

10-10-2023 World Mental Health Day

Speech by Dr. Visesh – ‘Mindset Matters: Unlocking your Potential’



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G. Narayanamma Institute of Technology & Science (for women)

AUTONOMOUS



COUNSELLING COMMITTEE

A Report on the Guest Lecture titled

Mindset Matters: Unlocking Your Potential

Dt. 10th October 2023 (World Mental Health Day)

On World Mental Health Day this year, a guest lecture by the renowned Psychologist Dr. Visesh was organized in the Administrative Block Seminar Hall. Students of the first year ECE, EEE B and ETE attended the session. Dr. Visesh highlighted the importance of right attitude towards all the aspects of life. He emphasized on the need to identify one's potential for personal development. In the transformative session on "Mindset Matters: Unlocking Your Potential," students delved into the power of mindset in shaping personal success. Facilitated by experts, the session emphasized the distinction between fixed and growth mindsets, highlighting how attitudes towards challenges impact achievement.

Practical strategies were shared to cultivate a growth-oriented mindset, fostering resilience and adaptability. Participants engaged in interactive exercises, encouraging self-reflection and goal-setting. The session underscored the pivotal role of positive thinking and perseverance in overcoming obstacles. Students left empowered, equipped with tools to embrace challenges, cultivate resilience, and unleash their full potential in academic and personal pursuits. Further, Dr. Visesh spoke on suicide not being a solution to any problem, however big it may seem. He gave awareness on suicide prevention support system available through different platforms. The students participated actively during the interactive session.

V. JAHNAVI
Coordinator – Counselling Committee