

## **Post Event Report of Webinar on “Nurturing Motivation” by Dr. Yumlembam Aditi North East Student Cell, Aryabhata College**

Name of Event: Webinar on “Nurturing Motivation”

Speaker: Dr. Yumlembam Aditi

Time: 04:00 pm IST

Date: 27<sup>th</sup> April 2022

Mode: online- [meet.google.com/pjt-svso-fue](https://meet.google.com/pjt-svso-fue)

North East Student Cell, Aryabhata College, organized a webinar on Nurturing Motivation at 4pm IST on the 27th of April 2022. The webinar was attended by 30 participants, including people from outside of the college. The webinar was graced by the presence of our principal, Prof. (Dr.) Manoj Sinha, and the students were blessed with words of encouragement from him.

Dr. Aditi spoke on how to nurturing motivation. She deliberated on the following 5 steps on how to go about it:

1. **Staying Connected with the goal.** To be mindful of your goal. Reminding yourself of your own goal. Understanding that you yourself is responsible to achieve your goal.
2. **Have small goal or break big goal into small goals, achievable goals.**
3. **Keep working and keep the work alive.** Even a small amount of physical activity is better than nothing. Physical movement boost our performance. It increases one’s dopamine level.
4. **Learn how to resist temptation and urges.** And how does one maximize these momentary urges? Capability to remain calm and composed is basic to having willpower: practicing mindfulness. Reflect on thoughts, emotions, urges; long enough to make an informed decision.
5. **Change your relationship with failure:** how we react to failure. She included an activity here which made the participant aware of how we tend to be hard on ourself and not forgive ourself as compared to the compassion and care we usually show for others.

She gracefully concluded her talk by discussing what a goal is, and how one would identify a goal. After which she gracefully took queries from students and faculty members.

Tenzin Choden compered the event, and Mema Chongtham introduced the speaker to the participants. The event then came to a graceful conclusion at 5:30 pm IST with vote of thanks from the vice president of the society, Lunmuanlal.