



Daulat Ram College
Centre For Well-being and Flourishing
under IQAC

INVITES YOU TO

Positive Conversations 2.0
Igniting the H.E.R.O within

Guest speaker- Captain Satendra Sangwan



Platform: Zoom, link will be shared shortly

15th September, 3:30 pm

Dr. Pooja V. Anand
Convener

Prof. Savita Roy
Principal

It is rightly said that it's your reaction to adversity, not your adversity itself that



determines how your life story will develop.

The Centre for Well-being and Flourishing (under IQAC) takes immense pleasure to invite you to *'Positive Conversations 2.0'*: Igniting the H.E.R.O. within, an insightful, inspiring, and invigorating session with *Capt. Satendra Sangwan*. Commissioned in the Army in 1996, Capt. Sangwan was the leader of the first platoon to go to for the Kargil War in Batalik sector. He got badly injured and lost his lower right leg during the *Kargil War*. A Braveheart in the war, he did not let this accident hold him back, and still doesn't.

He has since participated in several Paralympic, Asian and World Games and won many awards. He has received the *NATIONAL AWARD* from the President of India and also became first war veteran, wearing an artificial limb, to *lead the ONGC Team for Expedition to MOUNT EVEREST*! He continues to beat odds as he moves on to participate and win in multiple marathons and cycling events.

We cordially welcome you all to listen to his inspirational life story, and the hope, efficacy, resilience and optimism (H.E.R.O.) that kept him going and ignite your



H.E.R.O within!

Date- 15th September, 2021

Time - 3:30 pm

Platform- Zoom

The link for the same will be shared soon!

Warm regards

Dr Pooja V. Anand

Convenor

Centre for Well-being and Flourishing