

Seminar on “ How to achieve your goals”

Dated: 22/1/2020

ECE Department, 2nd Shift in association with Rotaract Club of New Delhi Next organized a seminar for students in MSIT on 'How to achieve your goals' on January 22, 2020. The Speaker for the session was Ms. Shruti Jain.

The session consisted of information on wellbeing and positive approach toward goals. The speaker spoke about the connection between emotions and body structure with how a person feels and what kind of impression he/she puts on others. In the topic of body structure, the key part was kind of poses, which included high poses, which makes one feel enthusiastic and energetic and low poses, which makes one feel sad and low. A couple of activities were held during the sessions from which one was setting priorities to build someone's personality and the second was about high power visualization. The speaker then emphasized the importance of a positive approach in life and to always be optimistic in one's approach. At the end doubts were addressed and answered by the speaker. Overall the seminar turned out to be extremely helpful for the students to increase their work efficiency and how to maintain a clear mindset.

