



Hope Foundation's

International Institute of Information Technology (I²IT)

Hinjawadi, Pune- 411057

Department of Electronics & Telecommunication

Activity Report

Alumni Interaction/Activity on "STAYING MOTIVATED IN DIFFICULT TIMES"

Academic Year: 2020-21

Semester: I

Name of Event: Alumni Interaction/Activity

Date of Conduction: 17/09/2020

Time: 10.15 AM - 11.15 AM

Targeted Audience: SE E&TC, TE E&TC, BE E&TC Students

Number of Participants: 160

Venue: Google Meet (Online)

Topic: Alumni Interaction on "STAYING MOTIVATED IN DIFFICULT TIMES"

Resource Person: EREKA SUSAN CYRIL

Coordinator: Prof. Sujata Viruikar

Objectives :

1. Student will be able to remember their mission.
2. Student will be able to visualize a successful outcome.
3. Student will be able to take a break and treat them self.

Outcomes:

1. Developed an attitude of expectancy.
2. Can take control over what they can, and stop worrying about what they can't.
3. Celebrate accomplishments, whether big or small.

Activity Description:

Alumni Interaction on "STAYING MOTIVATED IN DIFFICULT TIMES" on 17th Sept. 2020(Thursday) at 10.15 AM - 11.15 AM. In life, there may be times when negativity seems to surround you, suffocating your dreams and destroying your hope. When that happens, many go through their day being saturated with negativity and accepting it as a way of life. While you can't always control what happens to you, you can control how you respond to it. Seek to create a positive environment for yourself and you'll begin to become more motivated to achieve your dreams and goals.

Event Photos:

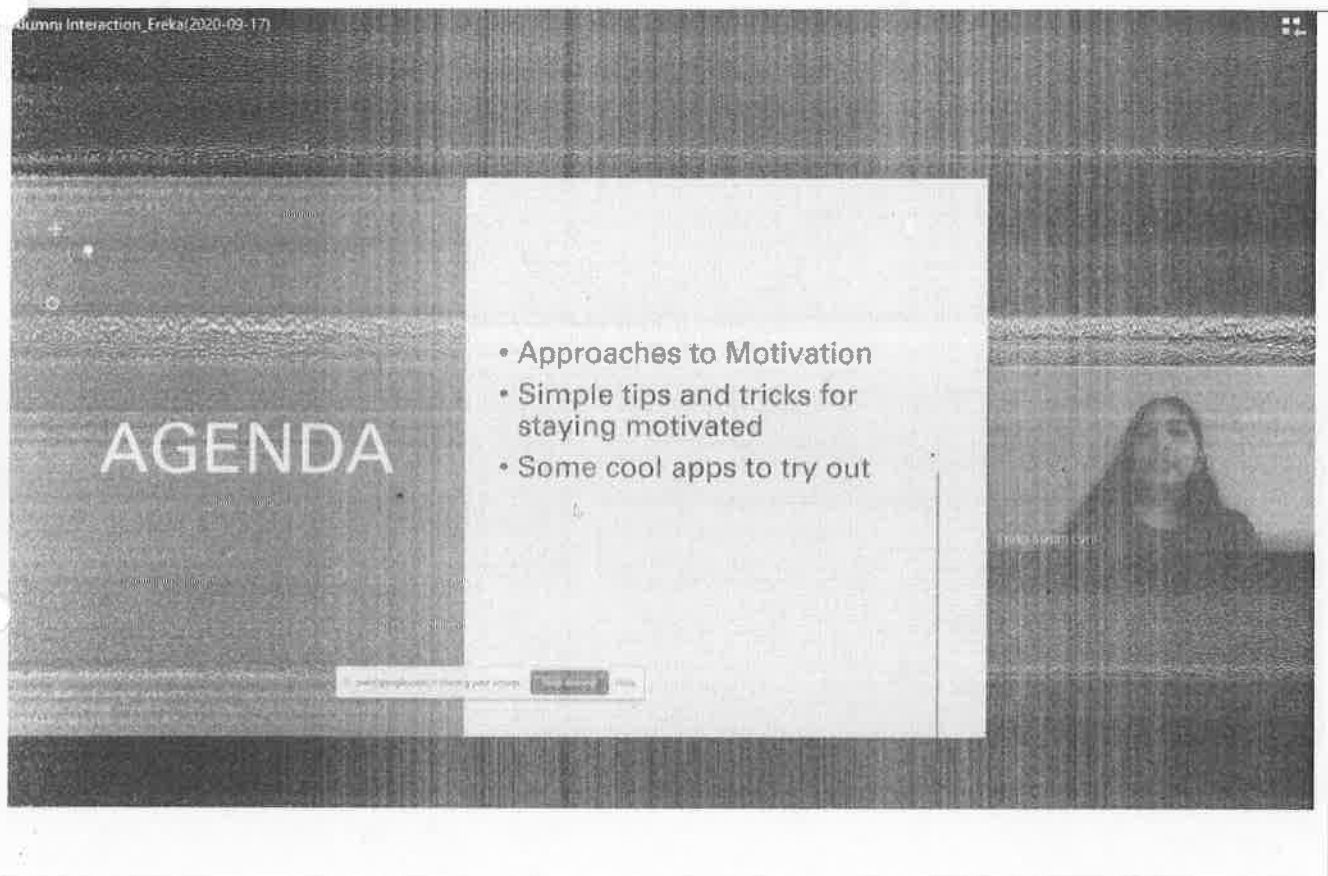


Image 1: Agenda of the session



Image 2: Positive Motivation

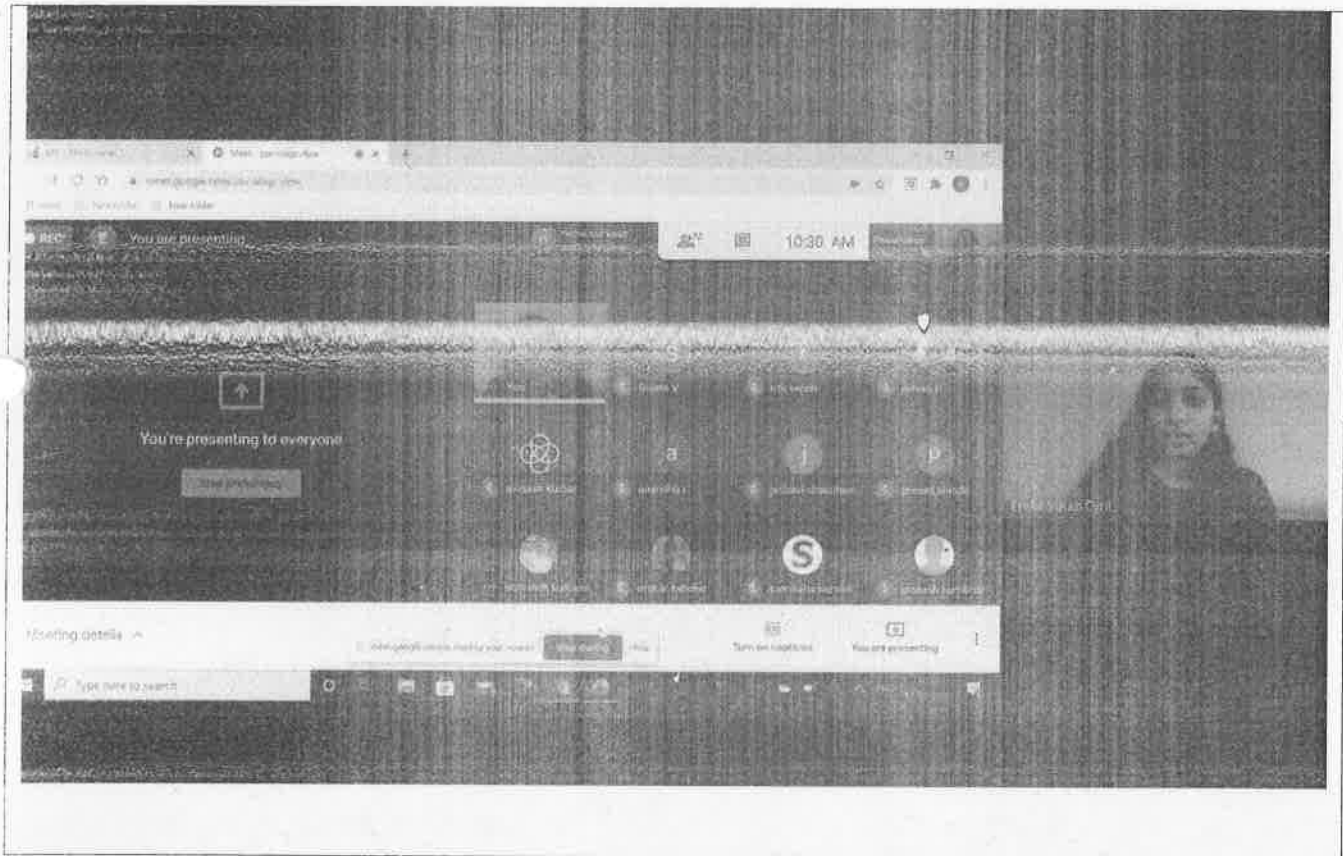


Image 3: Exercise for positive motivation