

Activity Report

Of

Seminar On

“Motivational Session”
(29th June 2018)

Organized by,
Sandip Foundation's
Sandip Institute of Technology and Research Center
Department of Information Technology

Report of “Aptitude Training and Soft Skills”

Name of Program: Seminar on “Motivational Session ”

Venue: OS Lab,SITRC.

Conducted by: Prof.Swati R. Khokale

Date of Program: 29th June 2018

Audience: SEIT Students

Sandip Institute of Technology & Research Center "Department of Information Technology Organized”
Seminar on “ Motivational Session ” for the Second Year students on 29th June 2018.

Around 30 students attended the seminar. The objective of the program is to Students, should understand and accept their own abilities, strengths, interest and limitation. They should have reasonable expectations and requirements on themselves. Followings are the key points of seminar

How to Build Confidence and Destroy Fear?-Addresses self esteem issues of every individual in every situation and provides ways on how these can be tackled for the betterment of business and personal growth.

How to defeat Stress & Depression?–Makes every attendant aware of what stress and depression are and how it affects their personal and professional lives. Awareness is created in every student of how important it is to live a stress free life.

Some Glimpses of the Seminar is as follows:

Event Photos



Students attending the session



Students watching Motivational videos

Prof. Swati R. Khokale
Event Co-ordinator(IT)

Dr.Pawan Bhaladhare
Head of Dept.(IT)