No Time Like The Present..

There is an old Buddhist saying: “Present Moment…Only Moment”. Everything that is occurring, occurs in the present moment, and occurs now. Everything that is remembered, is remembered now, in the present moment.

Living in the present means focusing on what is happening right now, enjoying it, and making the most of it.

I would like to start with a story about two friends traveling by train. One was very nervous, restless and full of complaints the whole trip. He was impatient to reach his destination, and disliked every moment of the trip. He did not pay attention to his surroundings, as his mind was full of impatient, restless and grumpy thoughts.

His friend, on the other hand, enjoyed the scenery, drank a cup of coffee, ate a piece of cake and chatted with the other passengers. He enjoyed every moment of the trip. He lived in the present moment and made the most of it. On arrival he was fresh and felt good. His friend, as expected, arrived exhausted, tired and unhappy.

It is a matter of the right attitude. Life becomes a happy and enjoyable trip when the attitude towards it and its events is positive, and the present moment is used in the best possible way.
I live in the now. I believe that the only time worth living for is the present. Now, that doesn’t mean I disregard my future, it simply means the only thing guaranteed is this moment. This one right now. And this one. Again. Time is a constant in its variableness. Time moves. It doesn’t stop. It follows the laws of the universe. But in the end, it still is in continuous motion. So why do we talk about the present? Because mankind has to give everything a name. The present is merely the future becoming the past. That is the name of the process given by mankind.

“Yesterday is a history, Tomorrow is a mystery but Today is a gift, that’s why it is called PRESENT.”

-An Article by Mr.Farook, Softskills Trainer  
(Originally published in Trainopedia Magazine)
Comeback to Career Meet organised in association with SHE, Dubai was held on 28th September 2018 at Calicut Paragon Hotel, Al Karama Dubai.

Ms. Vinaya Ambadi (Chairperson of SHE Dubai chapter & CEO of Mudra Events LLC) commenced the meeting by delivering her Welcome Address. Mr. Naveen Shetty (HR Specialist, Electronic Government Authority, RAK) first keynote speaker of the meet shared his view on the challenges faced and strategies to be adopted by a woman in climbing the corporate ladder. He quoted the examples of his own female colleagues. The keynoter Ms. Sameena Khanam (Senior Manager, PR and Communication, Zulekha Healthcare Group, UAE) spoke on ‘Choosing a career rightly – especially after a break” and inspired the attendees by detailing the simple ways to keep oneself career oriented on a routine basis. She also highlighted the importance of self-admiration and respecting others the way they are.

Ms. Chandra Vadhana (CEO & Chief Mentor, Prayaana, INDIA) is the backbone behind the C2C meet. She set the context on C2C by focussing the importance of creating a “women-centric career-oriented culture” quoting experiences from her own professional and personal life.

The main attraction of the second phase of the meet was a panel discussion consisting of excellent speakers moderated by an enthusiastic moderator Ms. Romita Ghosh (MD, Admirus Marksol, India). The board discussed on “Setting up a career Available options, Industry support, start-up support, ideas”.

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Romita formulated questions to designated speakers based on their field of operation. Vinaya being an entrepreneur herself spoke about the importance of multitasking. Ms. Sameena suggested casual ideas for women to make money at home. Being the HR delegate of the panel, Ms. Roschelle Poppen (HR Business Partner Aspen Pharma, Dubai) drew attention of the participants to the importance of customising their profile and covering letter based on the position applied for. She also spoke about the presence corporate policies exclusively meant to hire women or mothers. Ms. Divya Puri (Global Human Resource Manager Intertec Systems Dubai) as another HR spokesperson, suggested that finding time to learn and keep oneself updated is a long-term investment especially in career re-entry. Sabrina Saures, (Client Director, Profusion, UAE) a digital marketing savvy, told how she dealt with an identity crisis when she became a mother. Her insights on networking and keeping abreast of latest technologies by attending online courses or trainings took the discussion to a next level. The only male partaker of the discussion Mr. Harish Kotra (Hackathons Specialist Head of Technology Tech Evangelist, INDIA) emphasised on how one can use the online media to showcase her talent or skill to others. His view on women being a good multitasker, listener and organizer was well appreciated by the audience.

“Prayaana She Dubai Hub” was setup and the volunteers from the participants including the host of the meet, (Rajani Ramkumar) were chosen to be the part of Executive Committee of the Hub.

See the photos of the event at www.facebook.com/prayaanalabs
#Prayaana Koottarivu Impact #1

Our Koottariv Volunteers from KMEA, Aluva conducted a Class for school students from Flood stricken regions at Govt High School, west Kadungallor. The Class was based on "Getting Up from Fallen Life". A Team of student volunteers as well as psychologists conducted the sessions.
Our Prayaana fellows from Sree Buddha College of Engineering, Pattoor conducted a class for few women from a rural locality. The class was based on the topics like self learning, self employability and self respect. The basic methods for using internet was also introduced, which was new for them. Various self employability techniques were also given emphasis.

Our girls: Kavya Rajesh, Shells Jiju George, Jomsy A Kurian, Mayoori J, Namitha S
#Prayaana Campus Impact Stories #15

One day Motivation and Career guidance workshop conducted by Our Prayaana Fellows of Sree Budha College of Engineering for Plus One students of John F Kennedy School.

The team members were
- Shiny Joseph
- Sreedhanya R
- Meera Remesh
- PS Krishna
- Silpa Anand S

Well done Girls. More Power to all of you!

#Koottarivu #Prayaana #GirlPower Sreebudha Engineering College
Prayaana Campus Orientation Program was held at RIT, Kottayam

A three hour Orientation program on career building, employability skills and entrepreneurship was conducted at RIT by Team Prayaana. Ms. Sreedevi, CEO of Processhub was the chief guest of the event. She spoke about the importance of career and employability skills in freshers. Ms Smitha talked on how Prayaana played a vital role in helping her discover her skills. She encouraged the college girls to have a dream while they were still in college, so that by the time they pass out, they would have a definite idea about where they could be headed. Communication skills were prominently stressed on about being developed.
Awards Nomination!!

Our CEO is the India Nominee for the Biennial Women in Business Award by UNCTAD, Empretec, which is being held at Pales Des Nations, United Nations, Geneva on Oct 25th. She will be speaking at two events in the UN General Assembly on Oct 25 and 26th. She is one of the Five WBA nominees from various parts of the world to be invited for participating and speaking at this prestigious event.

Let's wish the best for INDIA!

Logo ReLaunch!!

Our Training magazine is undergoing a fast re vamping and await the portal launch very soon! For now, here is the logo revamped!

Website ReLaunch!!

We are happy to announce the relaunch of our corporate website!

Check out the new look at

www.4tunefactory.com
PRAYAANA CAMPUS FELLOWSHIP WORKSHOP AT TOCH INSTITUTE OF SCIENCE AND TECHNOLOGY (TIST), ERNAKULAM

Two days of Campus Fellowship Training conducted at Prayaana Campus Hub of ToCH Institute of Science and Technology. Our Chief Mentors Dr. Lalitha Mathew and Ms. Chandra Vadhana led the Training session.

Get ready for a set of #Impact Stories from these girl changemakers very soon! :)

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“Soft Skills development and a sound general knowledge are the most important ingredients in becoming employable, said, Dr. T.P. Sethumadhavan, Director UL Education and Cyberpark in his keynote address at the C2C Meet (Comeback 2 Career) held on 7th September at GMI Hall, Calicut. He also spoke about the various new avenues for women to re-start their career effectively. Skill development is very important and he cited many options that the government is offering which is meant to develop women entrepreneurship. Mr. Nishad A.K., Group Executive Director, Malabar Gold and Diamonds and the Vice President of Greater Malabar Initiative (GMI), while inaugurating the event expressed his happiness on the attempt and effort taken by Prayaana to bring women to the forefront of business arena.

The event was the first of its kind in Calicut to bring together women from various educational backgrounds who had taken a career break due to many reasons. C2C Meet was an eye-opener for the 80 plus women who attended the meet to kickstart their career.

Dr. Lalitha Mathew, Chief mentor of Prayaana spoke about how, while making a path for oneself, you should also pave the way for others to follow. Ms. Chandra Vadhana, CEO of Prayaana mentioned that the biggest challenge that a woman faces is not glass ceiling but a wooden ceiling which exists in the minds of a woman. We need to break that before glass ceiling can be broken.

There were also sessions led by prominent trainers and entrepreneurs. Ms. Keziah Thomas, Mr. Koshy Ancheril, Ms. Anjali Chandran, Ms. Indu Vijayakumar Vijayakumar, Mr. Roshan Kynady were the panelists who spoke about various opportunities for women who want to start their career.

The event was organized by Prayaana, a Social Project of 4Tune Factory, a leading Human resources company based in Kochi in association with Greater GreaterMalabar Initiative and Kerala Startup Mission.
The Prayaana C2C Fellowship Training was held on Sept 24-25 in association with Farooq Institute of Management Studies, Farooq, Calicut. The program was led by our Chief Mentor, Ms. Keziah Thomas
Our CEO, Ms. Chandra Vadhana R, was one of the selected Social Entrepreneurs from India to participate in the TechCamp, South Asia, held at Dubai from Sept 25-27. TechCamp is a unique training on technological tools in business and is given to selected entrepreneurs by the US Govt. TechCamp South Asia was held first time for women entrepreneurs from India and Pakistan.

Nostalgia!

The Official Launch of Prayaana was on 4th Oct 2017! at Kochi Infopark. Mr. Sunil Balakrishnan, Global Delivery Head of UST global as well as Mr. Gokul Alex were some of the main guests at the event.
Gender Awareness Video Campaign Launched!

One month Gender Awareness Video Campaign is launched by us and is live at our CEO's youtube channel & FB page @ConnectCeeVee
Like our pages to get regular updates

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