

Report on Guest Lecture: "Just Be and Do Science"

(An IQAC initiative)

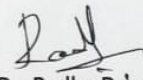



REF: MSRCASC-A/WS/CIR/2024-25/42

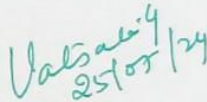
Date: 24/07/2024


CIRCULAR

This is to inform the HOD's and the faculty members of the Lifesciences departments that Dept of Biotechnology & Genetics is hosting a Guest lecture for I Sem BSc life sciences students on 8th August at 11:00 AM in Kuvempu seminar hall. The guest speaker is Dr Bishwajit Paul, Assistant Professor at the Dept of Chemistry, University of Bengaluru, and the title of the talk is "Just Be & Do (Science)". It is compulsory for all the faculties of life sciences who are engaging the I Sem to attend the guest lecture. Other faculties whoever is free should also attend the guest lecture.


24/7/24
Dr. Radha Dayanidhi
HOD – Biotechnology & Genetics


24/7/24
Dr. Pushpa
Vice Principal


25/07/24
Dr. Vatsala G
Principal
M.S.Ramaiah College of Arts, Science &
Commerce-Autonomous
MSRIT POST, MSR Nagar
Bengaluru - 560 054


5/8/24


7/8/24

M S Ramaiah Nagar
MSRIT Post
Bangalore 560 054

T +91 80 2360 0966/8597
+91 80 2360 6905
F +91 80 2360 6213

E principal.msrmcasc@gmail.com
W www.msrmcasc.edu.in



The Department of Biotechnology & Genetics
presents



GUEST LECTURE

(an IQAC initiative)

Theme: Just Be & Do
(Science)

Dr. Bishwajit Paul

PhD (New York University, USA)

Postdoc (Broad Institute, USA)

Asst Professor, Dept of Chemistry

Bangalore University

Convenors

Time: 11:00 AM - 12:15 PM

Dr Sathish Babu & Dr Radha Dayanidhi

Venue: Kuvempu Seminar Hall

Date: Thursday, 8 Aug, 2024

Report on Guest Lecture: "Just Be and Do Science"

(An IQAC initiative)

Title: 'Just Be and Do Science'

Resource Person: Dr. Bishwajit Paul, Assistant Professor, Dept. of Chemistry, Bangalore University, Bangalore.

Organizer: Biotitans Club, Department of Biotechnology and Genetics.

Date and time: August 8, 2024, 11.00 AM-12.15 PM.

Venue: Kuvempu Seminar Hall, MSRCASC, Bangalore.

Participants: I Semester UG students of Life Science, Faculty of Life Science, MS Ramaiah college of Arts, Science and Commerce, Bangalore.

Convenors: Dr Sathish Babu & Dr Radha Dayanidhi, Dept of Biotechnology & Genetics.

The **Biotitans Club** of the **Department of Biotechnology and Genetics** organized an insightful and motivating guest lecture titled "**Just Be and Do (Science)**" on **August 8th, 2024**, at the **Kuvempu Seminar Hall**. The lecture was delivered by **Dr. Bishwajit Paul**, Assistant Professor, Department of Chemistry, and the event was anchored by **Ms. Amritha** of I BSc. The event was attended by I BSc students, and faculty eager to learn about personal growth and success from a holistic perspective. Research Head **Prof Savita** presided the event.

Welcome speech

The session began with welcome speech by **Dr Radha Dayanidhi**, Head of the Department of Biotechnology & Genetics and mentioning the aims and objectives of Biotitans club.

Introduction of the Speaker

Mr **Deb Sharma** of I BSc introduced the speaker **Dr. Bishwajit Paul**. The introduction of Dr. Bishwajit Paul did his MSc in Organic Chemistry at the prestigious Indian Institute of Science Bangalore. He pursued his PhD at New York University (NYU), USA. Later he was a Postdoctoral Associate at University of Michigan and The Broad Institute, USA. Presently he is working as Assistant Professor, Dept. of Chemistry, Bangalore University, Bangalore. He known for his unique approach to blending scientific principles with personal development strategies. Dr. Paul brings a scientific lens to his motivational talks, making his sessions both informative and inspiring.

Speech by Dr. Bishwajit Paul:

Dr. Bishwajit Paul's lecture covered several key themes that emphasized self-improvement, long-term success, and resilience. His talk was filled with real-life examples and studies, which helped the audience connect the science behind personal development with practical applications.

1. **How to Just Be:**

- Dr. Paul began by discussing the importance of being present in the moment. He explained that "just being" is about focusing on the present rather than getting caught up in past failures or future anxieties. He related this to mindfulness and explained how being fully present can lead to better decisions and greater personal fulfilment.

2. **Find Your Better You:**

- In this section, Dr. Paul encouraged the audience to continuously seek self-improvement. He suggested that every individual has the potential to evolve into a better version of themselves by recognizing strengths and working on weaknesses. He explained how small, consistent efforts can lead to significant personal transformation over time.

3. **Think Long Term. Patience Pays – Example of Usain Bolt:**

- Dr. Paul emphasized the importance of thinking long-term and cultivating patience. Using the example of Olympic gold medallist **Usain Bolt**, he highlighted how years of hard work and dedication led to his brief moments of glory on the world stage. He urged the audience to apply this lesson in their own lives, focusing on long-term goals rather than seeking instant gratification.

4. **Extreme Courage – Example of Aron Ralston:**

- Dr. Paul shared the inspiring story of **Aron Ralston**, an adventurer who survived a life-threatening situation by showing extreme courage and self-determination. Ralston was trapped under a boulder for 127 hours and amputated his own arm to save his life. Dr Paul used this example to demonstrate how courage in the face of adversity can lead to unimaginable survival and success.

5. **My Apple Moment – Example of Steve Jobs:**

- Referencing **Steve Jobs**, Dr. Paul discussed the concept of an "Apple moment" – the point where one's vision and perseverance result in transformative success. Jobs revolutionized the technology industry through his innovative thinking and relentless pursuit of excellence. Dr. Paul encouraged the audience to work toward their "Apple moment" by staying true to their passions and ideas, despite challenges.

6. **The RAT Story: A Study by Dr. Curt Richter:**

- Dr. Paul concluded his talk with an intriguing scientific example: the **RAT study** by **Dr. Curt Richter**. In this experiment, Richter observed how rats, when placed in water, would swim longer, and survive when they had hope. This research demonstrated how a sense of hope and belief in survival can drastically change one's behavior and outcome. Dr. Paul used this story to reinforce the power of perseverance and hope in overcoming life's difficulties.

Interactive Session

Following the main lecture, there was an interactive session where students and faculty engaged with Dr. Paul, asking questions, and sharing their thoughts on the topics discussed. The session provided further clarity on how these lessons could be applied in academic and personal life.

Vote of Thanks

The event concluded with a Vote of Thanks delivered by **Ms. Jahnvi** of I Sem BSc, who expressed sincere gratitude to Dr. Bishwajit Paul for his inspiring talk and to the Biotitans Club for organizing the event. Jahnvi also thanked the attendees for their enthusiastic participation and the management and supporting staff in their absentia.

Conclusion

The guest lecture by Dr. Bishwajit Paul was an enriching experience, combining scientific insight with personal growth strategies. His message of mindfulness, resilience, and long-term thinking left a lasting impression on the audience, motivating them to apply these principles in their academic and personal journeys. The event was a great success, with many attendees expressing their appreciation for the valuable lessons shared by Dr. Paul.

Photos of the event



Dr Radha, HoD giving Welcome Address



Mr Deb Sharma introducing Dr Bishwajit



Attendees I BSc students



Attendees I BSc students




Dr Bishwajit addressing the students




Dr Sathish thanking Dr Bishwajit


ATTENDANCE SHEET



RAMAIAH
College of Arts, Science
& Commerce - Autonomous




GOVERNMENT OF KARNATAKA
BANGALORE UNIVERSITY



IQAC

The Department of Biotechnology & Genetics presents



GUEST LECTURE
(an IQAC initiative)


Theme: Just Be & Do (Science)


Dr. Bishwajit Paul
Asst Professor, Dept of Chemistry
Bangalore University

Venue: Kuvempu Seminar Hall
Date: Thursday, 8 Aug, 2024
Time: 11:00 AM - 12:15 PM

Sl No	Name	Course/Sem	Signature
1	Krupa R	B.Sc BT/MB/C	Krupa
2	Yojana	B.Sc BT/MB/C	Yojana
3	Alumita Dalta	B.Sc (BT/MB/C)	Alumita
4	Kavya V	B.Sc (MB/G/BC)	Kavya V
5	Bhavya Singh	B.Sc (BT/MB/C)	Bhavya
6	Bhaskathi V	B.Sc (BT/MB/C)	Bhaskathi
7	Ankitha G	B.Sc (BT/MB/C)	Ankitha
8	KV Sree Lakshmi	B.Sc (BT/MB/C)	KV Sree
9	Pooja Lakshmi KS	B.Sc (MB/G/BC)	Pooja
10	Hannah Suresh	B.Sc (MB/G/BC)	Hannah
11	Muthukuma Nandan	B.Sc (MB/G/BC)	Muthukuma
12	Nithya Ravi	B.Sc (MB/G/BC)	Nithya
13	Anusha L	B.Sc Biotech	Anusha L
14	Neha Ali	B.Sc Biotech	Neha
15	Nandini	B.Sc (BT/MB/C)	Nandini
16	Varshita N	B.Sc (BT/MB/C)	Varshita
17	Rupashree Chakraborty	B.Sc (BT/MB/C)	Rupashree
18	Trishika Sinha	B.Sc (BT/MB/C)	Trishika
19	Khushi Bhatia	B.Sc (BT/MB/C)	Khushi
20	Anushka Bansal	B.Sc (BT/MB/C)	Anushka
21	Sashwat Singh	B.Sc (BT/MB/C)	Sashwat
22			

ATTENDANCE SHEET






The Department of Biotechnology & Genetics
presents

GUEST LECTURE
(an IQAC initiative)

Theme: Just Be & Do
(Science)



Dr. Bishwajit Paul
Asst Professor, Dept of Chemistry
Bangalore University

Venue: Kuvempu Seminar Hall
Date: Thursday, 8 Aug, 2024
Time: 11:00 AM - 12:15 PM

Sl No	Name	Course/Sem	Signature
1	Akshaya N	B.Sc BT/MB/chem	Akshaya
2	K. P. Ananya	B.Sc BT/MB/chem	Ananya
3	Hushara F	B.Sc BT/MB/chem	Hushara
4	Deeksha N	B.Sc BT/MB/chem	Deeksha
5	Khalid Ansh K.	B.Sc BT/MB/chem	Khalid
6	Tiger A.	B.Sc BT/MB/chem	Tiger
7	Nikhil S. Jain	B.Sc BT/MB/chem	Nikhil S.
8	Rohit Sharma	B.Sc BT/MB/chem	Rohit
9	Madhumitha A	B.Sc GEN/MB/BC	Madhu
10	Ikshita Bhat	B.Sc GEN/MB/BC	Ikshita
11	Ananya S	B.Sc GEN/MB/BC	Ananya S
12	Sumedha S. Masathe	B.Sc Biotech/MB/chem	Sumedha
13	K. Nagasai	BSC Biotechnology/MB/chem	Nagsai
14	MADHAV KUMAR	BSC Biotech/MB/chem	Madhav
15	MAYUR RAO TS	BSC BT/MB/chem	Mayur
16	YASHWANTH. BS	BSC BT/MB/chem	Yashwanth
17	Sudarshan Babu S	BSC BT/MB/chem	Sudarshan
18	Pavan Kumar A	BSC BT/MB/chem	Pavan
19	C Akshay	BSC BT/MB/chem	Akshay
20	Baleji T. H	BSC BT/MB/chem	Baleji
21	Ananya Sarkar	BSC BT/MB/chem	Ananya
22	Debanjana Samkar	BSC BT/MB/chem	Debanjana
23	Varshitha N	BSC GEN/MB/BC	Varshitha
24	Kurthana B	BSC BT/MB/chem	Kurthana
25	Myser Taskeen	BSC GEN/MB/BC	Myser
26	Indhira V. Mudakari	BSC GEN/MB/BC	Indhira
27	Varsha G	BSC BT/MB/chem	Varsha
28	Deepa P	BSC BT/MB/chem	Deepa
29	Kavana S	BSC BT/MB/chem	Kavana
30	Chasmitha MS	BSC BT/MB/chem	Chasmitha

ATTENDANCE SHEET



RAMAIAH
College of Arts, Science
& Commerce - Autonomous



IQAC
Internal Quality Assurance Cell
of Institutions



UNIVERSITY OF BANGALORE

The Department of Biotechnology & Genetics presents

GUEST LECTURE

(an IQAC initiative)

Theme: Just Be & Do (Science)



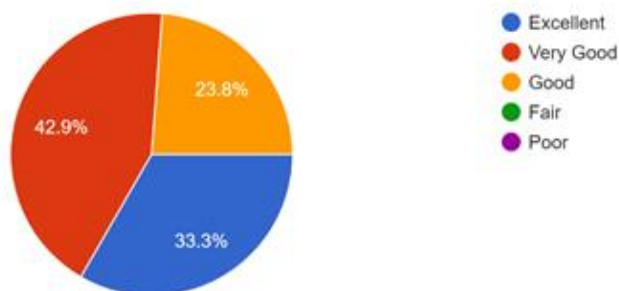
Dr. Bishwajit Paul
Asst Professor, Dept of Chemistry
Bangalore University

Venue: Kuvempu Seminar Hall
Date: Thursday, 8 Aug, 2024
Time: 11:00 AM - 12:15 PM

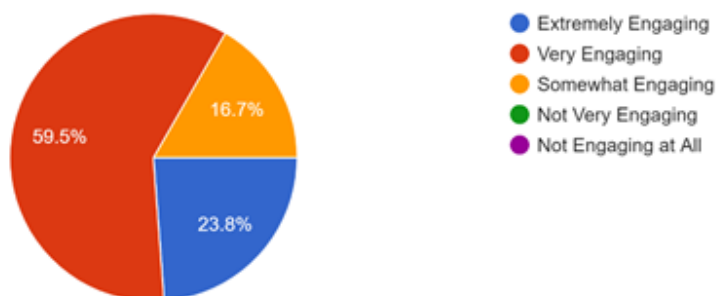
Sl No	Name	Course/Sem	Signature
1	RIKISHA J	B.Sc - Bt / MB / CHE	Rikisha J
2	Rishitha H Reddy	B.Sc - Bt / MB / CHE	Rishitha H Reddy
3	Hemal L	B.Sc - Bt / MB / Chem	Hemal L
4	RACHANA S	B.Sc - Bt / MB / CHE	Rachana S
5	Rithika V	B.Sc - Bt / MB / CHE	Rithika V
6	Shreya R	B.Sc - Bt / MB / CHE	Shreya R
7	S. SHREE VARSHA	B.Sc - Bt / MB / CHE	S. Shree Varsha
8	SHRINIDHI A P	B.Sc - Bt / MB / CHEM	Shrinidhi A P
9	Aman Raj	B.Sc - Bt / MB / Chem	Aman Raj
10	AKASH MISHRA	B.Sc - Bt / MB / Chem	Akash Mishra
11	Ankit Sahani	B.Sc 1st sem	Ankit Sahani
12	Sayanika Gani	B.Sc MB / AC / BC	Sayanika Gani
13	Shrinu Rishi	B.Sc MB / G / BC	Shrinu Rishi
14	Shreya Gopal	B.Sc MB / G / AC	Shreya Gopal
15	Ranjitha Suresh	B.Sc - Bt / MB / CHEM	Ranjitha Suresh
16	Nikita Sagar	B.Sc - Bt / MB / Chem	Nikita Sagar
17	Sanjukta Pattanayak	B.Sc - Bt / MB / Chem	Sanjukta Pattanayak
18	Salome Kicker	B.Sc - Bt / MB / Chem	Salome Kicker
19	Jahnu R	B.Sc Bt / MB / Chem	Jahnu R
20	AMRUTHA H E	B.Sc Bt / MB / Chem	Amrutha H E
21	DEB SHARMA	B.Sc Bt / MB / Chem	Deb Sharma
22	Arush N. Choudhury	B.Sc Bt / MB / Chem	Arush N. Choudhury
23	NOORAIN FATHIMA	B.Sc Bt / MB / Chem	Noorain Fathima
24	SHARON PAUL	B.Sc Bt / MB / Chem	Sharon Paul
25	Ketan	B.Sc Bt / MB / Chem	Ketan
26	Shambhavi	B.Sc GEN / MB / Chem	Shambhavi
27	Shruthi	B.Sc GEN / MB / Chem	Shruthi
28	Shruthika	B.Sc GEN / MB / Chem	Shruthika
29	Fauzan	B.Sc Bt / MB / Chem	Fauzan
30	Yuktha	B.Sc Bt / MB / Chem	Yuktha

Feedback

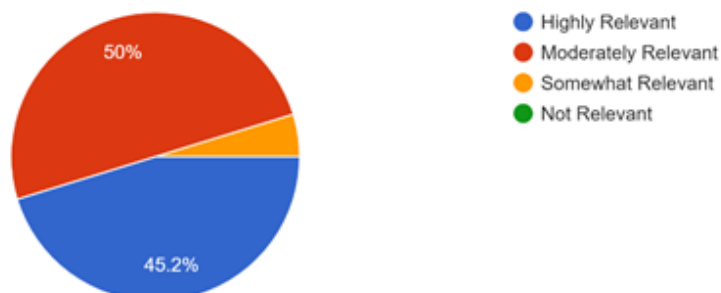
1. How would you rate the overall quality of the lecture?



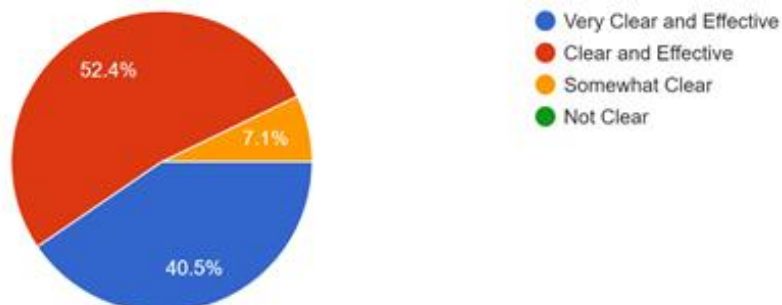
2. How engaging and informative was the content presented by Dr. Bishwajit Paul?



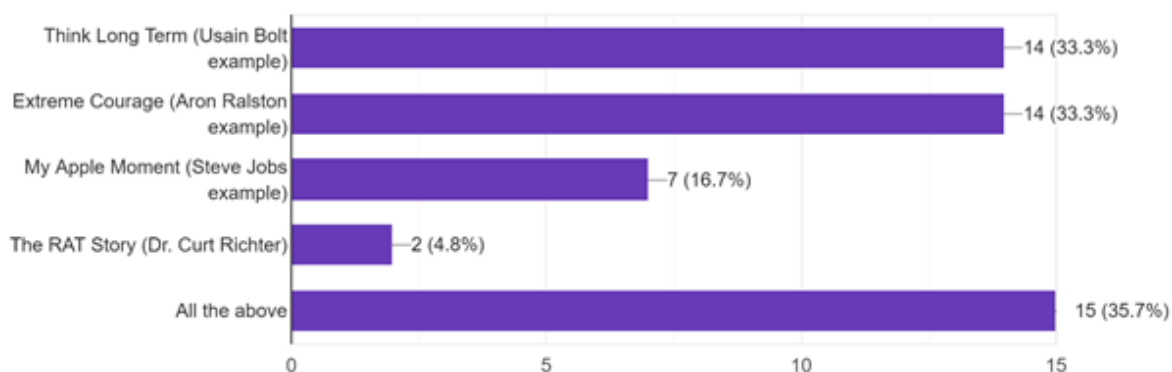
3. How relevant was the lecture to your academic or personal development?



4. How clear and effective was Dr. Bishwajit Paul's communication and delivery?



5. Which real life example you liked the most in his speech?



[Signature]

Dr Sathish Babu
Convenor

[Signature]

Dr Radha Dayanidhi
HoD, Dept of Biotechnology & Genetics

[Signature]
Principal,
M.S. Ramaiah College of Arts, Science & Commerce
MSRIT Post, MSR Nagar
Bangalore - 560 054

Dr Vatsala
Principal