



SARVAJANIK
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Sarvajani University
Sarvajani College of Engineering & Technology
Master of Computer Applications Department



Date: 23rd December 2022

Report of a Talk on **"Inner strength is a power."**



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SARVAJANIK COLLEGE OF ENGINEERING & TECHNOLOGY

A talk on
"Inner Strength is a power."

Organized by
MCA Department

Speaker
Ms. Amrapali Desai
Ex. Station Head in Akashvani, Surat.
Social Activist: running Gupshup - A place to talk center at Surat.



Date & Time: Dec 15, 2022 | 11 am.
Venue: E.C. A.V. Room



scet.ac.in/mca



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With changing lifestyle during pandemic and in its consequence, depression has become very common. Listening to a depressed person, would help him or her to come out of it and recover faster. We, as a faculty, always wish that our students would concentrate on study and become more attentive during lectures and laboratory work. In order to direct our students on a proper path for present study and future career building, we have organized a Talk on “**Inner strength is a power**” for MCA I Sem. 1 students.

The details of the talk are as follows:

Title:	Inner strength is a power
Speaker:	Mrs. Amrapali Desai, Ex. Station Head in Akashvani Surat. Social Activist: running Gupshup – a place to talk center at Surat.
Topics Covered:	<ul style="list-style-type: none"> ➤ Intelligent Quotient ➤ Emotional Intelligence and Quotient ➤ Success ➤ Mental Health and strength ➤ Human behavior patterns ➤ Influence of marketing ➤ Human Intelligence Vs. Artificial Intelligence ➤ Emotion Control and Mind Balance
Date & Time:	15 th December 2022, Thursday 11.15 am to 1.15 pm
Venue:	EC AV Room, SCET.
Participants:	Total 110+ Participants
Coordinated By:	Prof. Prashant Keswani and Prof. Gayatri Kapadia

Talk highlights:

- ✓ The seminar started with a warm welcome to Ms. Amrapali Desai by Prof. Prashant Keswani, Head – MCA Department, SCET.
- ✓ Ms. Amrapali Desai commenced a talk with **why emotional intelligence is required, what is success, Intelligence quotient, Emotional quotient, part generation.** તમે successful છો કે નહીં? એ મહત્વ નું નથી, પણ તમે emotionally કેટલા strong અને intelligent છો એ મહત્વનું છે.
- ✓ She explained that in today’s social media generation, we do not think of ourselves and we do not have control on our emotions, due to social media exposure.
- ✓ She asked various questions for asking ourselves, for controlling our emotions. The answers of questions define or decode our emotional intelligence.
- ✓ She also **demonstrated** how **marketing** plays a **major role** in **our daily lives** and also **affects our liking and disliking.**
- ✓ She **expanded** that how **MCQ** has **framed** today’s generation in **psychological process.**
- ✓ She compared **human intelligence** and **artificial intelligence** and enlightened on human involvements in various feelings and sensations.
- ✓ She **emphasized** that do **not allow** the **domination** of **emotions** on our **mind.**
- ✓ She **shared tricks** to **balance** the **mind** and **emotion.** Also, shared how crying and communicating with near and dears are the most powerful instrument to come out from the depression. She recommended to read good books like “Wings of Fire”.

Students of MCA I Sem.1 enthusiastically participated and took the maximum advantage of the talk.

Prof. Gayatri Kapadia thanked Ms. Amrapali Desai for conducting the mentioned talk. A memento was presented to Ms. Amrapali Desai by Prof. Prashant Keswani, Head – MCA Department, SCET.

A few glimpses of the seminar....



We would like to thank Dr. Hiren Patel, Principal, SCET, for providing permission and support to organize such seminar, Shri Bhaskar Cheruku, Registrar, SCET for prompt support.

“Inner Strength is a power.” – Ms. Amrapali Desai.