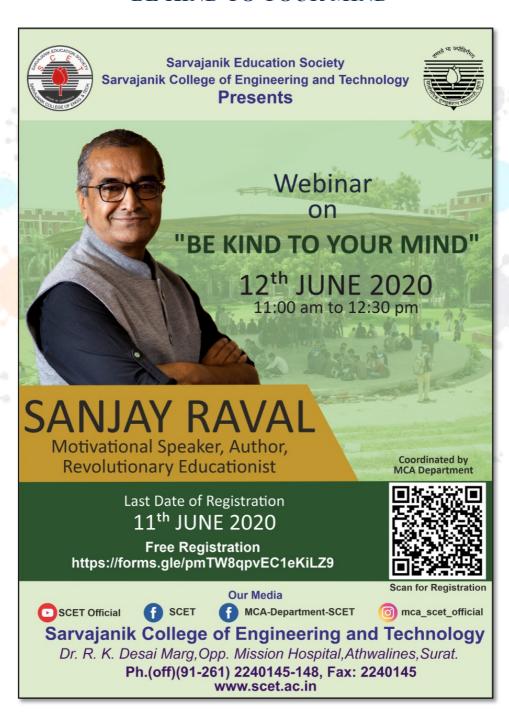
### Sarvajanik Education Society

# Sarvajanik College of Engineering & Technology, Surat. Academic Year 2019-2020

Date: 17<sup>th</sup> June 2020

#### Report on Webinar on

## BE KIND TO YOUR MIND



During these pandemic times of COVID-19, entire world is suffering from an uproar of disrupts. The rustling and bustling life all of a sudden became standstill. The pandemic times has been stressful for many. Different people have reacted differently to these situations. In order to keep the spirits of people high during this pandemic times, MCA Department organized a Webinar on BE KIND TO YOUR MIND.

Speaker:	Mr. Sanjay Raval
Designation	Revolutionary Educationist and Motivational Speaker
Date & Time :	12 <sup>th</sup> June, 2020 (11:00 AM to 12:30 PM)
Venue:	Online Session via Google Meet and YouTube Live Session
Targeted Audience	Open For Everyone Interested
Coordinated By:	MCA Department
Registrations:	450 +

The session started by the Welcome speech by **Prof. Kaushika Pal**, **Head - MCA Department**. An introduction to Mr. Sanjay Raval was done by **Dr. Hiren Patel**, **Principal - Sarvajanik College of Engineering and Technology.** Sanjay Raval is one of the outstanding Gujarati speaker on Fearless Life and Personality Development. He has capacity to convey unique and helpful experiences by means of every day schedule precedents. He spurs people to live intrepid life, create identity and live constructive way. His recordings have been seen by in excess of 1 crore individuals on Social media in most recent 1 year. He firmly believes that our own identity gets lost when we try to imitate others. Right now, he is involved actively in teaching students whose parents are involved in treating corona patients.

#### **Hot Picks from the Webinar**

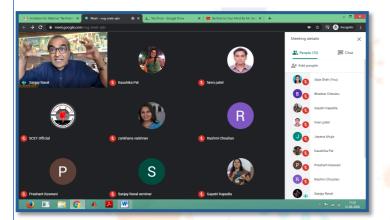
- ♣ School College have syllabus, life has no syllabus. Be prepared
- ♣ Depression and panic common in one and all during this Pandemic
- Individuals do not know and understand what is Mind.
- ♣ Life must be lived without any fear.
- ♣ God is omnipresent and we must just have faith in him.
- Emphasise on Perseverance and Exercising
- Education system only works on students who are intelligent in studies.
- A student must be ready to work for at least 15 hours.
- Always remember that whenever we take decisions based on others' opinions, we are going to face problem
- ↓ If we take decisions on our own, we must have power.
- There would be a new disease soon, *Mobilyo gando*, and one such in every family. This person would be involved in mobiles for very long time
- Character of a person is defined when he has the right to do everything, and does not do it.
- ♣ Main life values are Honesty, hard work and character
- **A teacher** must be role model for his students
- Action speaks louder than words, either parent or teacher, it is their responsibility to nourish the kids.
- Life is beautiful, Live every moment.
- Bow down to your parents.
- Read books, listen to music.

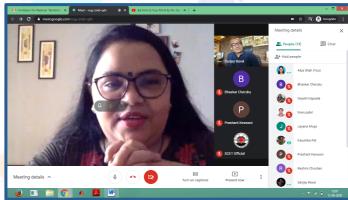
The session was followed by Question and Answer.

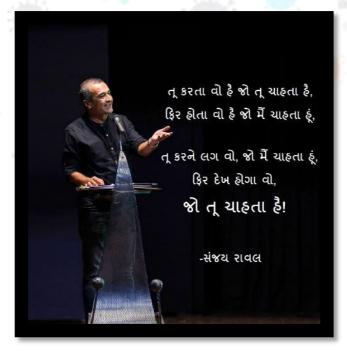
Some glimpses of the webinar are shared for kindest perusal.











Lastly, life is beautiful, remember to live each day beautifully, fearlessly, courageously and righteously....