



EVENTS & HAPPENINGS

Inauguration of Dormitory & Guest House Kitchen

The Dormitory and Guest House Kitchen at SDI-B were inaugurated by the CEO on 2nd May'23, providing enhanced facilities for the institute's supporting staff and guests.

The Dormitory serves as a convenient accommodation option for the supporting staff, allowing them to stay on-site and be readily available for any immediate requirement. It is equipped with bed, beddings, kitchen, washrooms & dining space.

The newly set up kitchen at SDI-B Guest House will play the dual role of meeting dining needs of our esteemed guests as well serve as a training facility for students of Trainee Chef Bakery and Multicuisine Cook courses. The kitchen



would provide them hands on experience of cooking in a professional kitchen environment.

During the inauguration, recognition and appreciation were extended to the project head, Sh. Etibanta Sahoo, and procurement head, Sh. Lalitendu



Mallick, for their continuous dedication and significant contributions towards successful completion of this projects. On this occasion, a plant sapling was thoughtfully planted by CEO, SDI-B outside Dormitory Building.

Student delegates from Jaipur visited SDI-B as part of 'Yuva Sangam-II' Event

As part of the Government of India's Yuva Sangam (Phase-II) initiative, a group of student delegates and faculty members from MNIT Jaipur, along with coordinators from IIT Bhubaneswar, visited SDI-B on 20th May'23.





The visiting delegates were warmly welcomed by Shri SS Patra, Ch. Manager (Administration). He gave them an overview of SDI Bhubaneswar and its objectives towards society. This was followed by a detailed presentation by Shri Kunal Gorav, AM (Training). The delegates were taken round the campus showcasing the Workshops /

Labs, Centres of Excellence (CoEs), including interaction with the faculty and students. Of particular interest was the recently fabricated electric vehicle (EV), which received special attention and garnered praise from the visitors.

Yuva Sangam initiative is an endeavour by the Government of

India under the Ek Bharat-Shreshtha Bharat program which aims provide multi-dimensional experience in five broad areas: Paryatan (Tourism), Parampara (Traditions), Pragati (Development), Prodyogiki (Technology), and Paraspar Sampark (People-to-people connect).

CYBER SECURITY QUIZ – MAY 2023

Great news! The quiz held last month received an excellent response, with over 100 students participating in it. Detailed answers with explanations have been uploaded to the intranet portal, so please go through them to update your knowledge on Cyber Security. Congratulations to the top 3

winners of the April 2023 Quiz - **Deepak Sethi, Jitendra Behera & Mahesh Dandapat!**

Don't miss the chance to participate in the May 2023 quiz. Submit your answers before 25th June'23, for a chance to get an honorable mention in the upcoming edition of SDI-B Pulse.

To participate, simply scan the QR code provided.



KNOWLEDGE POST

Understanding Mindfulness: A Path to Personal Growth and Well-being

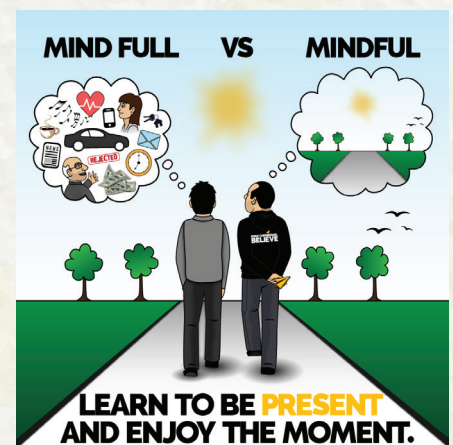
In today's fast-paced and demanding world, the practice of mindfulness has gained significant attention to cultivate inner peace, focus, and overall well-being. Mindfulness, rooted in ancient contemplative traditions, offers valuable insights and techniques that can benefit individuals from diverse backgrounds, embarking on their journey of personal and professional growth. This article aims to provide a comprehensive understanding of mindfulness, its benefits, and practical ways to incorporate mindfulness into the

lives of students.

Mindfulness can be described as the intentional and non-judgmental awareness of the present moment. It involves paying attention to one's thoughts, emotions, bodily sensations, and the surrounding environment with a sense of curiosity and acceptance. It is a state of being fully present, without being overly reactive or caught up in the past or future.

Benefits of Mindfulness:

1. **Stress Reduction:** Mindfulness practice has been shown to alleviate stress and promote relaxation by helping individuals develop a non-reactive stance



towards stressful events. It enhances resilience and equips students to manage academic pressures and challenges more effectively.



2. **Improved Focus and Concentration:**

By training the mind to stay present, mindfulness enhances concentration and cognitive abilities. It enables students to engage in deep, focused learning and academic pursuits, leading to improved performance and productivity.

3. **Emotional Regulation:**

Mindfulness cultivates emotional intelligence and self-awareness, allowing students to recognize and understand their emotions more effectively. It enables them to respond to challenging situations with clarity, compassion, and wisdom.

4. **Enhanced Well-being and Mental Health:** Regular mindfulness practice has been associated with improved mental health outcomes, including reduced anxiety, depression, and increased overall well-being. It fosters a sense of inner calm, contentment, and resilience in the face of life's uncertainties.

Practical Ways to Incorporate Mindfulness:

1. **Formal Meditation:** Dedicate a few minutes each day to practice mindfulness meditation. Start with focusing on the breath or body sensations and gradually expand to include thoughts and emotions. Various guided meditation apps and online resources are available to support this practice.
2. **Informal Mindfulness:** Infuse mindfulness into daily activities by bringing full awareness to routine tasks like eating, walking, or even brushing teeth. Engage the senses, notice details, and savor the present moment experience.
3. **Mindful Study and Learning:** Develop a mindful approach to studying by creating a conducive environment, eliminating distractions, and bringing focused attention to the material being studied. Take mindful breaks to rejuvenate the mind and prevent burnout.

4. **Mindful Communication and Relationships:**

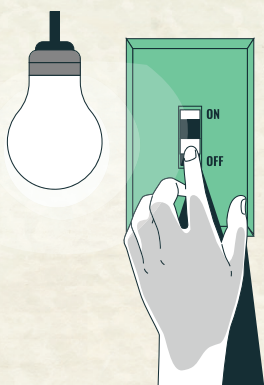
Practice active listening and non-judgmental presence in conversations with peers and professors. Cultivate empathy, kindness, and understanding, fostering positive and meaningful connections.

5. **Self-Care and Mindful Movement:**

Prioritize self-care activities such as exercise, adequate sleep, and healthy nutrition. Engage in mindful movement practices like yoga or walking meditation to connect mind and body.

Mindfulness is a transformative practice that can enrich the lives of students from various disciplines and backgrounds. By embracing mindfulness, students can enhance their overall well-being, cultivate resilience, and develop valuable skills for personal and professional growth. Integrating mindfulness into daily life is a journey that requires patience, commitment, and regular practice.

Energy Saving Tips



Turn off lights
when leaving a room



Switch to energy
efficient appliances



Use LED lights



SOFT SKILLS FOR EVERYONE-3

MY STRENGTHS!

(Hone Them Well)

Smart people identify their strengths and build their success on them. This lesson helps you to identify your strengths and build your future on them.



Find Out Your Strengths

- Be self-aware (know yourself)
- Listen to feedback
- Consider your passions
- Find clues in your attempts and failures
- Talk to people you trust
- Take a personality test
- Seek out new experiences

wikiHow

<https://www.wikihow.com/Identify-Your-Strengths>

Take Control over Fear, Anger and Anxieties rather than Them Taking Control over You



Managed by **IndianOil**

Contact us:

Skill Development Institute, Bhubaneswar (SDI-B)

At/P.O.-Taraboi, PS-Jatni, Dist-Khordha, Odisha, Pin-752050

Ph. No.: 0674 3520200, 8280109799, Email: contact@sdibhubaneswar.co.in

Follow us : [skilldevelopmentinstitutebhubaneswar](https://www.facebook.com/skilldevelopmentinstitutebhubaneswar) [sdibhubaneswar](https://twitter.com/sdibhubaneswar)

Website : www.sdibhubaneswar.co.in

Promoting Organizations

