

#### **Sandip Foundation's**

## Sandip Institute of Technology & Research Centre, Mahiravani, Trimbak Road, Nashik - 422 213



# Department of Engineering Sciences and Humanities

Date: - 12 /09/2024

#### **NOTICE**

All students of the F.Y, B.Tech are hereby informed that the department of Engineering Sciences and Humanities has organized an expert talk on "Mastering Your Persona: A Seminar on Personality Development" on 20 September 2024 from 11:00 am onwards. Through this seminar, students may learn about how to set goals, time management, and presentation skills. Attending the seminar is compulsory for all students.

Dr. Vikas Kumar Event Coordinator Prof. J.M.Shah Head of Dept







#### **Sandip Institute of Technology and Research Centre**

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(Approved by-AICTE, New Delhi,& Govt.of Maharashtra and Permanently Affiliated to Savitribai Phule University (Formerly Pune University),Pune.

Accredited with "A" grade byNAAC with CGPA Score of 3.11

NBA Accredited for Computer & Mechnical Engineering (UG Course) w.e.f 2023-24 to 2025-26





# **Activity Report**

of

# Expert talk on **''Mastering Your Persona: A Seminar on Personality Development'** on

20 September 2024

A.Y. 2024-25



(An autonomous institute permanently affiliated to Savitribai Phule Pune University, Pune)

Organized by,

# **Sandip Foundation's**

Department of Engineering Sciences and Humanities Sandip Institute of Technology and Research Centre, Nashik (MS)

DTE Code: 5109

Date: 20<sup>th</sup> September 2024

Name of Event: Expert talk on "Mastering Your Persona: A Seminar on Personality

Development".

**Event Coordinator:** Dr. Vikas Kumar

**Participants:** F.Y.B.Tech students (ESH Department)

No. of Participants: 149

#### Aim:

This seminar included activities on gestures, body language, goal setting, and time management. The seminar also covered topics such as professional communication, grooming, and ethics.

#### **Objective:**

- To aware students about self-Awareness: It's about knowing your emotions and strengths...
- Set realistic goals: Create aims that match your dreams and what you stand for. Then, split them into smaller, doable tasks and cheer when you make progress. This is a great way to improve how you view yourself.
- To surround yourself with positivity: Stay close to people who lift you up and support you.
   They should believe in your potential and help you move forward. Avoid those who bring you down or stop you from believing in yourself.
- To raise awareness lifelong learning: Learning never ends and is crucial for growth. It boosts confidence, adaptability, and leads to new chances often.

#### **Outcomes**

- **Self-Awareness:** It's about knowing your emotions and strengths. Recognizing these helps in making better choices and dealing with tough times.
- **Emotional Intelligence:** This is knowing and handling your emotions well. It means better relationships and more understanding.
- **Resilience:** Being resilient means you can bounce back from hard times. It helps you face tough challenges and learn from them.
- Adaptability: It's about being open to new situations. This helps you learn and grow, seeing the world in new ways.
- **Integrity:** Doing the right thing, even when no one is looking, is integrity. It makes others trust you and value your partnership.
- **Empathy:** Empathy is understanding and sharing others' feelings. This makes for better connections and a caring environment.

- **Positive Mindset**: Staying positive helps you face life with strength. It lets you see the good and solutions in tough times.
- Effective Communication: Good communication is key for success in work and life. It helps in expressing yourself and understanding others better. Leadership Skills: Leadership is about guiding others and making things better. It means taking charge, making good calls, and inspiring change. Lifelong Learning: Learning never ends and is crucial for growth. It boosts confidence, adaptability, and leads to new chances often.

#### **Summary of Program:**

Social Skills Development, for better communication and relationships. Self-Confidence Building, to feel more sure of oneself and reduce doubt. Emotional Intelligence Training, for managing emotions and understanding others better. Exploring these methods helps students find areas to improve and grow personally. And this is a lifelong journey of self-improvement. It involves reflection, learning, and a will to change. This journey uncovers our potential and makes an impact in our lives

#### **Photographs:**



Felicitation of Prof. Amit Manapure by Prof. S.K.Ahire of ESH Department

## Some of the glimpse of seminar Prof. Amit Manapure interacts with students



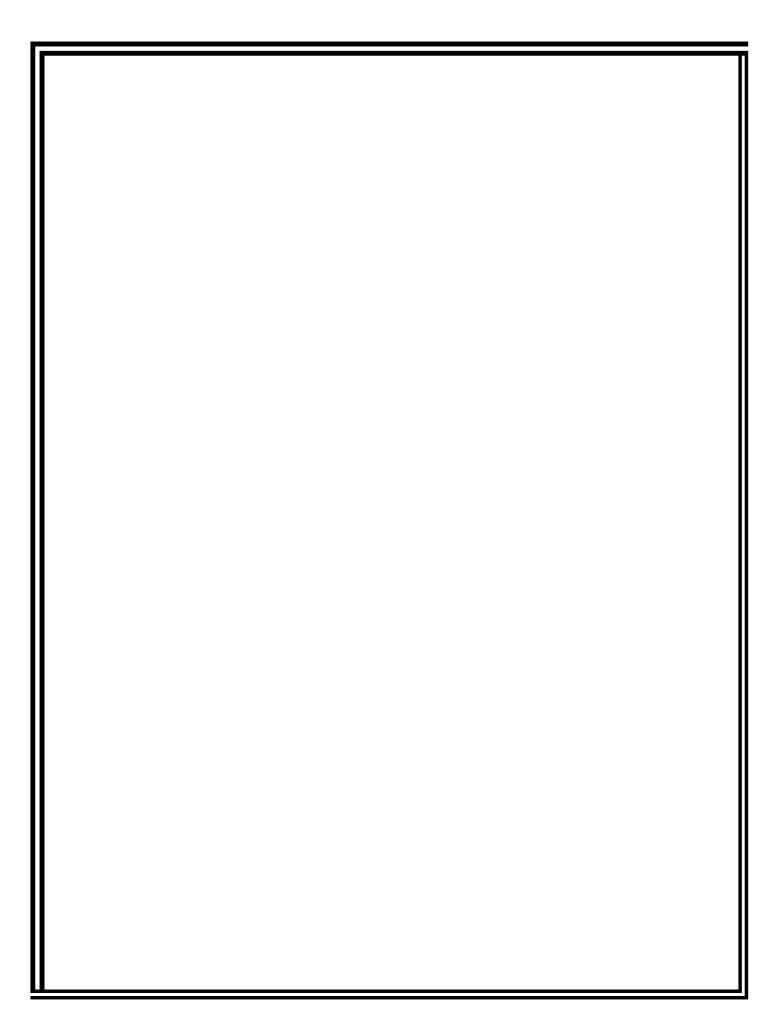


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Dr. Vikas Kumar **Event Coordinator** (ME)

Prof. J. M . Shah HOD, ESH Prof. (Dr.) M.M.Patil
Principal SITRC









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# INDUCTION PROGRAMME F.Y. B.TECH

## Department of Engineering Sciences & Humanities

Group:

A.Y. 2024-2025

DATE: 20/09/2024 development

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