



Sardar Patel Institute of Technology

Bhavan's Campus, Munshi Nagar, Andheri (West), Mumbai: 400058, India
(Autonomous Institute, Affiliated to University of Mumbai)

Event: Beat the Pressure, Lead with Confidence

Venue: 008 Auditorium

On April 2, 2026, from 9:00 to 11:00 am, a specialized workshop was hosted for second-year students, with attendance being mandatory for all divisions of Computer Engineering (CE) students. The session was carefully organized to help students master interviews, overcome peer pressure, and build leadership skills. The workshop was conducted by Shraddha Sankulkar, a Certified Lecturer, Creative Writer, and Founder of Mind Matterz and the School of Emotional Intelligence. Bringing 28 years of multidisciplinary expertise in counseling, teaching, and emotional intelligence development, she engaged the students in an impactful learning experience designed to foster professional and personal growth.

The details of each workshop topic are outlined below:

1. Building Confidence During Interviews

The initial segment focused heavily on equipping students for their professional journeys by teaching them how to prepare for interview questions effectively. The speaker highlighted the critical necessity of using positive self-talk and maintaining strong body language during professional interactions. Furthermore, students were guided on focusing on their strengths and achievements to project assurance and capability to potential employers.

2. Curbing Anxiety Due to Peer Pressure

Addressing the mental and emotional hurdles frequently faced in rigorous academic environments, this portion of the workshop taught students the importance of avoiding unhealthy comparison with peers. The facilitator provided practical strategies for managing stress, particularly when others get selected for competitive opportunities. The discussion ultimately centered on developing self-belief and emotional balance to navigate these pressures successfully.

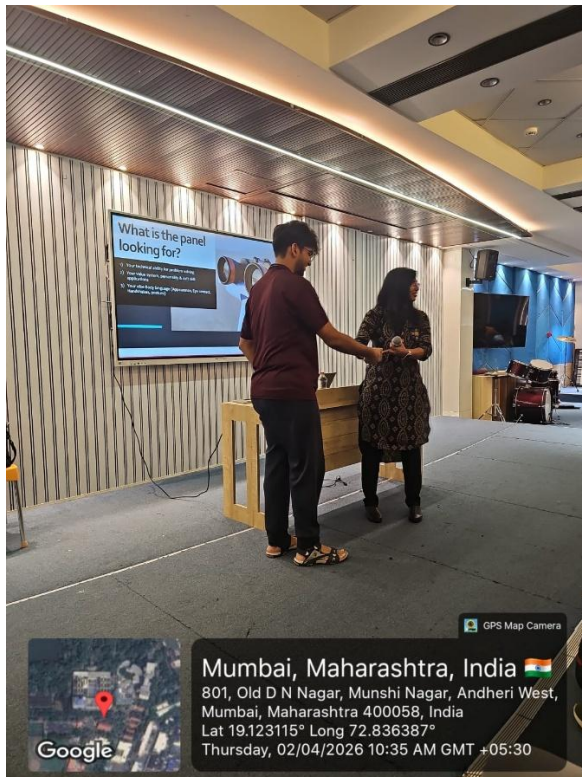
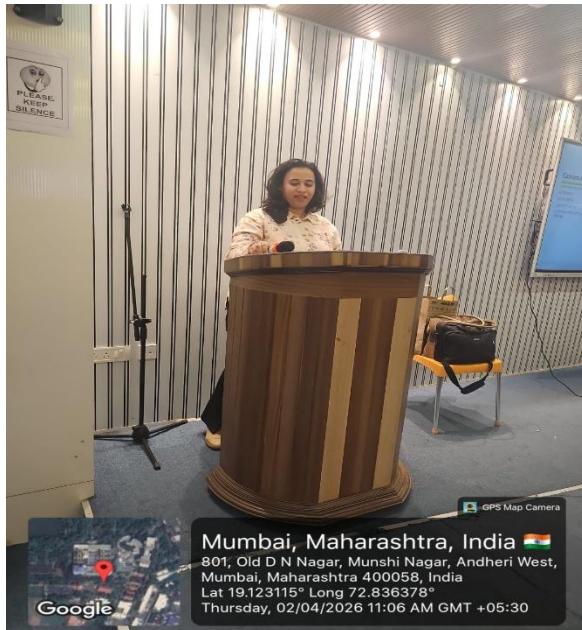
3. Confidence Leads to Leadership

The final topic illustrated the direct correlation between self-assurance and effective leadership. Students were encouraged to practice taking initiative with clarity in their academic and team-based endeavors. The session also provided insights into strengthening decision-making skills. To conclude, the speaker outlined ways in which students can leverage their newfound confidence to start inspiring and influencing others positively.



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Beat the Pressure, Lead with Confidence

Master Interviews • Overcome Peer Pressure
Build Leadership Skills

By Shraddha Sankulkar
Certified Lecturer, Creative Writer, and Founder
of Mind Matterz and the School of Emotional
Intelligence, with 28 years of multidisciplinary
expertise in counseling, teaching, and emotional
intelligence development.

Workshop Topics

Building Confidence During Interviews

- Preparing for interview questions effectively
- Using positive self-talk and strong body language
- Focusing on strengths and achievements

Curbing Anxiety Due to Peer Pressure

- Avoiding unhealthy comparison with peers
- Managing stress when others get selected
- Developing self-belief and emotional balance

Confidence Leads to Leadership

- Taking initiative with clarity
- Strengthening decision-making skills
- Inspiring and influencing others positively

Workshop Details
For Second-Year Students
(Mandatory for CE Students)

Date: 2 April 2026 | 9:00 to 11:00 am | O08 Auditorium