



Event Name	Bridge and Build
Date	13/11/2024
Time	1:40PM – 4:10PM
Venue	Auditorium – 4 Upper
Number of Students Attended	20
Number of Faculty Members Attended	1
Faculty Coordinator	Dr. Jagruthi H
Event Organize	Nishit R Kirani Vyshak T M D S Harshith Parikshit M Rao Rohan M R Abhigna Shetty Rachana Mysore Ashwin Mysore Ritwik Radesh Sripada Srija Rani



BRIDGE AND BUILD

EVENT REPORT

ORGANIZERS: Nexus Community
VENUE: Auditorium Block - 4 Upper

DATE: 13 November 2024
TIME: 1:40 PM - 4:10 PM

INTRODUCTION

The Nexus Community of BNMIT hosted a dynamic event titled Bridge and Build, aimed at enhancing leadership skills through interactive, team-based activities. The event emphasized the importance of teamwork and leadership by involving students in various collaborative exercises. Leadership is not just about taking charge but also about fostering effective communication, empathy, and strategic thinking within a team. To guide this session, the community invited Lt. Rohini Thrimurthy, an ex-NCC officer at BNMIT and the founder of XPlearn Services, who brought her wealth of experience and expertise to the event.

ENGAGING ACTIVITIES AND KEY LEARNINGS

The event was structured into three engaging activities, each designed to foster leadership and team-building skills:

Neuro-Linguistic Programming (NLP) Circle Activity

Students formed a circle and engaged in an NLP-based exercise that demonstrated how the brain processes patterns, adapts, and evolves through repeated exposure. This activity introduced students to methods for breaking old habits and creating healthier ones. Lt. Rohini shared incremental learning techniques to help students build new skills over time, reinforcing the importance of continuous self-improvement in leadership.

Team Rock-Paper-Scissors Challenge

Students were divided into teams and played an innovative version of rock-paper-scissors where the entire team had to display the same symbol to compete against the opposing team. This activity highlighted the importance of effective communication, time management, and strategic planning in overcoming differences and working cohesively under constraints. Students experienced first-hand how team coordination impacts collective success.

Positive vs. Negative Role Play

Two teams were asked to enact contrasting perspectives—positive and negative—of the same scenario, emphasizing empathy, kindness, and situational awareness. Through this exercise, students learned the dos and don'ts of public performance, including the "sandwich method" of giving constructive feedback. This activity helped them develop empathy, improved their communication skills, and taught them how to handle real-life situations effectively.

CONCLUSION

The Bridge and Build event was both educational and enjoyable, offering students a memorable experience that combined learning with fun. Key takeaways from the session included:

- Understanding NLP and its role in adapting to new patterns.
- Tips on incremental learning for skill development.
- The significance of team communication and planning.
- Learning to perform confidently in front of an audience.
- The art of giving and receiving feedback through the sandwich method.
- The importance of empathy and kindness in leadership.

Lt. Rohini ensured active participation throughout the session, making it an enriching experience for all. The event successfully met its objective of leadership skill development, leaving students equipped with practical tools and memorable lessons to apply in future endeavors.

PHOTO GALLERY



Neuro-Linguistic Programming (NLP)



Team Rock Paper Scissors



Honoring the guest, Lt. Rohini T



Team Photo