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**GANDHINAGAR INSTITUTE OF TECHNOLOGY**

"WHERE SUCCESS IS A TRADITION"  
(Approved by AICTE and Affiliated to Gujarat Technological University)

DOC NO: 1426



# A Report on

One Day Motivational Session

on

“Shift in the Conscious States of Mind”

Organized by

GIT-IQAC

on

04/04/2022

Gandhinagar Institute of Technology

Academic Year 2021-22



**Level:** - Department

**Category:** - Motivational Session

**Date:** - 04/04/2022

**No. of Resource Person:** 1

**No. of Participants:** - 134 (students-64, faculties- 70)

**Coordinator and Co-coordinator name:**

Prof. Madhuri Chopade (Coordinator)

Prof. Harshal Oza (Co-Coordinator)

**Mode:** - Offline

### **Objective:**

A person without goals is like a ship equipped with everything except the rudder. The Goal Setting program reiterates the significance of this skill, and also offers a ready methodology for setting goals as well as achieving them. The purpose of motivation is to create feasible conditions in which people are willing to work with enthusiasm, zeal, interest, high personal and group moral satisfaction, and with a sense of responsibility. This Session will help students to deal with negative emotion and learn how to determine your personal strengths

### **About Workshop:**

This workshop was organized by the GIT-IQAC of Gandhinagar Institute of Technology. Total 64 students of BE and MBA department have participated in this session. Total 70 faculties of different branch have taken the benefit of the session. The session was highly interactive and participants actively interacted with the expert. The session was very interesting and successfully met the objectives for which it was planned and organized.

### **Introduction**

Mr. Karthik Poovanam is a peak performance coach and author. He is a certified trainer from the National Federation of Neuro Linguistic Psychology (Florida). He has authored over 80 E-books which brings about creating well-being both an emotional and mental levels. He has delivered sessions on Shift in the conscious states of mind in reputed institutions like ITBP, National Police Academy and many IITs. His program called Unleash the True Potential of a Teacher has found good acceptance in the International schools.



## Event Overview

The session was started by Prof. Pooja Patanwal by welcoming our expert Karthik Poovanam. An inspirational speaker generates engagement among the participants. Through specific methodologies, the vote of responsibility and commitment.

Expert started the session with activity "Close your eyes and think positive aspects of your life". Where he involved all participant of the session. Then he asked about negative emotion and anger is negative emotion or not? Participant shared views over the expert thought by sharing their examples. Expert also discussed about effect of negative emotion in the life. He has shown different methods to handle negative emotion in the life.



Prof. Pooja Patanwal welcome to our expert  
Mr. Karthik Poovanam



Director sir gave memento to  
Mr. Karthik Poovanam



Mr. Karthik Poovanam explained how to control  
your negative emotion



Participants involved in the session



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Group photo with Expert Mr. Karthik Poovanam

**Outcome: -**

After completion of the session, students and faculties were known about how to handle negative emotion in the life. They learn about how to work in Professional work culture. Also Students and faculty member were known about how to control their anger and it's methodology.

**Concluding remark/vote of thanks:**

On behalf of GIT-IQAC Prof. Ruchir Parikh gave vote of thank for making this session informative as well as motivative. Prof. Ruchir Parikh gave thanks to dynamic and foresighted leader, respected Director Dr H N Shah sir who is source of inspiration & motivation with a clear vision & passion connected with novelty in all the activities of the institute and respected trustees who always act as a pillar of support and strength. He thanked all the faculty members & students for their active participation.