

Event Details:

Event Type: Motivational workshop

Event Mode: Offline

Event Category: Technical Event

Event Date and Time: 15th Sept 22 (14:00 to 16:00 IST), 16th Sept 22 (14:00 to 16:00 IST), 17th Sept 22 (10:00 to 15:00 IST)

Event Accessibility: For registered participants

Organizing team: IEEE Gujarat Section, IEEE Signal Processing Society, GS and IEEE SCET SB

Faculty Coordinators: Prof. Neeta H. Chapatwala, Prof. Pritesh N. Saxena

Student Coordinators: Ritavi Shah, Rutvik Sojitra



Sarvajanik College of Engineering and Technology, Surat
and

IEEE Signal Processing Society GS (Gujarat Section)

organizes

International SPS Forum on

LIVE BEST RELAXED TIME WITH YOU (LIBERTY)

and technically co-sponsored by

IEEE Gujarat Section & IEEE SCET Student Branch

15th - 17th September, 2022

OFFLINE / ONLINE MODE

Session 1 : Discover Who You are and Who You are Not
Session 2 : Being Grateful
Session 3 : Being Fearless. Discover types of fear and How to deal with them
Session 4 : Action Brings Performance

Faculty Coordinators :
Prof. Neeta Chapatwala
Prof. Pritesh Saxena

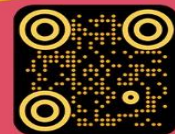
Student Coordinators :
Ritavi Shah: +91 9870041962
Rutvik Sojitra: +91 9510868465

 Sarvajanik College of Engineering & Technology

 Online Platform

 **Registration fees :**
Offline : 200 INR
Online : 100 INR
International : 50 \$
Accommodation on chargeable basis

Scan to Register



<https://bit.ly/LIBERTY--2022>

   / ieee.scet.sb

   / ieeespsgs

IEEE Gujarat Section, IEEE Signal Processing Society, GS and IEEE SCET SB has organized a 3-day international event named “Live Best Relaxed Time with you (LIBERTY)” on 15th - 17th September 2022. This event was organized to help to learn how to find and foster a healthy stress-free life and fight with inner fear to manifest ambitious goals. Stress is a universal human experience that almost everyone deals with from time to time. But a new study found that not only do some people report feeling no stress at all, but that there may be downsides to not experiencing stress. To analyse one’s stress and with the motive to overcome the same, Mr. Yayati Desai, Coach and speaker was invited. Mr. Yayati is a chemical engineer by graduation and has done his Masters in Human Resource Development (VNSGU, Surat) He also holds two Diploma in Training & Development (ISTD, New Delhi & VNSGU, Surat).

Day 1 was started with the session on knowing oneself and thereby finding out the shortcomings they face in their day to day life. Mr. Yayati gave an insight to the participants regarding mind belief related to shortcomings. Some pen down exercise were given to the participants to list down various inauthentic fears they face in life and the actions one needs to overcome those fears. He asked the students to make a list of incidents happened in their life that has created some scary image in their life. Initially participants hesitated to talk about their issues in public but later on due to proper guidance and direction given by Mr. Desai helped them to open up. The day 1 ended well with a feeling of satisfaction and light heartedness among the participants as well as organizing team.

Day 2 was initiated with the summing up of the pen down activity done on day 1. Many participants agreed upon the way mind beliefs played a vital role in cultivation of stress in their life. Few participants got emotional while recalling their happenings. Mr. Yayati helped everyone to identify people in their surroundings to whom they want to be grateful. He even asked the participants to visualize the various frustrations and complains one have in their life. Participants were able to understand that the reasons of those frustrations and complains in life are due to presence of expectations and the feeling of those expectations to get fulfilled. The participants were made aware that an unfortunate truth in the life is that some things just happens even if you don't like. You need to accept them for what they are because everything bad that happens with you is a good lesson for you. Complaining is not going to change anything except the tolerance levels of the people you surround yourself with. At the end of day 2 participants had a mixed feeling related to the various beliefs and mind-set they had in their life and the reasons for those beliefs and their outcomes.

With the same zeal and enthusiasm day 3 was started where the participants were eager for the speaker to begin with the action plans to overcome those fears and beliefs. Mr. Yayati started the session making all reflex what they consider themselves as. He asked everyone to list down how one thinks of themselves as well as what they desire to be in their life. He even asked the participants to pen down the areas in their life which matters them a lot. All the participants opened up their mind and narrated all the desires that they want to get fulfilled in their life. Mr. Yayati elaborated the importance of actions needed to achieve those desires and thereby providing the best performance in those areas to achieve the goal. He narrated various ways to improve performance listing few reading down something new every day, avoid distractions, prioritize self-care, etc. The session ended well by taking feedbacks from the participants. Happy faces with satisfaction were seen at the end of the day that remarked a new beginning with self-motivation and action to achieve performance in their desired areas of life.





There were around 136 participants from various institutes like Evening Commerce College, Surat, Shree Ramkrishna Institute of Computer Education and Applied Sciences, SURAT and SCET, SURAT

We are thankful to Prof. Hemina Adhvaryu, Principal, Evening Commerce College, Prof. Shripal Shah & Dr. Ruby Jalgaomwala, faculties of SRKICEAS college. as well as Prof. Ketki Pathak for her kind support and cooperation throughout the event. We are thankful to Mr. Kiran and Mr. Bhavesh for support during the event.

Some glimpse of the events.