



**MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE
(UGC-AUTONOMOUS INSTITUTION)**

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NAAC Accredited with A+ Grade, NIRF India Rankings 2024 - Band: 201-300 (Engg.)
NBA Accredited - B.Tech. (CIVIL, CSE, ECE, EEE, MECH, CST), MBA & MCA**

**A Report on Alumni Guest Lecture on
"The Power of Positive Thinking for Students"
Organized by Department of Mechanical Engineering
In association with Institution of Engineers & MITS Alumni Welfare Association
on 14.05.2025**

Event Coordinators: Dr. Muthulakshmanan, Assistant Professor, Department of Mechanical Engineering & Dr. Rupshree Ozah, Assistant Professor, Department of Mechanical Engineering.

Resource Person Details: Mr. Athiq Ahamed (Batch: 2013–2017), Currently working as an Advocate & Psychologist, Bengaluru.

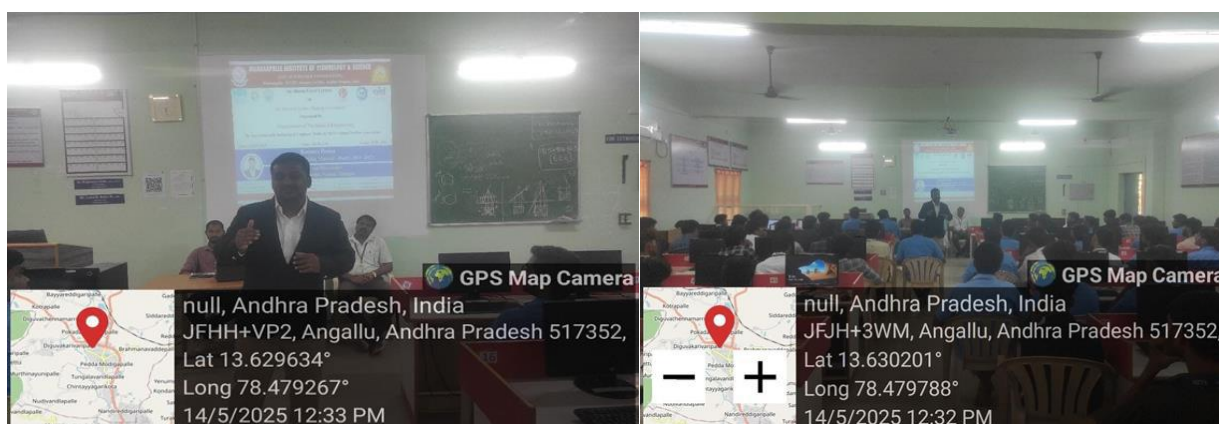
Number of Student Participants: 65

Report Received on 16.05.2025.

Mode of Conduct: Offline

Event Overview and Introduction:

The DEPARTMENT OF MECHANICAL ENGINEERING organized an inspiring alumni guest lecture on 14.05.2025 featuring **Mr. Athiq Ahamed**, a distinguished alumnus from the mechanical engineering department in 2013–2017 batch. Currently working as an Advocate & Psychologist, Bengaluru. Ahamed shared his knowledge and experiences in the field of personal and professional development.



The event was graciously coordinated by **Dr. Muthulakshmanan** and **Dr. Rupshree Ozah**. It began with a warm welcome address delivered by the Head of the Department, **Dr. Baskaran**, who highlighted the importance of alumni engagement in guiding current students toward future success. He acknowledged Mr. Ahamed's professional achievements and expressed pride in his contributions to society.

Mr. Ahamed's lecture focused on seven key areas essential for shaping a successful and meaningful life. The talk was dynamic, insightful, and filled with practical tips. Both first year and second year mechanical department students as well as faculty alike were captivated by his clarity, motivation, and the real-world applications of psychological principles.

Key Takeaways from the Lecture:

1. Mastering Focus

Mr. Ahamed began by addressing the modern challenge of maintaining focus amidst constant distractions. He introduced practical techniques such as the Pomodoro Technique, setting time blocks for deep work, and digital minimalism. Students were encouraged to engage in mindfulness exercises to enhance mental clarity and academic performance.

2. Goal Setting

He emphasized that clear and actionable goals serve as the foundation of personal success. By using the SMART goal framework, Mr. Ahamed taught students how to set realistic, trackable objectives. He also discussed the psychological benefits of visualizing goals and maintaining goal journals.

3. Pathway Planning

Mr. Ahamed explained that goals must be backed by a well-structured plan. He presented a roadmap to success that involves self-assessment, understanding one's strengths, identifying opportunities, and staying flexible in the face of change. This segment included overcoming setbacks and turning failures into learning experiences.

4. Effective Stress Management

Drawing from his experience in psychology, he offered techniques such as deep-breathing exercises, journaling, physical fitness, and time management to help students manage academic and emotional stress. He emphasized that stress, when managed properly, can be transformed into a source of motivation.

5. Cultivating a Positive Mindset

Mr. Ahamed inspired students to adopt a positive outlook through gratitude practices, reframing negative thoughts, and engaging in affirmations. He encouraged students to view challenges as opportunities for growth and to surround themselves with supportive influences.

6. Entrepreneurship Development

In this segment, he encouraged students to think beyond conventional career paths. He shared the foundational principles of entrepreneurship, such as innovation, problem-solving, market awareness, and persistence. His message was clear: anyone can be an entrepreneur with the right mindset and tools.

7. Personality Development

Finally, Mr. Ahamed stressed the importance of self-awareness, communication, emotional intelligence, and confidence. He provided insights into how students can become better team players, leaders, and professionals by consistently working on their interpersonal skills and emotional maturity.



Conclusion and Vote of Thanks

The event concluded with a vote of thanks by **Dr. Rupshree Ozah**, who expressed heartfelt gratitude to **Mr. Athiq Ahamed** for his time and inspiring lecture. She also thanked the faculty members, coordinators, and students for making the event a grand success. She acknowledged the deep impact the session had on students, many of whom expressed a renewed sense of motivation and purpose.

The lecture served as a reminder of the immense value that alumni bring to academic institutions not just through their success, but through their willingness to share and uplift the next generation. The department looks forward to organizing more such events that bridge the gap between past and present learners.