



**Sandip Foundation's
Sandip Institute of Technology & Research Centre, Nashik
Department of Management Studies
Academic Year 2021-22**

Guest/Expert Talk Lecture on “Developing oneself for Excellence”

Event Title: “Guest Lecture on “Developing oneself for Excellence”

Date: 10th February 2022

Conduction Duration: 2Hours

Venue: Mechanical Seminar Hall

Resource Person:

1. Dr.Medha Saykhedkar (Associate Professor, NBT Law College, Nashik)

Coordinator: Dr. Sarika Patil & Prof Prabodhan Patil

Objective:

- 1.To build self-confidence, enhance self-esteem and improve overall personality of the students***
- 2. To give Insight to students about Do's & Don'ts during Interviews***

About The Program:

Department of Management Studies had organized a guest lecture session on “*Developing oneself for Excellence*” for MBA Students. The Guest speaker for the same was ***Dr.Medha Saykhedkar*** who is a *Associate Professor, NBT Law College, Nasik* & also is a renowned TV Panelist. Speaker enlightens the students on the Self, one's desires, dreams, passions and motivations. It was stressed that they need to have a passion in life. Students were also given tips on how to increase their self-esteem. They were also encouraged to be optimistic and to have a positive approach about everything in life. Most importantly, it was emphasized that they should love themselves and never loses confidence. The main topics speaker mentioned to improve one's personality was body language, eye contact. Body language is the way one shows his/herself to the audience or people around to give a good impression. This is done by a number of techniques such as gestures, standing straight without knees bent, use of complete stage, etc. Coming to eye contact, it reveals all the secrets if a person is lying or is confident. For example, when a person is telling a lie, he always tries to avoid eye contact to avoid

getting caught. Thus eye contact is very important to make person front of you to believe you in any circumstances.

• **To sum up the Topics covered in the Guest Lecture were :**

1. Self Confidence
2. Communication Skill
3. Time Management
4. Presentation Skill
5. Professional Etiquette
6. Analysis and Assessment

Outcome:

- 1. Students came to know about how to develop/ improve the various facets of personality.*
- 2. Students got an insight regarding how to crack interviews.*

Photographs:





