



WEBINAR ON BUILDING HABITS

11th MAY, 2020

ORGANIZED BY

**ISA STUDENT SECTION &
INSTRUMENTATION AND CONTROL
ENGINEERING DEPARTMENT,
L.D. COLLEGE OF ENGINEERING, AHMEDABAD**

One should keep learning new things throughout his/her life but during this harsh situation due to COVID-19 pandemic, it is difficult for one to do so. Also development of good habits like reading is very important during this lockdown period. To help students for the same, ISA student section LDCE and instrumentation and control department , L.D. College of engineering organized webinar on BUILDING HABITS on Google Meet platform on 11thMay,2020 at 5 pm.

Around 50 Students of LDCE and various colleges have taken benefit of this webinar. Along with the students, faculty advisor of ISA student section LDCE and head of the department Dr. Manish T. Thakker along with departmental faculties Prof. Harsh K. Shastri, Prof. Sampan N. Shah had also attended the webinar.

This webinar was presented by mind power trainer Mr. Jeet Trivedi, He won an international debate competition as well as holds 7 world records in blind fold categories.

In the beginning of the webinar, HOD sir had welcomed the trainer as well as the faculty members and encouraged the students to keep learning new things. Mr. Jeet firstly thanked HOD sir and started the talk on habits its definition and its impact on one's life. Mentor sir had given a very good example to incorporate good habits in ones routine to achieve ones desire or goal by changing ones outcomes or by changing ones process or by changing ones identity. While he was explaining the importance of incorporating good habits in routine, he told students a very meaningful sentence that is 'Your one day equals to your life'. He had performed various interesting activities with students to explain the importance of good habits. He also had shown path to the students to develop a good habit. At the end, mentor sir thanked students, faculty members and especially HOD sir for such a fruitful session.

Glimpses of webinar on building habits

WHAT ARE GOOD HABITS?

HOW TO INCORPORATE IN OUR ROUTINE?



The first layer is changing your outcomes.


The second layer is changing your process.

The third and deepest layer is changing your identity.

Mind Power trainer Mr. Jeet explaining about the importance of good habits and how to incorporate them in routine.


GOAL

OUTCOME-BASED HABITS



- Read a book.
- Run a marathon.
- Learn instrument.

IDENTITY-BASED HABITS




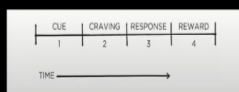
- Reader.
- Runner.
- Musician.

WHY ITS SO IMPORTANT TO HAVE GOOD HABIT?

YOUR ONE DAY
=
YOUR COMPLETE LIFE

THE SCIENCE OF HOW HABITS WORK

- The process of building a habit can be divided into four simple steps: cue, craving, response, and reward. Breaking it down into these fundamental parts can help us understand what a habit is, how it works, and how to improve it.



Use the

21/90

Rule:
It takes 21 days to create a habit,
90 days to create a lifestyle.



Mind Power trainer Mr. Jeet explaining about the steps to develop a good habit and 21/90 rule for habit development.