



### **EXPERT LECTURE: CREATIVITY UNDER PRESSURE**

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Date: 15th December 2023

Time: 02:30 PM

Venue: C108, K.R. Mangalam University

Event Type: Expert Lecture

Mode of Activity: Online

Target Group: Students of KRMU

Organized by: Chetna Society

Number of Participants: 30

Resource Person: Mr. Karan Singh (Assistant Professor, S.JMC)

Event Coordinator: Ms Manju Rani

#### **Introduction**

The Chetna Society organized an insightful Expert Session on “Creativity under Pressure: Do not let the constraints overpower you” on 15th December 2023, aimed at nurturing creativity and resilience among students. The session sought to enhance participants’ ability to remain innovative and solution-oriented even in challenging situations. Led by Mr. Karan Singh, the session focused on developing problem-solving skills, adaptability, team collaboration, and innovative thinking. Through engaging discussions and real-life examples, Mr. Singh emphasized that constraints can serve as powerful drivers of creativity rather than barriers. The interactive nature of the session encouraged active student participation and reflection,

making it a highly impactful and motivational experience that inspired students to approach challenges with confidence and a creative mindset.

## **Objectives**

The session aimed to promote creativity among students by equipping them with the skills to handle constraints without letting them overpower their creative potential. It focused on developing problem-solving skills, enhancing adaptability, strengthening team collaboration, and fostering resilience and innovation.

## **Session Highlights**

The expert session titled 'Creativity under Pressure: Do not let the constraints overpower you' was organized by Chetna Society on 15th December 2023. Mr. Karan Singh emphasized crucial skills for creative excellence under pressure, exploring innovative problem-solving methodologies and showcasing how constraints can fuel creativity rather than hinder it. He shared valuable insights on adapting creative processes to various challenges and highlighted the importance of flexibility and versatility. A collaborative approach was emphasized, with effective communication identified as a key component in optimizing creative teamwork. Drawing from his own experiences, Mr. Singh underscored resilience as a core element of creativity, encouraging participants to view constraints not as roadblocks but as opportunities for innovation and growth.

## **Interactive and Engaging Session**

The session was highly interactive, with students actively participating, asking questions, and sharing their perspectives. Mr. Singh addressed queries with clarity and encouraged participants to view challenges as opportunities for growth.

## **Feedback and Response**

The session received overwhelmingly positive feedback. Students appreciated Mr. Karan's expertise and delivery, as well as the excellent organization by Chetna Society. Many expressed interest in attending similar sessions in the future.

## Conclusion

Mr. Karan Singh's expert session provided participants with valuable insights and practical strategies to navigate creative challenges. By focusing on innovative problem-solving, adaptability, teamwork, and resilience, the session empowered individuals to embrace constraints as catalysts for innovation. Participants left the session inspired, equipped with creative techniques, and motivated to thrive under pressure.



Mr. Karan explained the different reasons of pressure



A group photograph with students