

Maharaja Agrasen Institute of Technology, Delhi

Department of Mechanical Engineering

EVENT REPORT

Date: 24 Feb, 2026

Name of Activity	Session on “Re-Engineering Your Mind”
Resource Person	Mr. Saurabh Vashisht Mr. Ankit Shukla (IEE Academy)
Date:	4/2/26 and 10/2/26

The Department of Mechanical Engineering, Maharaja Agrasen Institute of Technology (MAIT), organized a session titled “Re-Engineering Your Mind” in collaboration with IEE Academy.

The session highlighted the importance of mindset, emotional intelligence, and self-awareness in achieving academic success and professional excellence. Students were encouraged to cultivate resilience, clarity, and self-understanding to thrive in today’s competitive environment.

The session contributed to the attainment of the following Program Outcomes:

- **PO 6 – The Engineer & Society:** Understanding human values, emotional awareness, and societal responsibilities.
- **PO 8 – Ethics:** Encouraging self-awareness, integrity, and responsible decision-making.
- **PO 9 – Individual & Team Work:** Promoting empathy, collaboration, and interpersonal understanding.
- **PO 10 – Communication:** Enhancing effective communication and behavioural understanding.
- **PO 12 – Life-long Learning:** Motivating continuous self-improvement and growth mindset.

Program Specific Outcomes (PSO) Addressed

- **PSO 3:** Ability to pursue advanced studies, develop entrepreneurial skills and manage engineering projects in creating innovative solutions.

Sustainable Development Goals (SDG) Alignment

The session aligns with the following Sustainable Development Goals:

- **SDG 3 – Good Health & Well-being:** Promotes mental wellness, emotional resilience, and stress management.
- **SDG 4 – Quality Education:** Encourages holistic learning and development beyond technical knowledge.
- **SDG 8 – Decent Work & Economic Growth:** Supports career clarity, professional readiness, and personal effectiveness.

Session Highlights

The session focused on enabling participants to understand their true potential through self-awareness and thoughtful introspection. It emphasized the importance of developing emotional intelligence to manage stress effectively, regulate emotions, and maintain mental balance in academic and professional settings. Students were encouraged to recognize their behavioural patterns and identify self-limiting beliefs that may hinder personal growth and performance. The discussion further highlighted the need to build resilience, confidence, and mental clarity to navigate challenges, adapt to changing environments, and make sound decisions. In addition, the session underscored the significance of aligning one's mindset with career aspirations and life purpose, enabling students to pursue goals with clarity, motivation, and a sense of meaningful direction.

Learning Outcomes

- Improved understanding of emotional intelligence and self-awareness
- Ability to recognize behavioural patterns and emotional responses
- Enhanced confidence and resilience to manage stress
- Greater clarity in career planning and goal setting
- Improved communication and interpersonal skills
- Adoption of a growth mindset for continuous development



