

Report on Next Level You – A Session for Students

Date: May 9, Friday

Time: 4 PM to 5 PM

Venue: SPIT Auditorium

Organized by: Counselling Cell, SPIT



The Counselling Cell of Sardar Patel Institute of Technology organized an insightful and engaging session titled "**Next Level You**" on **March 7, 2025**, in collaboration with the **MAAsterG Mumbai Community**, a NGO dedicated to emotional well-being and personal development.

The primary objective of the session was to promote **self-awareness, self-assertiveness, and confidence-building** among students, encouraging them to work towards becoming the best versions of themselves.

Key Speakers:

1. **Mr. Gurashish Singh** – A popular singer and performer with over **1.4 million followers on YouTube**. His musical presence added an energetic and uplifting start to the session.
2. **Ms. Vedantika Puri** – A well-known **celebrity life coach** with 8 years of experience in guiding individuals towards mental clarity and a positive outlook.
3. **Mr. Saurabh** – A **quantitative finance expert** with over 10 years of professional experience, who offered insights into discipline, focus, and personal growth from a corporate perspective.

Session Highlights:

- The event began with a **musical performance by Mr. Gurashish Singh**, which was thoroughly enjoyed and applauded by the audience.
- This was followed by an engaging **presentation and talk** on self-growth, mindset transformation, and strategies for building inner strength and confidence.
- An **interactive Q&A session** and **experience sharing** allowed students to express their thoughts and seek guidance from the speakers.
- The session concluded with a **motivational address by the Principal**, encouraging students to continue their journey of self-improvement and emotional well-being.

Participation:

The session witnessed enthusiastic participation from **students across all branches and batches**, along with the presence of **faculty members**, reflecting the relevance and impact of the theme.

Feedback:

Students responded positively, sharing that the session was **inspiring, thought-provoking, and highly enjoyable**. Many expressed interest in attending similar programs in the future.

