

Report

Mentoring Session-“Harnessing the Potential of your Whole Brain.”

Event Category: Mentoring Session

Topic: “Harnessing the Potential of your Whole Brain.”

Date: 29/01/25

Time: 01:30 PM

Venue: Room 009

Beneficiaries with numbers: 21

Faculty – Dr. Geeta Chaudhary, Mr. Sanjay Bhardwaj

Students - 19

Faculty Coordinators: Mr. Sanjay Bhardwaj

Learning Objectives:

- To understand whole brain thinking and its importance.
- To overcome mental barriers and limitations.
- To apply Neuro-Linguistic Programming (NLP) techniques.
- To unlock your full potential for personal and professional success.

Report: On January 29, 2025, the B.Ed department of JIMS Engineering Management Technical Campus organized an External Mentoring session titled “Harnessing the Potential of your Whole Brain.”

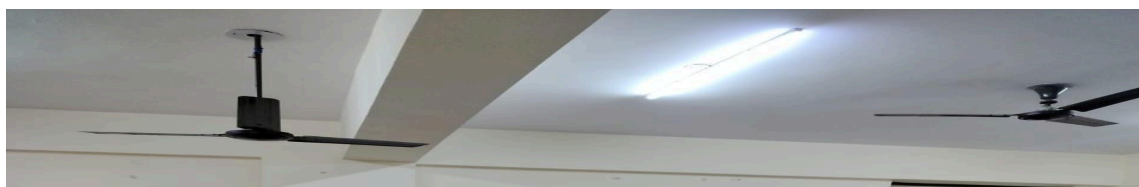
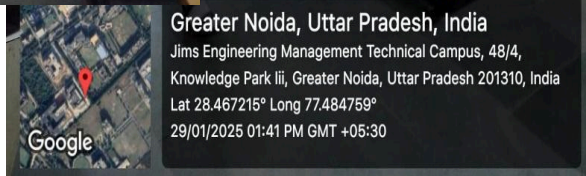
Department - B.Ed

Content: The session began with an introduction and a very warm welcome of the resource Person Ms. Deepa Bhatia. She is a renowned leadership expert who has trained senior executives and individuals across various sectors, leveraging her strong background in Neuro-Linguistic Programming, Positive Psychology, and Leadership Development. Ms. Deepa Bhatia imparted sage advice on cultivating patience, linguistic precision, and focus. Through interactive introductions and shared anecdotes, she elucidated key takeaways and coping strategies. The session concluded with an enlightening exploration of brain function and a motivational appeal to optimize our cognitive potential. The lecture lasted for two hours, during which Ms. Deepa Bhatia engaged with the mentees, encouraging active participation and interaction. The lecture was also attended by our faculty members. The session was insightful and well-received, providing practical tools and inspiration for the attendees to apply in both their personal and professional lives. The session fostered an enriching learning experience for everyone present.

Conclusion: Attending this external mentoring session, students gained valuable insights into the workings of their brain and discovered practical techniques to unlock their full potential. Students were equipped with the knowledge and skills to optimize their cognitive abilities, overcome mental barriers, and achieve greater success in their personal and professional lives.

**GLIMPSES OF THE MENTORING SESSION-" HARNESSING
THE POTENTIAL OF YOUR WHOLE BRAIN."**

Date: 29.01.2025





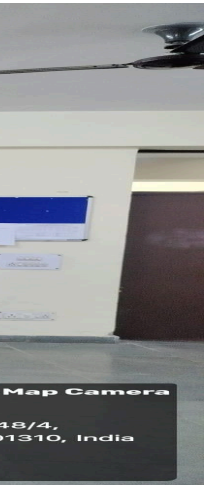
JIMS Engineering Management Technical Campus, Greater Noida

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Department - B.Ed



Mr. Sanjay Bhardwaj

Faculty Coordinator

HOD

Dr. Rekha Mahajan
