



# HSNC UNIVERSITY, MUMBAI

## Kishinchand Chellaram College

### Department of Life Sciences

#### Under the aegis of DBT Star Status

#### PRESENTS

#### Edu-Link Lecture Series 2021-22

#### Lecture – 04

#### “When Life Lets You DOWN... A Journey from KC to KSU”

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The Department of Life Sciences, K.C. College, HSNC University under the aegis of DBT Star Status, organized an insightful session on the topic ‘When Life Lets you Down... A Journey from KC to KSU’ on 22<sup>nd</sup> January, 2022 on the Zoom platform. Ms. Manasi Agrawal, a PhD candidate at Kent State University, Ohio, USA was the esteemed resource person for the event. The session had an audience of 45 participants comprising of the second year and third year undergraduate students along with the faculty of Department of Life Sciences, K.C. College. The main aim of the webinar was to enlighten the participants on the obstacles faced by a student on their journey to become successful in their chosen field of interest and ways to overcome them along with optimizing their time during bachelors.

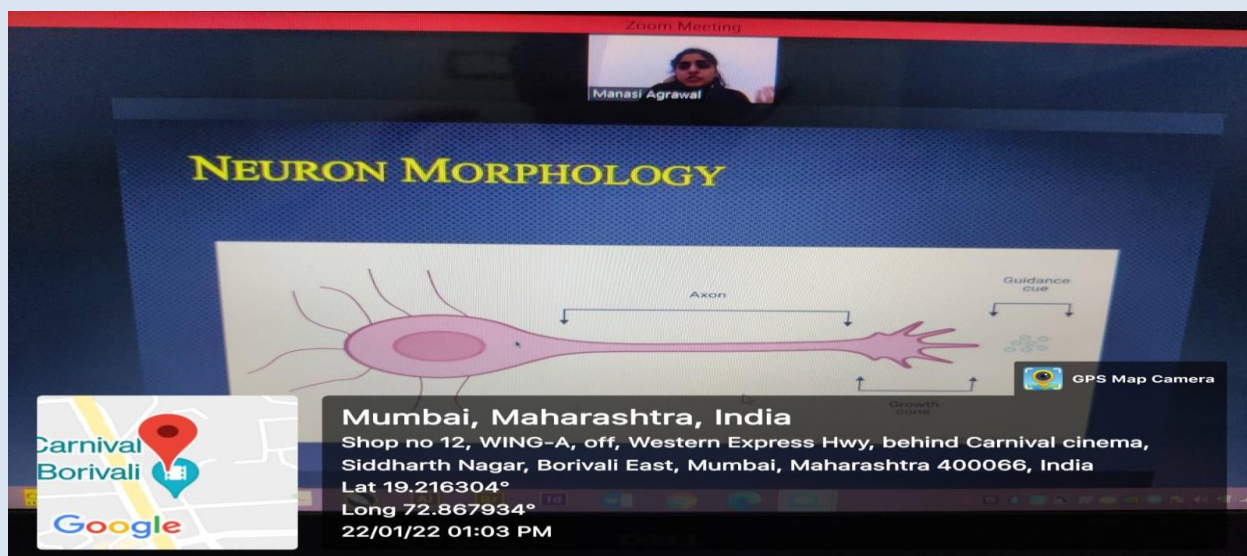
The webinar was inaugurated by Dr. Sagarika Damle, Head of Department of Life Sciences and Coordinator of DBT Star Status who welcomed Ms. Manasi Agrawal and the participants attending the session. Ma’am emphasized the importance of Edu-Link Series as a platform where current students connect with alumni of the University to share their knowledge and expertise in respective fields and hoped that the session would be a wonderful learning experience for the students. Ms. Manasi Agrawal commenced the session by briefing about her career path, including the education, co-curricular and extra-curricular activities and her research journey on Down syndrome as a PhD candidate.

Ma’am elaborated the importance of all the intercollegiate fests, cultural and leadership opportunities which the undergraduate students are presented with, in shaping and refining their personality. Ms. Manasi Agrawal also shared her personal experience on how research, presentations and publications along with soft skills acquired during the under graduation played a cardinal role in the application process for further studies. Ma’am then went on to briefly elucidate on her research hypothesis, “Changes in neuronal morphology during development contributes to connectivity deficits in down syndrome.” She described the neuron morphology, its growing cone and guidance cue towards which the growth cone can attract to or repel from. Down syndrome is the most common genetic cause of intellectual disability and results from the triplication of human chromosome 21. Ma’am elaborated the significance of using induced

Pluripotent Stem Cells to study the syndrome and also illustrated the generation of somatic cells via reprogramming of induced Pluripotent Stem Cells through diagrams and presented various graphs.

Moreover, Ma'am elucidated on three key questions while defining a career strategy for yourself, "What and why do you want to pursue a field and how do you plan to pursue it?" along with the action planning for different stages, starting with, identifying your goal, then setting a time frame for achieving that specific goal and identifying the resources for it by attending events, working on a CV, speaking to a career coach, gathering contacts and making an application. Further, Ms. Manasi Agrawal emphasized on time management and spoke about short term targets and long term strategies, setting realistic and achievable goals and following the pomodoro technique which is a time management system that encourages people to work with the time they have, rather than against it. Using this technique one can break their work day into twenty five minute chunks separated by a five minute break. Lastly, ma'am discussed the SWOT Analysis method where one can analyze their strengths and weaknesses for the chosen career as well as opportunities and threats in that career path. This method aids students to improve, upgrade and refine themselves so that they are mentally ready to walk the career ladder in their field of interest and become successful.

The knowledge coming from someone very adept and experience in her field made the webinar extremely enlightening. The use of an attractive PowerPoint presentation, charts and graphs for illustrating the different methods kept the students engaged and helped them better understand the contents of the session. Ma'am addressed all the questions from the students patiently, thus ensuring that their concepts were clarified. Overall, the participants were appreciative of the session and expressed their wish to attend more such educative session in future, making the webinar a great success.



-Team KCLSD