



HOPE Foundation's
Finolex Academy of Management & Technology,
Ratnagiri
Department of MCA

Online Motivational Talk by Dr Aparna Nimkar

The department of MCA organized an online motivational talk for the students of MCA on 14th March 2021. The resource person for the talk was Dr Aparna Nimkar who is a Consulting Psychotherapist and Counselor. She has worked with Prasar Bharti – India's Public Service Broadcaster " AKASHVANI", as an expert on Mental Health & Stress Management. She has also worked with the Government of India - Staff Selection Commission, Department of Personnel and Training and with MT Educare Ltd. as an Online counsellor for SSC students and their parents all over Maharashtra for the last eight years.

The lecture began with a welcome note from Asst. Prof. Kishor Bhosale, who also introduced the resource person. The Head of the MCA Department, Prof. Tejas V. Joshi addressed the audience about the agenda of the talk and requested the resource person to start the talk.

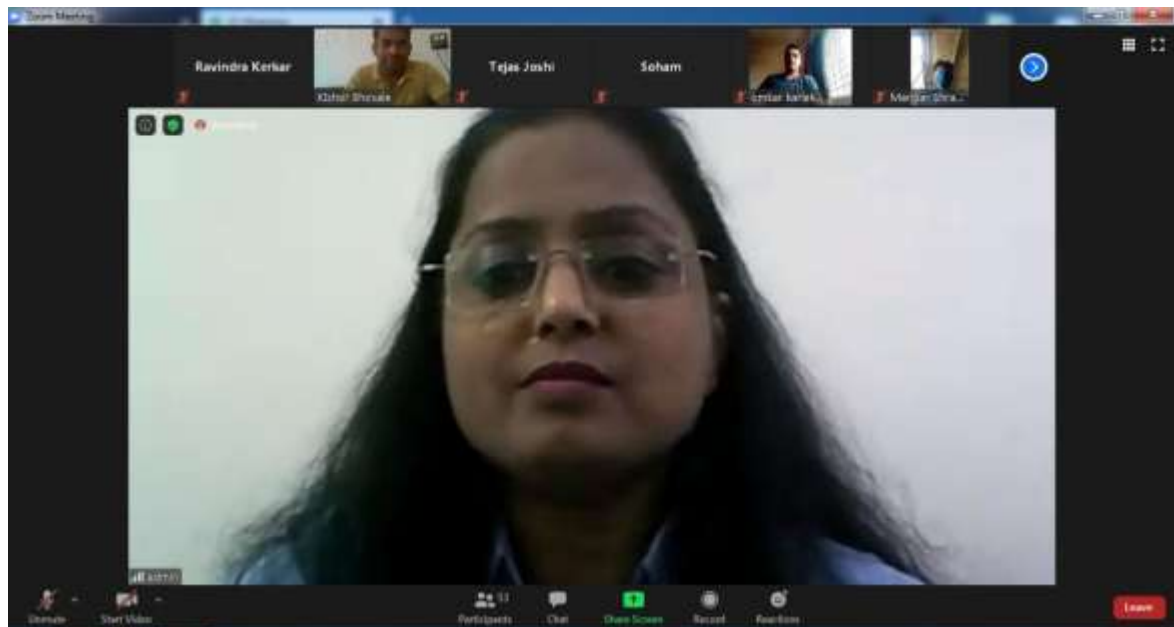
The motivational talk was related to the world of psychology and focused on ways to keep our mind healthy and strong, to avoid stress and to motivate yourself for achieving our goals and targets. A psychometric test of the students was conducted before the talk and the results of the test were discussed during the talk. The talk continued with a question-answer session. A total of 47 students of the MCA department attended the motivational talk.

Asst. Prof. Kishor Bhosale coordinated the organization of the talk. The talk concluded with a vote of thanks by Asst. Prof, Harshada U. Salvi

Photographs



Inaugural Session of the Online Motivational Talk



The resource person for the motivational talk, Dr Aparna Nimkar

Recording

World Of Psychology
Psychotherapy and Counseling Center

What is Mind

- ✓ A person's set of intellectual or mental faculties.
- ✓ The group of cognitive psychiatric processes that includes functions like perception, memory, reasoning (executive functions), etc.

Ravindra Kerkar
Kishor Bhosale
Pratik Kadam

Zoom Meeting Controls: Mute, Start Video, Participants, Chat, Share Screen, Record, Eraseboard, Leave

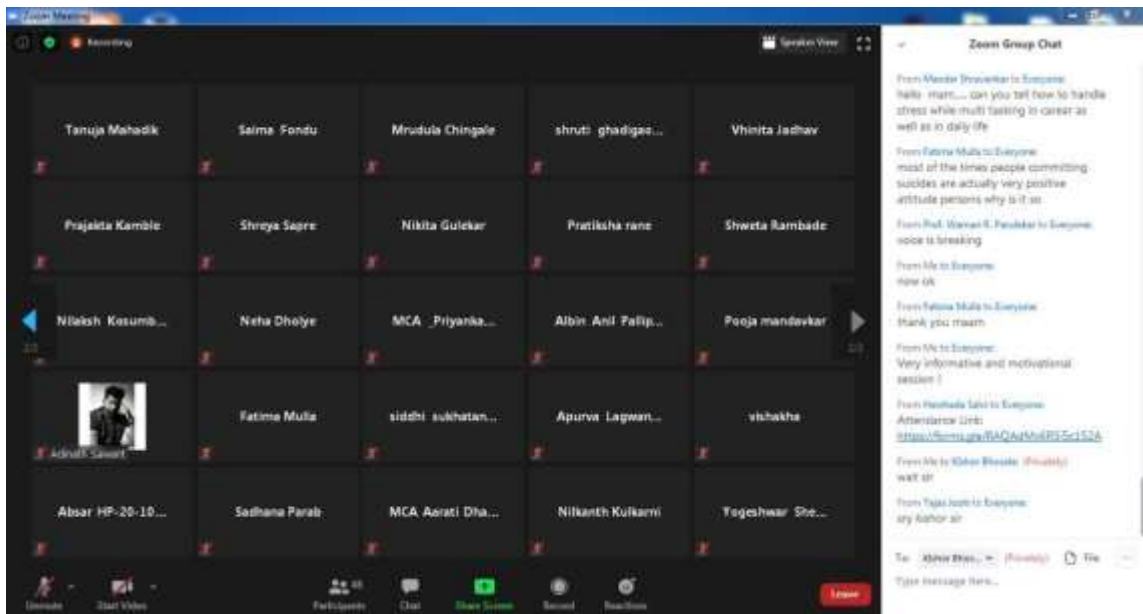
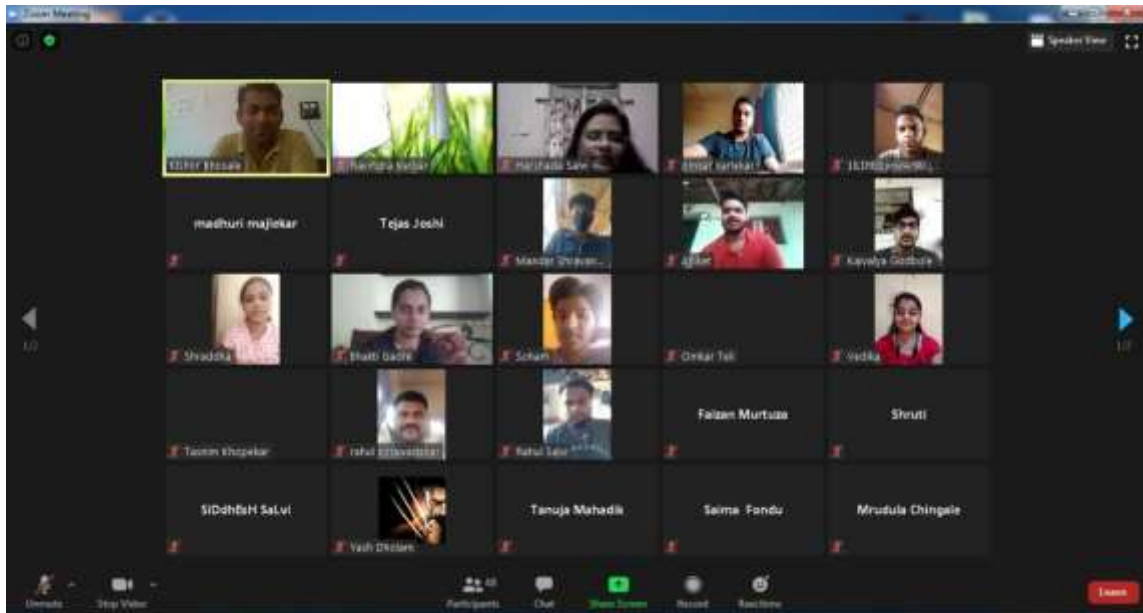
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Your mind is too powerful when filled with **positive thoughts.** You can change anything, you can even achieve the most difficult goals. **Think Positive! Do Positive! Be Positive!**

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The resource person, Dr Aparna Nimkar guiding students during motivational talk



Student and Faculty Participants during the online motivational talk.