



Panipat Institute of Engineering and Technology

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Department of Applied Sciences and Humanities

Ref. No. PIET/ASH/LS/23/19

Dated: 17th August 2023

NOTICE

The Value of Self-Control in Life

The Department of Applied Sciences and Humanities is organizing an expert session on “**The Value of Self-Control in Life**” for B.Tech 1st year students on August 21, 2023, in the APJ Abdul Kalam Auditorium at 11:00 am. All students of 1st year are required to attend the session; for further information and queries, contact Ms. Tamanna Sethi, Assistant Professor, ASH (9812445463).


Head of Department

CC:

1. All HODs
2. Notice Boards

REPORT ON EXPERT SESSION - "THE VALUE OF SELF-CONTROL IN LIFE"

Event Details	
Title of the Event	The Value of Self-Control in Life
Date of the Event	21 st August 2023
Timings	11:00 am to 12:45 pm
Venue	APJ Abdul Kalam Auditorium
No. of Participants Attended	128
Resource Person	Mrs. Rekha Bajaj, President of Chetna Parivar, Panipat
Coordinator	Ms. Tamanna Sethi, Assistant Professor, ASH

The objective of the session was to explore the concept of self-control and its importance in leading a successful and fulfilling life. The session commenced with a warm welcome of our resource person Mrs. Rekha Bajaj and lamp lighting by all the dignitaries. Prof. (Dr.) Vinay Khatri, HOD, ASH introduced Mrs. Rekha Bajaj and highlighted her significant contributions in field life skill. Ms. Rekha Bajaj began the session by defining self-control as the ability to regulate one's thoughts, emotions, and behaviors to achieve personal goals and maintain a harmonious life. She emphasized that self-control is a key factor in achieving long-term success, both personally and professionally.

Throughout the session, Ms. Rekha Bajaj discussed various aspects of self-control, including how it contributes to better decision-making, improved relationships, and increased productivity. She shared personal anecdotes and real-life examples to illustrate the positive outcomes of practicing self-control. Additionally, she addressed the challenges associated with maintaining self-control in a world filled with distractions and temptations.

The students were highly engaged during the session, as Ms. Rekha Bajaj's presentation style was interactive and relatable. She encouraged students to ask questions and share their own experiences related to self-control. This open dialogue created a supportive environment where students felt comfortable discussing their struggles and seeking advice.

Ms. Rekha Bajaj also provided practical tips for developing self-control, such as setting clear goals, practicing mindfulness, and avoiding impulsive behaviors. She highlighted the importance of discipline in achieving success and stressed that self-control is a skill that can be developed with consistent effort and practice.

The expert session concluded with a vote of thanks to Mrs. Rekha Bajaj for her valuable insights on The Value of Self-Control in Life. Special thanks to Chetna Parivar, Panipat, for organizing this essential session. Many students also expressed their appreciation. They felt inspired to work on their self-control and apply the lessons learned in their daily lives.

GLIMPSE OF EVENT



Picture 1: A warm welcome of resource person, Ms. Rekha Bajaj, President of Chetna Parivar, Panipat



Picture 2: Expert session on "The Value of Self-Control in Life" by Ms. Rekha Bajaj, President of Chetna Parivar, Panipat



Picture 3: Interaction Session with students



PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY

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Attendance (Expert Session on "The Value of Self-Control in Life")

Sr. No	Roll no	Name
1	2823501	SOHIT <i>Sohit</i>
2	2823503	ARYAN <i>Aryan</i>
3	2823504	GURUDAYAL <i>Gurudayal</i>
4	2823505	HAPPY <i>Happy</i>
5	2823506	LAKSHAY <i>Lakshay</i>
6	2823507	BHAWISHYA RAI <i>Bhawishya</i>
7	2823508	NITIN <i>Nitin</i>
8	2823510	AJAY <i>Ajay</i>
9	2823511	KUNAL MAURYA <i>Kunal</i>
10	2823512	KAPIL KUMAR <i>Kapil</i>
11	2823513	ROHIT <i>Rohit</i>
12	2823514	KUNAL <i>Kunal</i>
13	2823515	TUSHAR <i>Tushar</i>
14	2823516	MANOJ <i>Manoj</i>
15	2823517	HOMESH <i>Homesh</i>
16	28231001	RAHUL <i>Rahul</i>
17	28231002	DEEPAK <i>Deepak</i>
18	28231003	VIVEK ROHILA <i>Vivek</i>
19	28231004	PRINCE RANA <i>Prince</i>
20	28231005	SANYAM SINGH <i>Sanyam</i>
21	28231006	HIMANSHU <i>Himanshu</i>
22	28231007	AAYUSH <i>Aayush</i>
23	28231008	SUMIT PANCHAL <i>Sumit</i>
24	28231009	ARYAN <i>Aryan</i>
25	28231010	MUSKAN <i>Muskan</i>

Sethi
Pamanna Sethi

26	28231101	VANSH VERMA	V
27	28231102	YASH	Yash
28	28231104	SAGAR	Sagar
29	28231105	AKSHAY KUMAR	Akshay
30	28231106	YASH KUMAR	
31	28231107	VANSH BHARDWAJ	Vansh
32	28231108	SHIVA	Shiva
33	28231109	VIKRAM PAWAR	Vikram
34	28231110	PADAM	Padam
35	28231111	YOGITA	Y
36	28231112	SHIVAM	
37	28231113	PALAK	Palak
38	28231114	RAM PARKASH	R
39	28231115	JIGYANSH	J
40	28231116	PRINCE SAROHA	Prince Saroha
41	28231117	DIVYA JAIN	Divya
42	28231118	ROHIT	R
43	28231119	DAKSH	Daksh
44	28231120	PRABHJEET KAUR	Prabhjeet
45	28231121	SALONI	Saloni
46	28231122	ANSHUL	Anshul
47	28231123	RAVINDER SINGH	Ravinder Singh
48	2823436	SHASHANK	Shashank
49	2823438	TARUN	Tarun
50	2823440	AADISHRI	AADISHRI
51	2823301	PEHR	Peher
52	2823303	VIDHISH	Vidishi
53	2823304	CHEHAK BHALLA	CHEHAK BHALLA
54	2823307	SHIVAM	Shivam
55	2823308	LAKSHAY	L
56	2823309	PARTH	P
57	2823314	SHASHWAT GAUR	Shashwat Gaur

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58	2823318	TANUSH KUMAR	Tanush
59	2823319	NAMAN	Naman
60	2823325	ANURAG	Anurag
61	2823326	ISHU GARG	Ishu
62	2823327	SAGAR	Sagar
63	2823329	BHAVYA SODHI	Bhavya
64	2823330	AKSHIT NIRWAL	Akshit
65	2823343	SAGAR	Sagar
66	2823344	AYUSH BAINS	Ayush
67	2823345	SHUBHAM	Shubham
68	2823349	TAVISHI	Tavishi
69	2823350	SHREYA GUPTA	Shreya
70	2823351	AARUSHI	Aarushi
71	2823356	KRISH MANGLA	Krish
72	2823357	SUKRITI MITTAL	Sukriti
73	2823359	AVIRAL JAIN	Aviral
74	2823360	PANKAJ	Pankaj
75	2823362	NAMAN KHATRI	Naman
76	2823358	HARSH	Harsh
77	2823361	ANSH	Ansh
78	2823368	NEHA	Neha
79	2823370	ATUL ANTIL	Atul
80	2823372	GARVIT CHAUDHARY	Garvit
81	2823376	LAKSHAY	Lakshay
82	2823379	ADITYA	Aditya
83	2823382	RASHI	Rashi
84	2823385	YASHIK KHANNA	Yashik
85	2823390	SANYA BATRA	Sanya
86	2823391	PAWAN	Pawan
87	2823392	MAYANK KUMAR	Mayank
88	2823394	SHUBHAM	Shubham
89	2823395	SARANG SINGHAL	Sarang Singhal

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Pamanna Sethi

90	2823398	CHETNA RANI	chetna
91	2823400	MOHAMMD ARMAN	Arman
92	2823402	NISHA OLLA	Nisha
93	2823405	JATIN	Jatin
94	2823406	JAIDEEP	Jaideep
95	2823409	PAVITAR KUMAR	P Kumar
96	2823410	MAYANK	Mayank
97	2823411	ROHIT	Rohit
98	2823417	ROHAN SAROHA	Rohans
99	2823418	MOHD SORABH	Mohd Sorabh
100	2823420	ARNAV GUPTA	Arnav
101	2823802	RITESH	Ritesh
102	2823805	EKANSH	Ekansh
103	2823807	SHUBHAM KHARB	Shubham
104	2823811	AARINI GUPTA	Aarini
105	2823819	SUHAAN ARORA	Suhaan
106	2823824	CHHAVI JAIN	Chhavi
107	2823825	BHUMI JAIN	Bhumi
108	2823829	NITIN	Nitin
109	2823830	PRIKSHIT CHOUDHARY	Priksht
110	2823831	MANAN GROVER	Manan
111	2823832	KANAN	Kanan
112	2823835	NAMAN DHULL	Naman
113	2823836	NEHA	Neha
114	2823838	VANSH MALIK	Vansh
115	2823841	LAKSHAY CHUGH	Lakshay
116	2823844	SMRITI	Smriti
117	2823845	LAVANYA	Lavanya
118	2823846	AAYUSH TYAGI	Aayush
119	2823847	AKSHAT KHATRI	Akshat
120	2823852	AASTHA	Aastha
121	2823855	PALKIN	Palkin
122	2823856	SIYA	Siya

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Pamanna Sethi

123	2823858	SAHIL	Sahil
124	2823860	ASTITVA PALIWAL	Astitva
125	2823862	DILKASH	Dilkash
126	2823868	CHOUDHARY PRINCE KOBRA	Kobra
127	2823869	ROHAN	Rohan
128	2823870	JAYANT	Jayant

gethi
Pamanna bethi