

Gyanmanjari Institute of Technology Bhavnagar

Report on

Expert talk On “Becoming You, at Your Best”

Date: 11/07/2025
Time: 10:00 AM – 12:00 PM
Venue : TF - 14

No. of Student	40
Department	Information Technology
Semester	Diploma 1 st
Faculty Co-Ordinator	Prof. Japan M. Mavani, Prof. Sunil H. Chavda, Prof. Vishakha B. Savani, Prof. Tarjane M. Vyas, Prof. Harshil M. Trivedi, Prof. Jay D. Parmar

About Expert

Ms. Niketa Acharya is a passionate motivational speaker and personal development mentor, known for her impactful sessions that inspire self-discovery, confidence-building, and clarity of purpose. With years of experience in guiding individuals—especially students—on their journey toward self-awareness and growth, she brings a unique blend of empathy, insight, and practical tools to the academic setting.

Ms. Acharya has conducted numerous workshops and expert talks focused on topics such as identity exploration, emotional intelligence, mindset transformation, and goal-setting. Her deep understanding of personal development strategies, combined with her engaging communication style, allows her to connect effectively with learners and leave a lasting impression.

Throughout her work, she has helped individuals reflect on their strengths and weaknesses, discover their core values, and develop a forward-thinking, resilient mindset. By incorporating techniques like journaling, SWOT analysis, and interactive reflection activities, she ensures that her sessions are both enlightening and action-oriented. Her ability to simplify complex emotional and psychological concepts makes her talks accessible and relatable to students from diverse backgrounds.

As an invited expert, Ms. Niketa Acharya is committed to empowering students to understand who they are and what they want to become. She shares valuable life lessons, encourages critical self-reflection, and motivates learners to embrace their individuality while striving toward meaningful goals. Her dedication to personal growth and her genuine connection with audiences make her an invaluable contributor to any academic or developmental program.

Objective of Talk

The objective of the expert talk on *"Becoming You, at Your Best"*, conducted by **Ms. Niketa Acharya**, was to encourage students to begin their academic journey with a strong foundation of self-awareness and purpose. The session focused on helping students understand their personal identity, recognize their strengths and weaknesses, and reflect on their values, aspirations, and mindset.

Through interactive discussions and guided activities like journaling, SWOT analysis, and mindfulness exercises, Ms. Acharya provided students with tools to explore their inner potential. She emphasized the importance of emotional intelligence, confidence-building, and self-reflection in shaping a successful academic and personal life.

The session also aimed to inspire students to set meaningful goals, make conscious choices, and develop a growth-oriented attitude. By the end of the session, students were expected to have a clearer understanding of themselves, greater self-belief, and a stronger sense of direction for their future.

About Expert Session

The expert session on “*Becoming You, at Your Best*” by **Ms. Niketa Acharya** offered students a meaningful and introspective experience aimed at enhancing self-awareness, emotional intelligence, and personal growth. Conducted as part of the expert talk series, the session focused on helping students understand their identity, values, strengths, and aspirations - crucial elements for success both academically and personally. With her background in motivational speaking and mentoring, Ms. Acharya provided thoughtful guidance on how self-understanding leads to better decision-making and life direction.

The session began with an engaging discussion on the concept of identity and why knowing oneself is important in today’s fast-paced and often overwhelming world. Ms. Acharya introduced practical tools such as SWOT analysis, journaling, and mindfulness techniques to help students reflect on their inner qualities, recognize personal barriers, and set meaningful goals.

A key highlight of the session was the interactive segment, where students shared insights from their self-discovery exercises and participated in guided goal-setting activities. The discussion also covered the importance of self-belief, managing negative thoughts, and building a positive, growth-oriented mindset to face academic and life challenges.

The session concluded with a motivating Q&A round, where students asked questions about handling pressure, overcoming self-doubt, and staying focused on long-term goals. Ms. Acharya’s warm, engaging approach made the session deeply impactful and relatable. Overall, the expert talk left students inspired, more self-aware, and equipped with simple yet effective tools to begin their journey of personal development with clarity and confidence.

Photographs





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