

Report on
One Day Guest Lecture on
Be A Smart Learner
Emotional Balance
26.03.2022



Submitted by: Mr. C. Purushotham, Assistant Professor, Dept. of E & FL, MITS.

We, the department of E & FL, MITS have organized a Lecture – 1 of Lecture series on 26th March 2022 (Saturday) merely for I B Tech students. The program was scheduled for two sessions, i.e. in the forenoon for CE, EEE, ME, ECE and CST; in the afternoon for CSE, CSC, CAI and CSD. **Chief Patron of the program was Dr. N. Vijaya Bhaskar Choudary, Secretary and Correspondent, MITS;** the Patron of the program was **Dr. C. Yuvaraj, Principal, MITS;** the Adviser of the program was **Dr. Athar Sameena Khan, HOD Department of E & FL, MITS;** and the coordinator of this program is **Mr. C. Purushotham, Assistant Professor, Dept. of E & FL, MITS.** Moreover, the resource person of the program was **Dr. Sreedhar Vittalam (Memory Trainer & Motivational Speaker),** and the topics were chosen for this program were 1) Be A Smart Learner 2) Emotional Balance.

Be A Smart Learner, the lecture has been begun with a memory training activity through interesting mnemonics where students were able to recall all 28 states within a minute through a ‘Smart mnemonic technique’. The resource person was able to deliver several smart learning and studying techniques such as NLP techniques and SQ3R etc. Moreover, the lecture focussed how to prepare for academics and competitive purposes through smart techniques.

Emotional Balance, the lecture has been instigated with definition of ‘Emotion’ and how the emotion functions a key role in day-to-day human interaction. The lecture covered several elements which are related to human emotions such as sympathy, empathy, and love etc. Moreover, the lecture focussed on how hobbies influence our life and how one can transform bad habits into good habits; how one can transform from ordinary to extraordinary through modelling technique; how one can balance one’s personal, professional, or academic life through emotional balance etc.

In fact, 700 students have participated in the program for both sessions. The contents were delivered through appropriate audio visuals; the students have actively interacted with resource person; the resource person could deliver the contents effectively and objectives oriented. **Dr. Ramanathan, Vice principal (Academics), MITS and Dr. Athar Sameena Khan, HOD Department of E & FL, MITS and Dr. Mohanan, Assistant Professor, Dept. of E & FL, MITS** have felicitated to the resource person. All the faculty of dept. of E & FL, Mathematics, Chemistry and Physics have extended their support and made the program a very big success.