



SANDIP FOUNDATION'S
SANDIP POLYTECHNIC, NASHIK
DEPARTMENT OF MECHANICAL ENGINEERING
Academic year- 2023-24

Date: 15/09/2023

Name of Event: - “Explore Yourself”

Date of Event: - 15-09-2023 (02.00 To 03.00 PM)

Resource Person: - Mr. Vaibhav P. Khairnar (Incubator Manager- Sandip-TBI)

Venue: - Sandip Polytechnic, Nashik

Objectives:-

Its main objective is to encourage self-discovery and personal growth among attendees.

Outcomes: -

- 1) Students can gain a better understanding of their strengths, weaknesses, interests, and personal values.
- 2) Through self-reflection, students may identify effective study strategies that align with their learning style, leading to better academic performance.
- 3) Techniques for managing stress and anxiety can be especially valuable for students, helping them cope with the pressures of coursework and exams.
- 4) The event can help students explore their interests and talents, leading to greater clarity about potential career paths and majors.

FYME, SYME & TYME Students:-

Photos:-



