

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

Name of the program-"Empowering the Engineering Career with NLP"

Date: 04/09/2025

Time: 11:15AM - 01:00PM

Day: Thursday

Venue: IOTP-Seminar Hall

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

Activity Coordinator: Prof .Sneha Pekhale

Event Coordinator:
Prof. Nilesh Ahire
Prof. Sharad Nirgude
Prof. A. G. Patil

Resource Person: Dr. Sandeep Dive

No. of Participants: 110

Objectives of the Session

- To introduce students to the concepts and applications of **Neuro-Linguistic Programming (NLP)** in personal and professional growth.
- To help engineering students develop effective communication, leadership, and interpersonal skills.
- To demonstrate how NLP techniques can enhance confidence, focus, and goal achievement in career development.
- To encourage students to apply NLP strategies for better problem-solving and innovation in the engineering field.

The **First Year Department** of MET'S Institute of Engineering Nashik organized an expert lecture on "*Empowering the Engineering Career with NLP*" to provide students with insights into the importance of mindset and communication in career success. The session was conducted by **Dr. Sandeep Dive** a certified NLP practitioner and motivational trainer, who shared practical tools and techniques for personal excellence. The speaker explained the fundamentals of NLP — understanding thought patterns, language, and behavior — and how these influence performance and relationships in both academic and professional settings. The session highlighted how NLP techniques such as visualization, positive affirmations, goal setting, and reframing negative thoughts can help engineers build confidence, improve focus, and handle challenges effectively.

Through interactive activities and real-life examples, the trainer demonstrated how self-awareness and communication can empower engineers to become not just technically sound professionals but also emotionally intelligent leaders. The session began with an introduction to **Neuro-Linguistic Programming (NLP)** — a psychological approach that explores the connection between thought processes, language, and behavior. The speaker explained how NLP techniques can reshape one's mindset, improve self-awareness, and enhance productivity in both academic and professional life.

Students were introduced to practical NLP tools such as **visualization, reframing negative thoughts, positive affirmations, and goal alignment**, which can help them stay motivated and focused. The resource person emphasized that while technical proficiency is important in the engineering profession, success is equally dependent on mindset, communication, and adaptability.

Interactive activities and real-world examples made the session engaging and relatable. The speaker also shared inspiring success stories of individuals who transformed their personal and professional lives through the use of NLP principles. Students actively participated in the discussions, asking insightful questions and sharing their own experiences.

Feedback and Response-The session received overwhelmingly positive feedback from students and faculty alike. Participants described the lecture as *highly motivational, practical, and transformative*. Many students expressed that they had gained a deeper understanding of how mindset and communication affect performance and confidence in both interviews and

workplace environments. Faculty members appreciated the speaker's approach in connecting psychological techniques with engineering education, noting that such sessions are essential for developing well-rounded professionals. The interactive and activity-based learning made the session particularly effective and enjoyable for participants.

Conclusion

The expert lecture on *"Empowering the Engineering Career with NLP"* was an inspiring and enlightening experience for all attendees. It helped students recognize the importance of emotional intelligence, positive mindset, and effective communication in achieving career goals. The event successfully bridged the gap between technical expertise and personal development, empowering students to take proactive steps toward success.

The session concluded with an interactive Q&A segment, followed by a formal vote of thanks to the speaker for sharing valuable insights and motivating students to realize their hidden potential through the power of NLP.

DEPARTMENT OF FIRST YEAR ENGINEERING
INDUCTION PROGRAM 2025

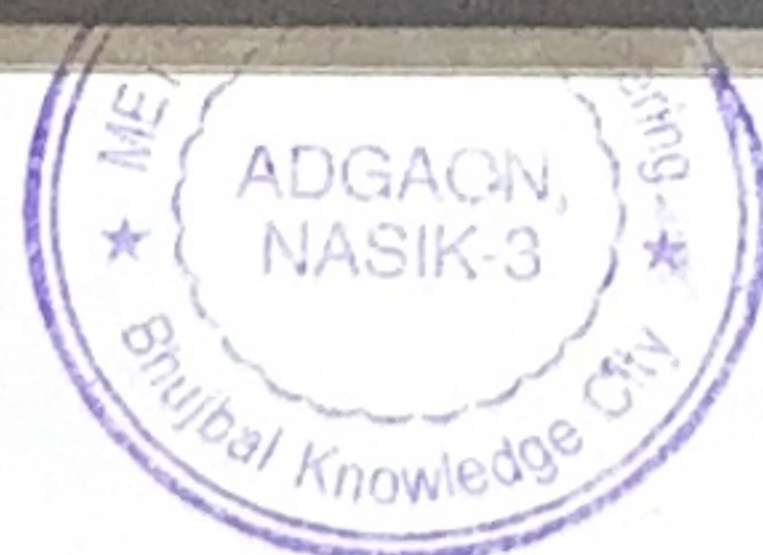
Expert Lecture on
EMPOWERING THE ENGINEERING CAREER WITH NLP

Dr. Sandeep Dive

- 4th September 2025, Thursday
- 11:15AM to 01:00PM
- IOTP - Seminar Hall

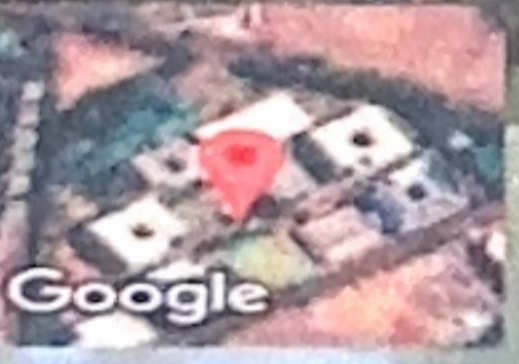
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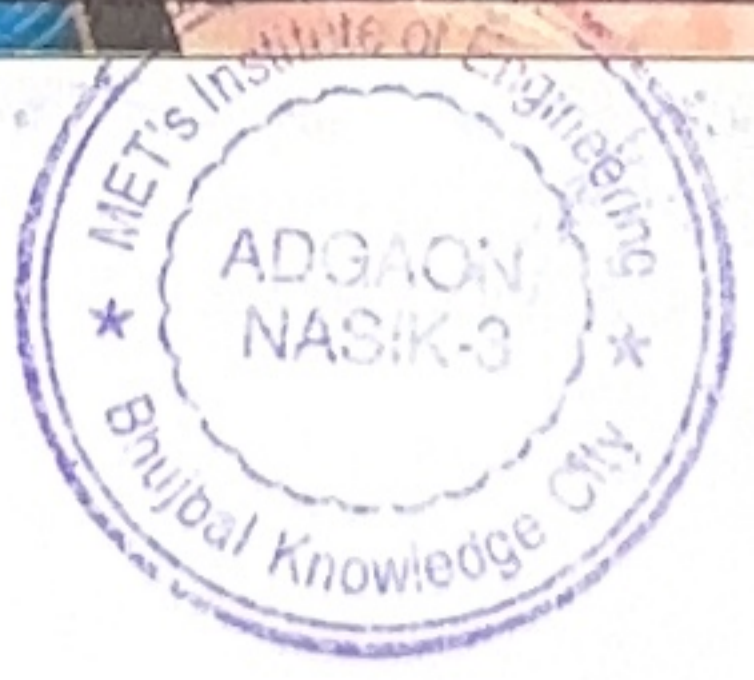
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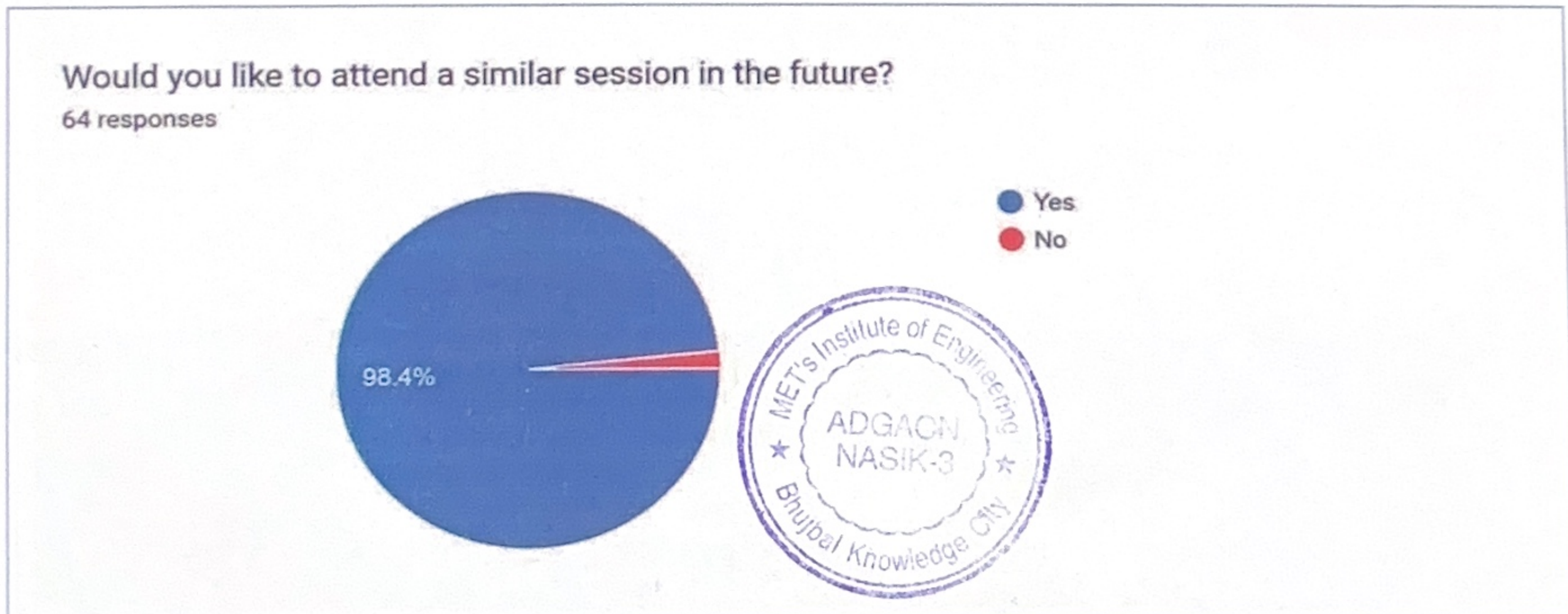


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