



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



Date: 13/09/2019

“Session on Motivation: How to Motivate Yourself”

Management club of B.V. Patel Institute of Management has organized a session on Motivation: How to Motivate Yourself for First Year BBA students on 13th September, 2019 at B.V. Patel Room No. 20. Around 80 students participated in this session and it was conducted by Ms. Vaishali Pillai. The session was all about how to motivate our own self in different ways. If you want to excel in life, self motivation is essential. You must know how to motivate yourself. You must be able to keep your spirit high no matter how discouraging a situation is. That's the only way to get the power you need to overcome difficulties. Those who are discouraged in difficult times are certain to lose even before the battle is over. A small game was played where they were seemed to test their presence of mind through concentration. Overall, it was an effective session.



The feedback of the students was very positive and the students gained a lot of insights about how to set and achieve focus through motivating oneself.