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AARUPADAI VEEDU INSTITUTE OF TECHNOLOGY



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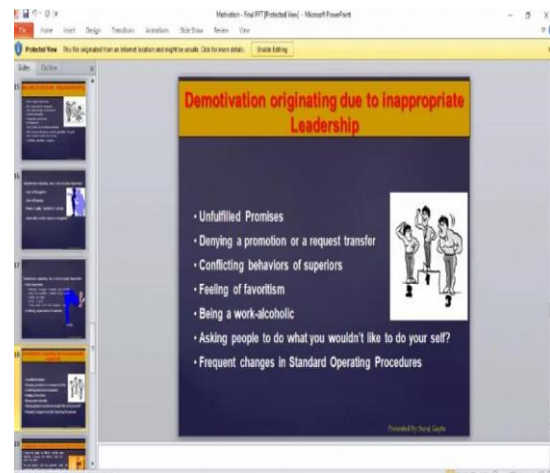
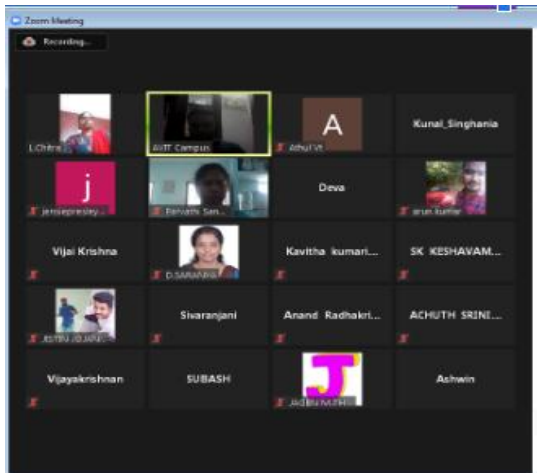


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## Report on Alumni Guest Lecture: Motivation – Learn to motivate people around you



During the lockdown the Department of Electrical and Electronics Engineering in association with the Alumni Association of AVIT organized a series of Alumni guest lecture. The first session started on 20.05.2020. The theme of the first day was about motivation entitles as “ Motivation – Learn to motivate people around you” and the session was handled by Mr.Suraj Gupta, an Alumnus of 2010 batch.He is Regional Incharge(Sales & Service), North MECC AITE India Pvt Ltd. Around 65 students of the Department of EEE and all the Faculty members of EEE dept participated in the event.

It was quite an interesting session. He firstly spoke about the reasons of demotivation. Few of the reasons why people get demotivated easily are because of unfulfilled promises, Conflicting behaviours, favoritism, being a workaholic and frequent changes in the standard operating procedures. In order overcome these difficulties that de-motivate us, he said that is necessary to self motivate and the best way to self motivate is to meditate.

And he also briefed on why meditation is the best opted way for self motivation. Further various ways to motivate others was beautifully narrated by him. He emphasized on key features like “Different strokes for different folks” which means that people are totally different from each other and each have different needs and wants that are different from others.He concluded the session by stating the fact that in order to learn to motivate people around us there is a greater need for us to stay motivated. This session particularly encouraged everyone with a need of the hour topic.