



**B.V. Patel Institute of Management,
Uka Tarsadia University.**



Date: 28/11/2018

Session on Winning Your Self – ની કેમ થાય.

B.V. Patel institute of Management organized a session on Winning Your Self for students of first year BBA and B.Com. Session was conducted by Dr. Manisha Surti, Ms. Bhoomi Patel, Ms. Toral Thanki, Ms. Peenal Shankhla and Mr. Vivek Ayre.



Session was started with the song recitation “Chak De India”. Then students were divided in to the group of 10 for practical activity. Each group picked a chit and spoke for two minutes spontaneously. Audience have to observed the performance of each group. Afterwards they prepared the same topic for 10 minutes and again spoke for two minutes. Audience analyzed that students can performed better with the preparation.

After that students were shown the video of Michael Phelps, who won 28 gold medals in Olympics. Each group representative has to represent the learning from the video. The approach of whole session was to make the students understand the importance of knowledge, preparation, skills and attitude for building the self-confidence. Students very enthusiastically participated in all the activities and whole session was very useful for students to build confidence.

