

Motivational and Thought provoking session by Satish Valivetti

College plays an important role in the personality development of students. Personality Development is the need of the hour as it is essential for the holistic development of students and their survival in this competitive world.

Keeping this in mind , A power packed training session **Unlock your potential** was organized for the fresh inducts and third year students of Engineering by career guidance cell of Dadi institute of Engineering on 18th December, 2021, Renown Personality development trainer, coach, psychologist and CEO of Advanced minds Mr. Satish Valevati was the resource person.

Before giving his talk, psychologist Satish made the students watch a five-minute scene from the movie facing the Giants, where a coach motivates an American football player to push his limits in training, before psychologist began his address. (The video is available on YouTube as ‘The



Death Crawl' scene from facing the Giants.) "I showed this video to explain how success and self belief are two sides of the same coin,' he explained.

The session was highly energizing as the trainer has concentrated on providing a ROUTE MAP to the students on how to succeed in life and studies by conveying them how our brain receives different responses. He demonstrated how left brain and right brain receive the responses and how one remembers things that are rhythmic, out of proportion, unusual, Transformational, emotional, movements, attractive colors and pictures.

He made them to remember the things by taking them on journey to correlate everything in imagination so that it can be remembered forever. Students were able to remember all the fifteen words that were conveyed by them without any reference and that too in the same order in which they were displayed on screen earlier.

Satish's high-energy presentation kept the students on the edge of their seats. Satish had activities for them in one of which he asked a student to join him on the stage and have him hold an object. "Before the count of three, the object should leave your hands. If it doesn't happen, I'll pour water on you," he warned. In each round, the participant had to find a different place to keep the object. In the last round, the participant ran out of ideas and tried to hold the object with his mouth... but he couldn't. Satish did not pour water as he had threatened but explained instead, "Once you see your duties as 'must do' instead of 'should do' you will build a mindset which finds new ways to get things done instead of procrastinating."



Satish also demonstrated the importance of visualizing goals and prioritizing tasks on a daily basis in order to become successful. “I had a great time today. No one talks about motivation and positive mindsets. The topics of discussion at home and in colleges are invariably about academics,” said Mahalakshmi of 1st CSE who found the session very helpful. Satish has been a motivational speaker for 20 years and has conducted several workshops for students and parents “In my experience, I’ve learnt most adolescents struggle to deal with failure and have low self esteem,” he said. “That’s why the focus of the talk was on ways to develop self-belief,” he added.

The career Guidance cell has coordinated this session and has promised to come up with many more in near future.

Principal Dr.Challa Narsimham opined that energetic and up to date trainer like Satish would mesmerize the students with his unique style and he thanked the trainer for providing valuable inputs which help the students to overcome the hurdles of life.