

**MET's Institute of Engineering
Bhujbal Knowledge City, Adgaon, Nashik
Department of First Year Engineering**

Name of the program: Expert Lecture: "Mind Matters – a way to improve inner strength and confidence."

Date: 1st and 2nd February 2023

Time: 02:30PM - 03:30PM

Day: Wednesday & Thursday

Venue: Seminar Hall IOT-P

Coordinator: Prof. R. D. Rajkuvar

Resource Person: Mr. Saurabh Toche

No. of Participants: 200 + 255 = 455

Objectives of the Program:

- 1) To good inner strength gives us self-confidence. It also gives us determination, tolerance and enthusiasm — all necessary for leading a quality life.
- 2) To be with great inner strength are compassionate and they take pains to purify their existence, which makes them very high class individuals.

The resource person for this lecture was Mr. Saurabh Toche, faculty from Art of Living and Radio Jockey. Who had gave most important things for the students to control their mind and how to concentrate on study.

In his session he mainly focused on the following things:

-Each time you get to check something off your to-do list, you're going to feel great about yourself and your accomplishments.

- Try to express your thoughts, opinions and needs. It feels great to prove that you can advocate for yourself when the situation calls for it.

- If you have a mean thought about yourself, see if you can change it to something positive instead. You're probably harder on yourself than you are to anyone else, so think of yourself as someone that you care about, too.



Department of First Year Engineering

Organizes Expert Lecture on

"Mind Matters – a way to improve inner strength and confidence."

1st February 2023, Wednesday, 02:30PM For Divisions: A, B, C, D

2nd February 2023, Thursday, 02:30PM For Divisions: E, F, G, H I

Venue: Seminar Hall IOT-P

Resource Person:
Mr. Saurabh Toche
(Faculty of Art of Living, Nashik)



MET Bhujbal Knowledge City

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