



# ARYABHATTA COLLEGE

University of Delhi



**PRESENTS**

## **BUSINESS UNFILTERED**

EPISODE 2- Ms. Ruby Ajmani

26TH JUNE 2021

*"The perfect place to help you realize your Startup Dreams and to enhance your Business Knowledge"*

**Convenor:** Dr. Monica Aggarwal

**Co-Convenors:** Dr. Shivani Raheja, Dr. Ruchi Sharma

**Student Coordinators:** Ms. Naina Singh, Mr. Yannish Bhandari, Mr. Yaman Goel, Mr. Aarjav Jain, Mr. Prachetus Mahapatra

**Episode 2 Link:** <https://www.youtube.com/watch?v=kM0levV8L1A&t=1s>

The **Entrepreneurship Cell, Aryabhata College** initiated a new YouTube series titled “**Business Unfiltered**” on 19th June, 2021. The second episode was marked by the presence of Professor Manoj Sinha, Principal, Aryabhata College and the speaker **Ms. Ruby Ajmani**, a Happiness and Wellness coach and a Reiki Master. A Delhi University graduate herself; she is the founder of **Evolving Minds**. She is also a certified ‘Heal your Life’ workshop facilitator with over 25 years of teaching experience.

During the session, Ms. Ajmani talked about two human emotions - **Love and Fear**. She emphasized the importance of spreading love and happiness as she believes one can achieve anything through love. She highlighted a story of an old man from which she concluded the importance of moving on from failures and rising up. She explained the importance of **self-love** and how this can bring a positive impact to one's life. She also shared that everything in the world has energy within. We receive much more than what we give in the same energy and our future is based on what decisions we make in the present.

Ms. Ruby Ajmani also talked about the concept of ‘**Mirror Work**’ by Louis Hay where she asked the viewers to spare 10 minutes of their time talking to themselves while looking at the mirror. She also suggested the viewers to practice gratitude as soon as we wake up by making a list of things, we are grateful for, in our lives. Her lessons positively impacted the budding entrepreneurs and can be used to achieve greater success in life. The interview ended with some questions asked by members of team E-Cell. The webinar was also very well received by the audience on YouTube and the video has amassed close to **380 views**.

## EVENT POSTER

The poster is for a live event titled "Business UnFiltered Episode 2" on June 26th at 12 noon. The background is a dark green with a swirling pattern. At the top left is the logo for "The Entrepreneurship Cell" and "ARYABHATTA COLLEGE UNIVERSITY OF DELHI". The main title "Business UnFiltered" is in large white and yellow font, with "Episode 2" below it. A red play button icon and the word "Live" are to the right. The central theme is "Entrepreneurship and combating fear". A portrait of Ruby Ajmani is shown, with a yellow box below her name and title: "RUBY AJMANI Happiness & Wellness Coach Reiki Master". At the bottom left is a portrait of Prof. Manoj Sinha. The bottom section lists the Patron, Convenor, Faculty Coordinators, and Student Coordinators.

<b>Patron</b> Prof. Manoj Sinha (Principal)	<b>Convenor</b> Dr. Monica Aggarwal	<b>Faculty Coordinators</b> Dr. Shivani Raheja Dr. Ruchi Upadhyay	<b>Student Coordinators</b> Naina Singh Yannish Bhandari
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## EVENT HIGHLIGHTS

