

D.A.DEGREE ENGINEERING & TECHNOLOGY

SEMINAR REPORT ON "THE POWER OF HABITS"

23 AUGUST, 2018

D.A.Degree College of Engineering & Technology organized a seminar on "The Power of Habits" for degree engineering students of first and third semester and faculty members with the kind support of college management on 23 August, 2018. The seminar was conducted by Adiguru Das (M.tech IIT Delhi, Prof. Delhi University) who is associated with The International Society for Krishna Consciousness (ISKCON). The seminar was started by welcoming our guest speaker and Prof. Bharat Solanki delivered an introductory speech and informed students about the purpose of seminar.



The Idea behind having such a seminar was to guide the students to introspect their life and how to reach their potential by changing their habits which was explained exceptionally well by Adiguru Das.



"Being a slave to a bad habit or servant of a good habit- th choice is yours."

- Fred Van Amburg

The seminar started with powerful quote and He explained students about how to bridge the gap between knowledge and actions with relatable examples. He also demonstrated with help of presentation that how the mechanism of mind works and the factors influencing and diverting our mind. What are the basic steps to break the bad habits and how to improve our efficiency in our work and academics.

The seminar was attended by around 150 students and faculty members. Response from students was very positive and our institution is committed to arrange such seminar and workshops in future to motivate and guide our students.

