17/09/2018

Department of Computer Science

<u>NOTICE</u>

All students of Bsc (CS) are informed that a motivational lecture on "How to overcome fear" by Mr. Swajit Chaudhary has been organized on 22nd September, 2018 on 11.00 am.

It is mandatory for all to attend this program.

(Dr. Kiran J. Save)

Principal

PRINCIPAL
Sonopant Dandekar Arts College,
V.S. Apte Commerce College &
M.H. Mehta Science College
PALGHAR (W.R.)
Dist. Palghar, Pin-401404

Attendance:

Sr. No.	Name	Class	Roll No.	Mobile No.	Signature
1	Sagar Rathod	F.Y.IT	6706	8806877822	
2	Jagrut Patil	F.Y.I.T	6732	9960507752	
3	Duhita Bhoir	F.Y.I.T	6712	8308895598	
4	Diksha Soni	S4IT	6812	9822628602	
5	Kunal Nadge	-11-	6829	8007695114	
6	Ahmed Shaik	-11-	6839	9665495383	
7	Chetna Borse	-11-	6808	7843034266	
8	Pooja Yadav	-11-	6815	7303509188	
9	Kiran Yadav	-11-	6816	8857999077	
0	Vijay Paswan	-11-	6817	8793200087	
1	Aniket Tare	SYIT	6801	8446000928	
2	Mayuresh Bhoir	SYIT	6802	8087171093	
3	Ankit D. Jadhav	S.Y.I.T	6803	9049536651	
4	Gayatri S. Patil	S.Y.I.T	6811	8411830383	
5	Pallavi R. Klavge	T.Y.CS	6602	8007323845	
6	Pallavi Thorat	TYCS	6605	9860986942	
7	Dhanesh G. Patil	T.Y.CS.	6610	7875137407	
8					
9					
0					

Prof. In-charge

Department of Computer Science

EVENT REPORT

Name of the Event – Motivational Guest Lecture on "How To Overcome Fear"

Date -22-09-18   **Time** -10 AM onwards   **No. of Students Participated** – 60

Speaker:-Mr. Swajit Chaudhary

About the Event:

Introduction:
- Introduce Swajit Chaudhary as a renowned motivational speaker
- Explain the importance of overcoming fear in achieving personal and professional success
- Preview the key strategies for overcoming fear that will be discussed in the report

Understanding Fear:
- Define fear and its evolutionary purpose
- Discuss common types of fear (e.g., fear of failure, fear of rejection, fear of the unknown)
- Explain how fear manifests physically, emotionally, and mentally

The Impact of Fear:
- Explore the negative consequences of allowing fear to control one's life (e.g., missed opportunities, stagnation, low self-esteem)
- Share real-life examples or anecdotes illustrating the detrimental effects of fear

Strategies for Overcoming Fear:
1. **Identify and Acknowledge Fear:**
   - Encourage individuals to recognize and accept their fears without judgment
   - Emphasize the importance of self-awareness in overcoming fear
2. **Challenge Negative Thoughts:**
   - Teach techniques for reframing negative thoughts and beliefs
   - Discuss the power of positive affirmations and visualization in changing mindset
3. **Take Action:**
   - Advocate for taking small, manageable steps towards facing fears
   - Highlight the significance of gradual exposure and desensitization
4. **Seek Support:**
   - Stress the value of seeking support from friends, family, or professional mentors
   - Promote the benefits of joining support groups or seeking therapy for deeper issues
5. **Practice Self-Compassion:**
   - Encourage individuals to be kind to themselves and acknowledge their efforts
   - Discuss the importance of self-care and stress-reduction techniques in managing fear

Success Stories:

- Shared inspiring success stories of individuals who have overcome significant fears
- Highlighted the lessons learned and the transformational journey they experienced

Closing Thoughts:

- Summarized the key strategies discussed for overcoming fear
- Encouraged readers to take proactive steps towards facing their fears and pursuing their goals
- Expressed gratitude to Swajit Chaudhary for his valuable insights and inspiration

Prof. Rashmi Varade
Head
Dept. of Computer Science