



A J INSTITUTE OF ENGINEERING AND TECHNOLOGY

NH-66, Kottara Chowki, Mangaluru -575006, Karnataka, INDIA

A Unit of Laxmi Memorial Education Trust®

(Approved by AICTE, New Delhi. Affiliated to Visveswaraya Technological University, Belagavi)

Name of the event/activity	Fueling Your Dreams: The Power of Motivation		
Organized by	Computer Science & Engineering		
Date of event/activity (DD-MM-YYYY)	06/02/2023-10/02/2023	Time	9am-4:45pm
Name of the Resource Person	Mr Srikar & team, 10 Seconds		
Number of the student participated	: 58		

About the Event:

From February 6th to 10th, 2023, a motivational training titled "Fueling Your Dreams: The Power of Motivation" was conducted for 55 CSE students. The sessions, led by Mr. Srikar and his team, focused on empowering students with techniques to harness motivation and achieve their academic and personal goals.

Throughout the training, various interactive activities, inspiring talks, and practical exercises were incorporated to keep the students engaged and motivated. The participants were encouraged to set clear goals, develop a positive mindset, and overcome challenges with determination. Feedback from the students was overwhelmingly positive, with many expressing that they felt more confident and inspired to pursue their dreams. The team led by Mr. Srikar was praised for their enthusiasm, expertise, and the supportive environment they created.

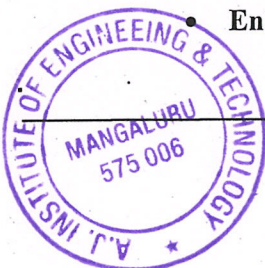
Objectives:

- **Understand the Importance of Motivation:**
 - Objective: By the end of the workshop, students will be able to articulate the role of motivation in achieving academic and professional success.
- **Set Achievable Goals:**
 - Objective: Students will learn techniques for setting SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals and will create at least one personal academic or professional goal.
- **Develop Motivation Strategies:**
 - Objective: Students will identify and practice three different strategies to maintain motivation, such as visualization, positive reinforcement, and time management techniques.
- **Enhance Self-Awareness:**

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Principal

A.J. Institute of Engineering & Technology
Mangaluru - 575 006





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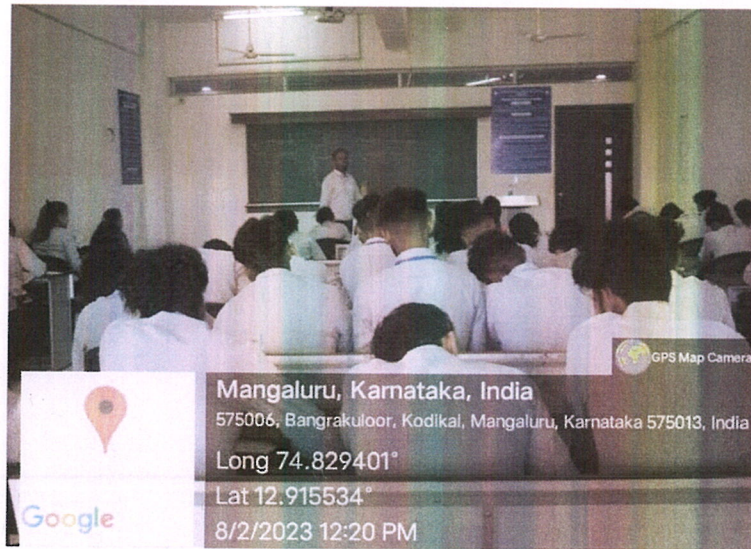
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- Objective: Students will engage in activities designed to increase self-awareness, helping them to identify personal motivators and potential obstacles.
- **Create an Action Plan:**
 - Objective: Each student will develop a personalized action plan outlining steps to achieve their goals and sustain motivation throughout their academic journey.
- **Promote Peer Support:**
 - Objective: To foster a supportive community among 2nd year CSE students, encouraging peer-to-peer motivation and accountability through group activities and discussions.

Photo:



Training conducted by Mr Srikar & team, 10 Seconds on Fueling Your Dreams: The Power of Motivation

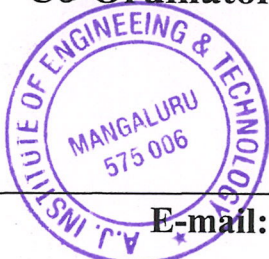

Co-Ordinator


HOD


Principal

Principal

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