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ACHIEVING FINANCIAL PEACE: INSIGHTS FROM ICAR-CIFT'S "7 STEPS TO PEACEFUL FINANCIAL LIFE" TALK



On July 18, 2024, the Human Resource Development Cell of ICAR-Central Institute of Fisheries Technology (ICAR-CIFT), Kochi, organized an enlightening talk titled "7 Steps to Peaceful Financial Life" for its staff. The program began with the ICAR song, setting a positive tone for the event. Dr. George Ninan, Director of ICAR-CIFT, delivered the presidential address, emphasizing the critical role of financial literacy in enhancing both personal and professional lives.

The event's highlight was the insightful talk by Shri. Nikhil Gopalakrishnan, CEO of Pentad Securities, Kochi. As the resource person and guest speaker, Shri. Gopalakrishnan shared valuable knowledge on achieving financial stability. He detailed practical steps and strategies for effective financial management, stressing the importance of distinguishing between needs and wants, and the significance of family budgeting. His emphasis on planning, disciplined spending, and strategic investing provided a comprehensive guide to achieving financial peace and security.

Dr. George Ninan, Director, ICAR-CIFT is handing over the memento to the invited speaker, Shri. Nikhil Gopalakrishnan

The talk sparked active discussions among the audience, reflecting their engagement and interest in the topic. Dr. Remya S., Senior Scientist and Nodal Officer of the HRD Cell, welcomed the participants and introduced the esteemed resource person. The program concluded with a vote of thanks by Mrs. Priya E. R., Scientist and Co-Nodal Officer of the HRD Cell, followed by the national anthem.

The event underscored the importance of financial literacy and provided practical insights for staff members to achieve financial peace. By focusing on disciplined financial practices and strategic planning, ICAR-CIFT's initiative has empowered its staff with the knowledge to secure a stable financial future.