

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

**Name of the program:** Expert Lecture: "Know your why"(Only for Boys)

**Date:** 29/8/2025

**Time:** 12.15 to 1.30

**Day:** Friday

**Venue:** Ground Floor IOE Building  
Classroom 011

**Induction Coordinator:** Dr. R.S. Dhake & Prof. R .D. Rajkuvar

**Activity Coordinator:** Prof. Jyotsana Gore

**Event Coordinator:**  
Prof. Amol Varandal  
Prof. Mahesh Korde

**Resource Person:** Prof. Prasad Joshi

**No. of Participants:** 120

**Objective of Session-**

- Encourage students to identify their purpose and long-term goals ("their why").
- Help young men develop clarity about their values, strengths, and motivations.
- Emphasize the importance of self-awareness, responsibility, and discipline in achieving success.
- Inspire them to lead with integrity and make meaningful contributions to society.

An expert lecture on "**Know Your Why**" was organized exclusively for the male students of **First Year Department of MET'S Institute of Engineering Nashik on 28th August 2025**. The session aimed to help young men discover their purpose, understand their goals, and align their actions with their personal and professional aspirations.

The session was conducted by **Prof. Prasad Joshi**, Professor at KBT Engineering College Nashik. The speaker is a well-known motivational coach and youth mentor who has worked extensively in the areas of personality development, goal setting, and self-discovery.

The lecture began with an engaging discussion about the difference between *what we do*, *how we do it*, and *why we do it*. The speaker highlighted that understanding one's "why" is the foundation of motivation and success. Through interactive activities and real-life examples, he encouraged students to reflect on questions like:

- What truly drives me?
- What are my passions and strengths?
- How can I create a purposeful life that benefits both myself and others?

The speaker also discussed the challenges faced by young men in today's world—peer pressure, social expectations, and the fear of failure—and provided practical ways to overcome them through self-belief, discipline, and emotional balance.

**Outcome and Feedback**

The session was highly impactful and thought-provoking. Students shared that the lecture helped them introspect and motivated them to set clear goals for their future. They appreciated the speaker's honesty, relatable examples, and practical guidance on leading a value-driven life.

**Conclusion**

The expert lecture "*Know Your Why*" was an enlightening experience for all participants. It reminded them that true success begins with understanding one's purpose and staying committed to it despite challenges. The session concluded with a vote of thanks to the speaker for his inspiring words and to the organizers for arranging such a meaningful program exclusively for the boys.



**DEPARTMENT OF FIRST YEAR ENGINEERING  
INDUCTION PROGRAM 2025**

*Expert Lecture on*

**KNOW  
YOUR WHY  
(ONLY FOR BOYS)**



**Mr. Prasad Joshi**

- 29th August 2025, Friday
- 12:15PM to 01:30PM
- Ground Floor - IOE Building Class room 011



**Institute of  
Engineering**

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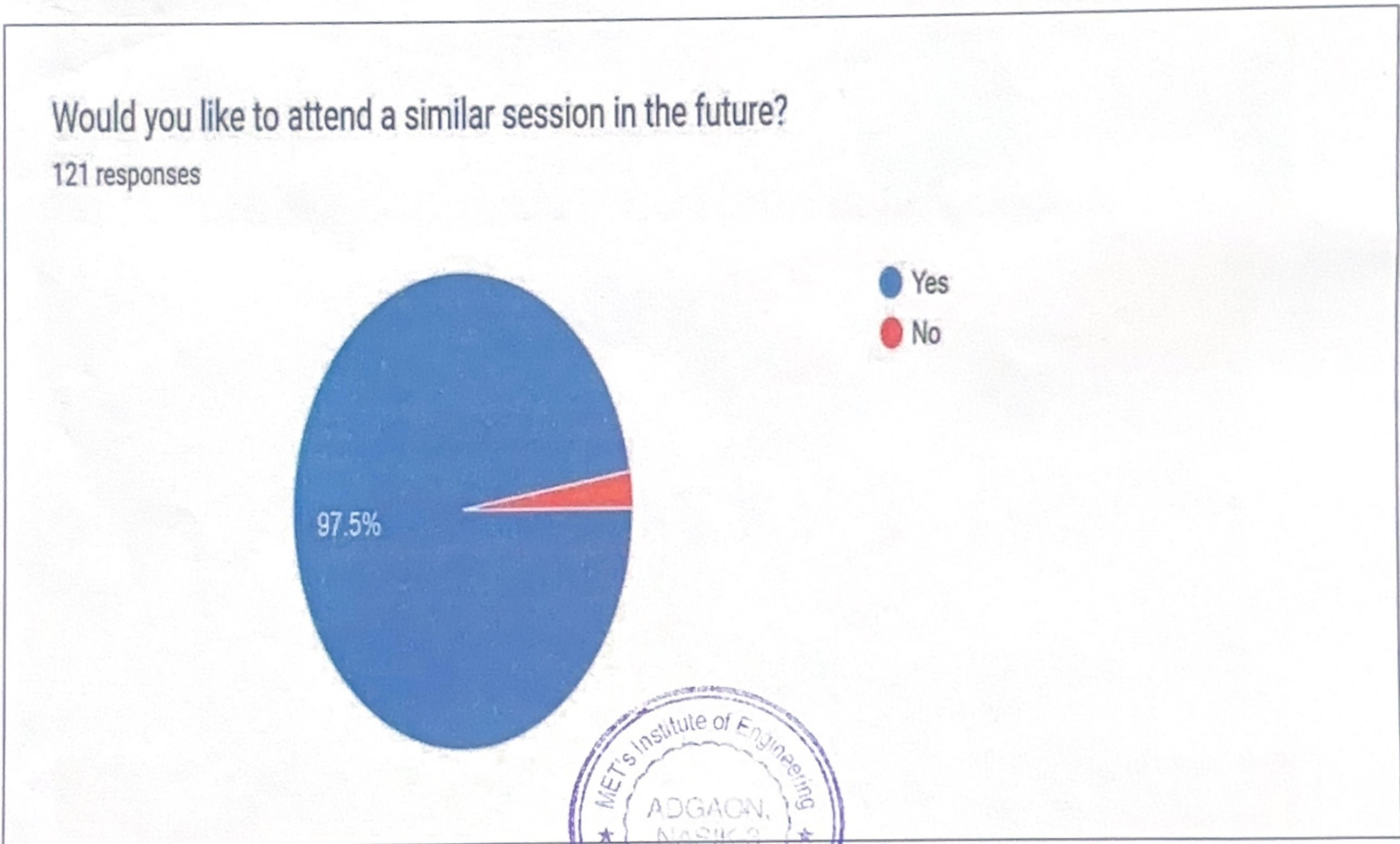
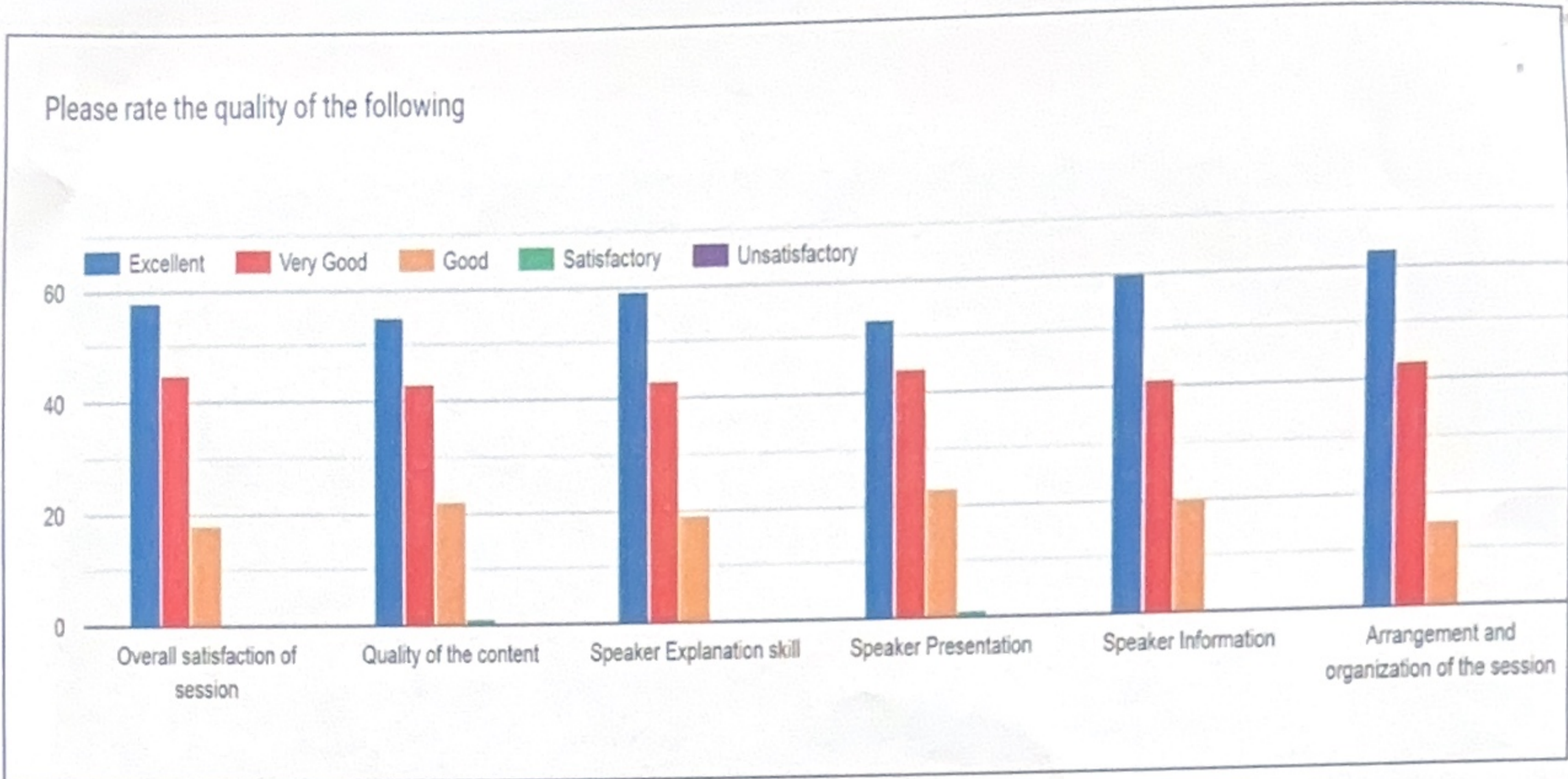
**Prof. Prasad Joshi**





Induction And Activity Coordinators With Prof.Prasad Joshi





*[Signature]*  
**Dr. V. S. Khairnar**  
 (FE-Coordinator)

*[Signature]*  
**Dr. R. S. Dhake**  
 (Coordinator)

*[Signature]*  
**Dr. Vijaykumar P. Wani**  
 (Principal-IOE)