developing confidence in interpersonal and professional interactions. The discussion also highlighted how preparation, self-awareness and a positive approach can help overcome hesitation and build confidence.

The session further addressed decision-making and time management. Students were encouraged to assess situations carefully, consider alternatives and take responsible decisions. Practical insights on prioritizing tasks, managing responsibilities and using time effectively were also shared.

Another important aspect of the session was personal growth and adaptability. Students were encouraged to embrace change, learn from challenges and develop resilience. The discussion also highlighted the role of empathy, compassion and emotional well-being in building healthy relationships and becoming well-rounded individuals.

Learning Outcomes

- Develop purpose, values and self-awareness for personal and professional growth.
- Build confidence, effective communication and teamwork skills.
- Enhance time management, decision-making and problem-solving abilities.
- Develop emotional well-being, adaptability and resilience to handle challenges.
- Foster compassion, empathy and social responsibility in personal and professional life.

Conclusion

The session was an enriching learning experience that encouraged students to look beyond academic achievements and focus on developing the skills required to navigate personal and professional challenges. Through interactive discussions and practical insights, students gained a better understanding of how confidence, communication, purposeful decision-making, time management and adaptability can contribute to overall success.

The session concluded with the message that true success goes beyond the balance sheet—it begins with investing in yourself.

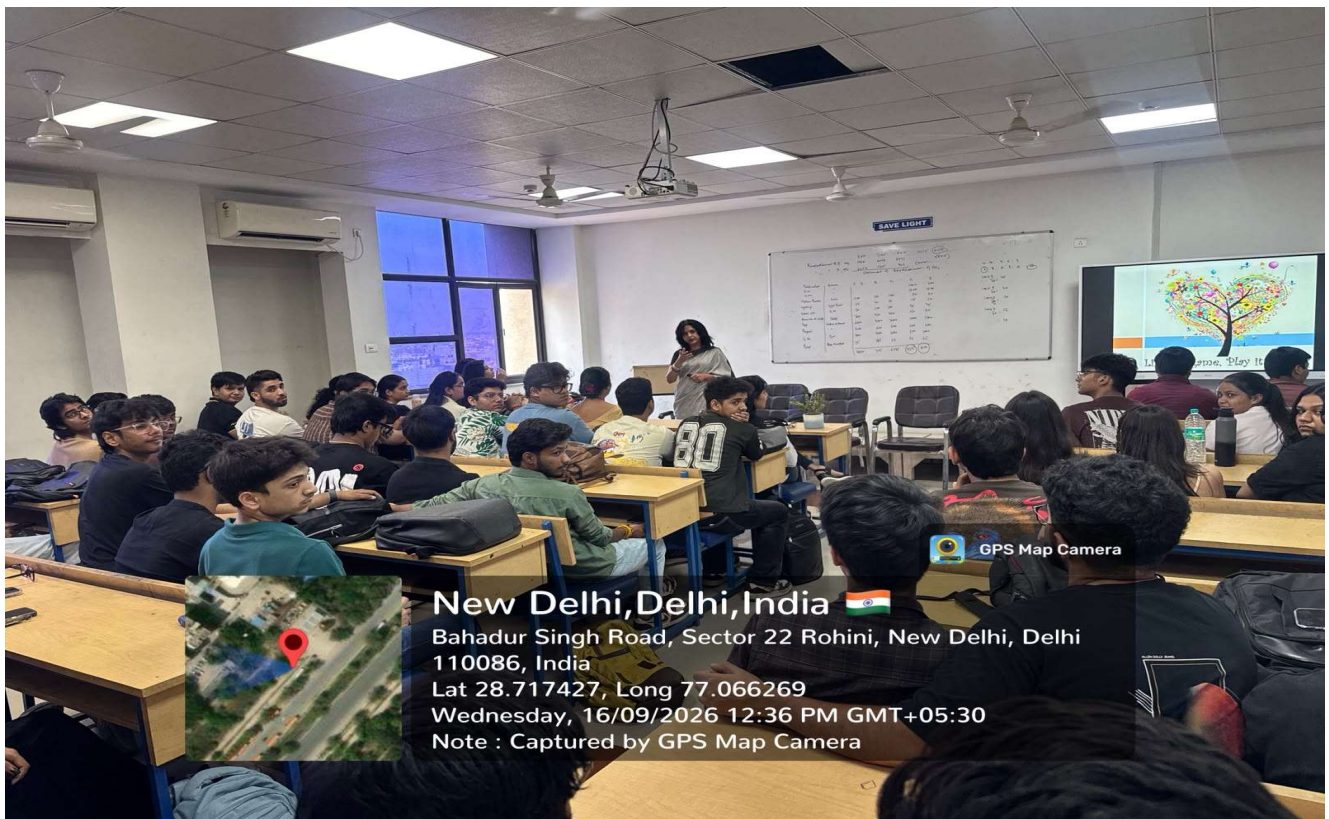
Glimpses of the Workshop



Felicitation of Resource Persons by HOD, Department of Commerce



Ms. Bharti Dudeja addressing the students



Interactive Q&A Session with Participants

Convener

Dr. Pooja Gupta

Assistant Professor, Department of Commerce

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