



VISHWAKARMA GOVERNMENT ENGINEERING COLLEGE, CHANDKHEDA

A WEBINAR on:

“Nurturing Mental Strength for Successful Student Startup's

Dated on 06/06/2020

BY

Dr. Geetika Saluja

Name of Department/Organizer	:	Electrical Engineering Department VGEC, Chandkheda
Date & Time	:	6.6.2020, Saturday 4:00PM-5:00PM
Online Platform used	:	Zoom application. Link: https://zoom.us/j/97348050395?pwd=Vk9YSVIUWGw3NEZQS1lrRVd0N2dldz09
No of Participants	:	Approx.: 47

Objective of the Webinar:

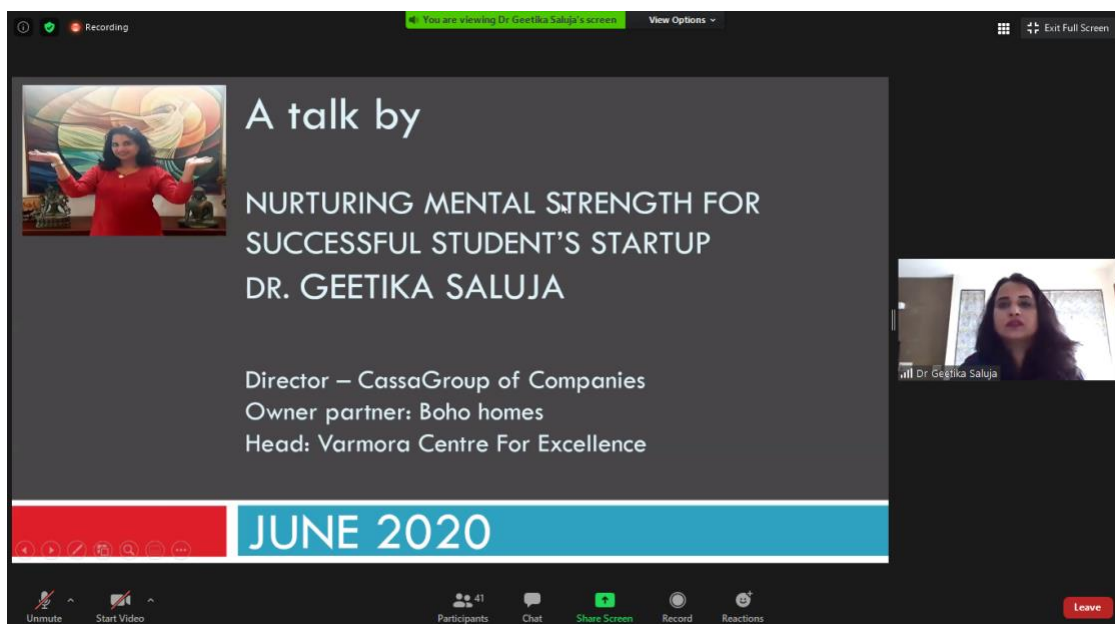
The objective of the webinar was to provide a thrust to teaching learning process by Nurturing Mental Strength for Successful Student Startup's. Presently, Student Startup's is not successful in society. And many start up's generally fails within One to two years. Mind strength is required to become successful in life.

The event is started with a welcome speech of HOD Electrical, Prof. R R Kapadia. Then after speaker Dr Geetika Saluja (Educationist and Entrepreneur) started the session. Dr Geetika Saluja is a doctorate in Education wearing multiple hats of an Entrepreneur, Academician, Researcher, life skills and corporate work skills coach. She introduced the students with the topic like Nurturing Mental Strength and how it can be developed. What is Student Startup's? How Successful Student Startup's is implemented? Also how to build up strength in empowering men and women with life, leadership and Professional work skills that are required to lead a fulfilling and successful life. She has discussed seven tips to nurture mental strength.

Outcome of the Event

After attending this webinar students, faculties, and Industry persons, got lot of information related Nurturing Mental Strength for Successful Student Startup's and exactly how it is implemented. A brief question answer sessions was followed at the end. Feedback of various faculties and students was positive and they insisted that such programs should be continued for creating an efficient teaching learning process.

Event Photographs



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LOOSING SELF CONTROL CHECKLIST

1	You have changed goals of your life depending on what other people have told you what you should be doing in life.	YES	NO
2	The type of day you will have depends on how others people behave	YES	NO
3	Other people make you feel angry and you end up saying things that you regret later on.	YES	NO
4	You work hard because you want others to see you in positive life because much of your self-worth depends on how others perceive you	YES	NO
5	You complain often of all the things that you have to do in life because others want you to do that.	YES	NO

Dr. Geetika Saluja

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4. LIVING IN THE PAST CHECKLIST

1	Think of things that you lost	YES	NO
2	Mujhe pata hei, yehi hone wala hei	YES	NO
3	Yaar mere sattah to yehi hota hei	YES	NO
4	Meine to bola hei tha'	YES	NO

Dr. Geetika Saluja

Participants (41)

Find a participant

- DR DIXIT PATHAK (Me)
- Dr. Geetika Saluja (Host)
- JJ Joshi Jaykumar Ramjibhai
- RS Rozina Surani, VGE (Co-host)
- 190170109 095
- 94 973 4805 0395
- AP Apexa patel
- AH Aum Hindocha
- AM Avani Mistry
- BM S. M. Bambhaniya
- BK Patel
- CP Chaudhari Purvil Prafulchandra

Raise Hand yes no go slower go faster more

Unmute Me Leave

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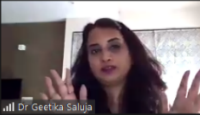
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5. CONTROLLING OTHERS CHECKLIST

1	Help them syndrome	YES	NO
2	Miss perfect syndrome	YES	NO
3	I am Atlas syndrome	YES	NO
4	Protect them syndrome	YES	NO

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6. NEVER GIVE UP EASILY CHECKLIST

1	Prefer to do things that have high chances of success	YES	NO
2	Link your self worth with the ability to success on first trial	YES	NO
3	Rush to things before going into details	YES	NO
4	Fear into taking calculated risk	YES	NO

Dr. Geetika Saluja

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