

Maharaja Agrasen Institute of Technology, Delhi
Department of Mechanical Engineering
EVENT REPORT

Date: 24th February 2026

Department : Mechanical Engineering / Mechanical and Automation Engineering
Activity Category : Expert Session / Personality Development Session
Title of the Activity : Re-Engineering Your Mind
Theme/Focus Area : Emotional Intelligence, Self-Awareness, Personal Development and Career Growth

1. Basic Details

Date of Activity : 4th February 2026 and 10th February 2026
Day : Wednesday and Tuesday
Time : 11:00 pm onwards
Venue/Platform : Maharaja Agrasen Institute of Technology (MAIT), Delhi
Organised by : Department of ME and MAE, MAIT in collaboration with IEE Academy
Activity Coordinator: Dr. Surbhi Upadhyay

Number of Participants :

- **Students :** Participating students from ME and MAE Department
- **Faculty :** Faculty members of Mechanical Engineering Department
- **External Participants :** Experts from IEE Academy

2. Resource Person Details

Resource Person 1

Name: Mr. Saurabh Vashisht
Organization: IEE Academy
Area of Expertise : Personality Development, Emotional Intelligence, Mindset Development and Career Guidance

Resource Person 2

Name : Mr. Ankit Shukla
Organization : IEE Academy
Area of Expertise : Behavioural Development, Communication Skills and Self-Improvement Training

Brief Profile :

The resource persons from IEE Academy are experienced trainers in personality development, emotional intelligence, communication skills, and behavioural training. During the session, they guided students on self-awareness, emotional resilience, confidence building, stress management, and career-oriented mindset development.

3. Objectives of the Activity

- To develop self-awareness and emotional intelligence among students.
- To encourage positive thinking, resilience, and confidence building.
- To help students identify behavioural patterns and self-limiting beliefs.
- To enhance communication skills and interpersonal understanding.
- To motivate students towards continuous self-improvement and life-long learning.
- To align students' mindset with career aspirations and personal growth.

4. Description of the Activity**Purpose of the event:**

The session was organized to help students understand the importance of mindset, emotional intelligence, and self-awareness in achieving academic excellence and professional success.

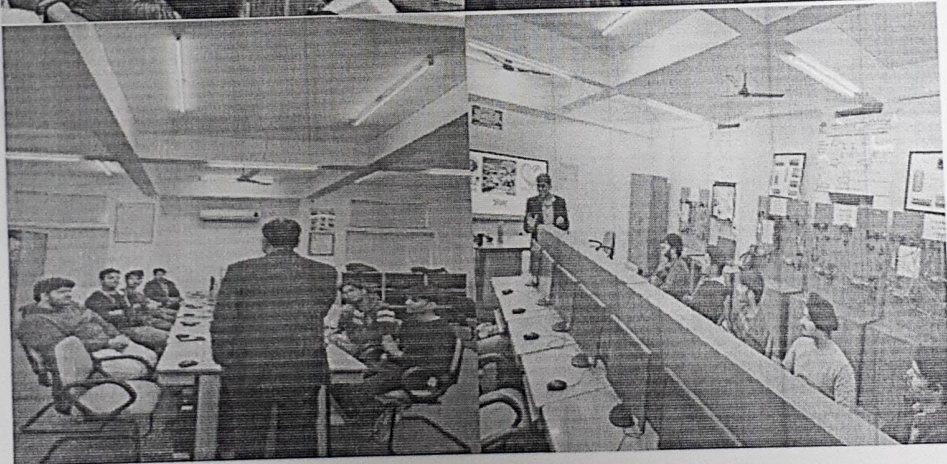
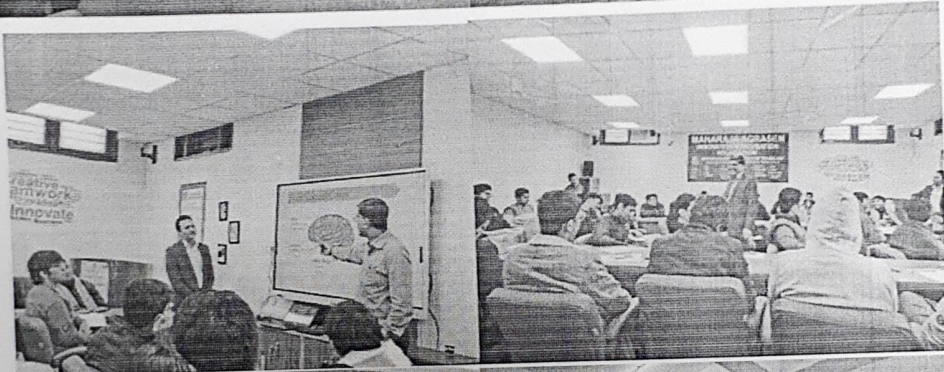
Key Topics Covered:

- Importance of emotional intelligence and self-awareness.
- Understanding behavioural patterns and emotional responses.
- Stress management and emotional resilience techniques.
- Building confidence and mental clarity.
- Developing a positive mindset and growth-oriented thinking.
- Importance of communication and interpersonal skills.
- Career planning and aligning mindset with life goals.

5. Learning Outcomes / Impact

- Improved communication and interpersonal skills.
- Enhanced confidence and resilience to manage stress effectively.
- Better understanding of emotional responses and behavioural patterns.
- Improved decision-making and self-management abilities.
- Enhanced self-awareness and introspection capabilities.

6. Photographs and Documentation



7. Feedback Summary

- Students appreciated the motivational and interactive nature of the session.
- Participants found the session useful for stress management and personality development.
- The discussion on emotional intelligence and self-awareness helped students gain clarity regarding personal and professional growth.

8. Challenges faced

- Limited time available for detailed individual interaction with all participants.
- Managing interactive discussions with a large group of students simultaneously.

9. Recommendations / Future Scope

- More interactive personality development and communication workshops may be organized.
- Additional stress management and leadership development sessions can be conducted.
- Advanced sessions focusing on professional readiness and interview preparation may be arranged.

10. Annexures

- Annexure I - Photographs of the Event
- Annexure II - Attendance Record
- Annexure III - Participant Feedback Summary

Report Prepared By:

Name : Dr. Surbhi Upadhyay

Designation : Assistant Professor

Signature :

Verified By:

HoD

Approved By:

Director