

## **GUEST LECTURE BY DR. NITIN VIGHNE**

**On 17.09.19**

“Knowing oneself is the beginning of all wisdom”- keeping this objective and in alignment with the directives of RTMNU, a Guest Lecture on “Self Exploration” was conducted for the students. Guest speaker, Dr. NitinVighne, International Career Counsellor, and Clinical Psychologist enabled students to understand who they are and the path they need to take to reach their goal. Importance of different relationships in one’s life was elaborated upon by citing cases from day today life. The nine values such as trust, respect, affection, care, guidance etc plays an important role in shaping one’s personality and further lead to ascend the career ladder. Dr.Vighne put forth that our values are important because they help us to grow and develop. They help us to create the future we want to experience.He further explained with examples how every individual and every organisation is involved in making hundreds of decisions every day. The decisions we make are a reflection of our values and beliefs, and they are always directed towards a specific purpose. That purpose is the satisfaction of our individual or collective (organisational) needs.The guest speaker put forth that creating a right mind set is the first necessary step to everything. It can either limit your potential or power your success. The way you think influences your self-esteem, your confidence, your creativity, your world-view and your resilience in the face of challenges. Citing examples from the real world, Sir emphasised how a strong and timely determination, paves way for right career and success in personal and professional life.The session was appreciated by the Director, Dr. Anil Sharma and wished to conduct more lectures of similar nature in future. The Guest Lecture was coordinated by Prof. Sameer Padole and FacultMembers.

