

# Dr S.C. Gulhane Prerna College of Commerce, Science and Arts



Run by Prerna Sewa Mandal

Reshimbag Square, Nagpur-24

Govt Recognized and Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University

NAAC (UGC) ACCREDITED INSTITUTION 'B' GRADE (CGPA-2.32)

Ph.: 2745296, 2746840



E-mail: [prernacollegengp@gmail.com](mailto:prernacollegengp@gmail.com)

## Counseling Committee

Organized

A Seminar on

### **“How to overcome frustration and choose the path of success”**

Title of the Program: **“How to overcome frustration and choose the path of success”**

Guest Speaker: **Ms. Arti Goswami** *[HRM of Prerna Sewa Mandal, Nagpur]*

Date: **17-04-2025**

Time: **10:30 am**

#### **Objectives:**

1. To explore practical strategies for recognizing, managing, and overcoming frustration, and to provide actionable guidance for redirecting that energy toward achieving personal and professional success.
2. To empower individuals to stay focused, resilient, and goal-oriented in the face of challenges.
3. To highlight the importance of self-awareness, patience, and perseverance in navigating challenges and making informed choices that align with long-term success.
4. To aspire to serve as a motivational and educational resource for individuals striving to stay on track toward their personal definition of success

#### **Highlights:**

1. The Programme started by the lamp lighting & Saraswati puja.
2. Ms. Pooja Gadwe Welcomed Guest Speaker Ms. Arti Goswami.

# Dr S.C. Gulhane Preerna College of Commerce, Science and Arts



Run by Preerna Sewa Mandal

Reshimbag Square, Nagpur-24

Govt Recognized and Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University

NAAC (UGC) ACCREDITED INSTITUTION 'B' GRADE (CGPA-2.32)

Ph.: 2745296, 2746840

E-mail: [preernacollegengp@gmail.com](mailto:preernacollegengp@gmail.com)



3. Ms. Pooja Gadwe gave an introductory remark and explained the importance self-awareness, patienceenergy toward achieving personal and professional success.
4. Guest Speaker Ms. Arti Goswami enlightened how to transform negative emotions into positive action by choosing constructive responses over reactive behavior.
5. Ms. Arti Goswami interact with the student and give them satisfying solutions.
6. The programme was concluded by vote of thanks.

## Outcomes:

1. The student learned importance of self-awareness, patience, and perseverance in navigating challenges and making informed choices that align with long-term success.
2. Student also learned about to identify early signs of frustration, understand its root causes—both internal and external—and adopt healthy coping mechanisms.
3. it encourage students to reframe their challenges as opportunities for self-discovery, learning, and long-term fulfillment, thereby helping them choose a path that leads not only to external success, but also to inner peace and resilience.
4. It seeks to offer a deep and practical understanding of how frustration can become a significant barrier to personal growth, goal achievement, and long-term success if left unmanaged.

**Number of Beneficiaries: 65 Students**

**Anchoring and Vote of thanks by: Ms. Vaibhavi Pranjale**

# Dr S.C. Gulhane Prerna College of Commerce, Science and Arts



Run by Prerna Sewa Mandal  
Reshimbag Square, Nagpur-24

Govt Recognized and Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University  
NAAC (UGC) ACCREDITED INSTITUTION 'B' GRADE (CGPA-2.32)

Ph.: 2745296, 2746840

E-mail: [prernacollegengp@gmail.com](mailto:prernacollegengp@gmail.com)



## Glimpses of the Seminar

