



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



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### “Mastered the Art of Selfie? How about Self?” by Ms. Vanitaa Rawat

Student Development cell of the B.V. Patel Institute of Management had organized a session on ‘Self Worth’ inviting Ms. Vanitaa Rawat, a NeuroLinguistic Practitioner, an Influencer and a Socialite as the speaker of the session. She was an inspiration herself as a personality.



The session went very smooth and interactive from beginning till end. The speaker was such an affectionate personality and a good orator that had influenced and made the audience involved to interact freely. The main crux of the session was developing ‘self worth’ in the individual. All the students obtained much of self development in them and were much satisfied and happy with the session. It went with practical and realistic approaches enjoying games and realizing the ‘real identity’ in one. Student learned to measure our score card rating ourselves with respect to relationship parameters and even balancing it. Even the inner conversation plays a crucial role in one’s life and so, positivity in thinking is a must. The prime concern of F.L.Y. (First Love Yourself) was discussed to come up and enjoy every moment of life. Student also realized the importance of building a road map for the ‘SMART goals’ imaging ourselves over next 5 years down the line. If you want to give light to others, you have to glow within! The mantra shared by her with 250+ students of BBA.

The speaker made the session much interesting with stories and activities. It was much fruitful for inspiring and motivating intrinsic values boosting self analysis and awareness within us. Today’s session would have bought the turning points in many lives and would positively contribute to their development.



