

Academic Staff College(ASC)

In association with School of Mechanical Engineering (SMEC)

Cordially invites you to



Kamaraj Auditorium, TT 7th Floor

Faculty Coordinators : Dr. Jayaprakash Narayan M, Dr. Anandavel K

Building Inner Confidence through neuro-scientific techniques

Resource Person :



Mr Shivam, Life Coach and Corporate Trainer, Aerospace Engineer, Mohali.

Discussion Points :

- Creating understanding on emotional intelligence, and connect between emotional intelligence and self confidence
- Practical sessions to
- ✤ Help the participants to become more aware of their emotions
- * Build on inner confidence through neuro-scientific ways and techniques
- Make aware of value system that will allow them to feel confident internally than to seek it outside

10 February - 2023 (Friday)@ 10:00AM-4:00PM

Please register through your vtop login at https://vtop.vit.ac.in/vtop/initialProcess