

Bharati Vidyapeeth Institute of Technology, Navi- Mumbai
Report of Seminar on “ Smart & Healthy You” by Mrs. Sunita P. Bandekar
Organised by Department of Electrical Engineering



Speaker Addressing the Audience

Electrical Engineering department of Bharati Vidyapeeth Institute of Technology Organized a seminar on **17th October 2023 at 10.00 a.m. in VLC Hall** for all the first year girl students of BVIT on the topic **“Smart & Healthy You”**, a general awareness and grooming session. The core objective of this session was to inculcate healthy habits in students by building a routine and practicing it. The session was conducted by Mrs. Sunita P. Bandekar, training consultant, Vision Training Consultancy, Kharghar. The event was presided by the Principal, Prof. P.N Tandon. The topics discussed covered a variety of themes within the scope of the subject like, building self-confidence, positive attitude, body language, determination, perseverance, hygiene practices, dressing etiquettes, yoga & meditation etc.



Glimpses of the session

The first part of her talk was devoted to building personality to face an interview and how to become a good contributor for your Organization and family. According to her, Incorporating one or more of the above mentioned character-building pursuits can help you grow and adjust aspects of yourself that you feel hold you back. She went on to elaborate on the different ways to achieve this and pointed at several factors of concerns such as struggle for self-convincing and coming out of the cocoon stage.

Throughout the session she maintained that a positive mind set is the key to success in life. All the students have actively participated in the session and appreciated the knowledge and information the speaker shared with them. Mrs. Rajitha T.B, HOD Electrical Engineering Department proposed vote of thanks.