



**J.C. BOSE UNIVERSITY OF SCIENCE & TECHNOLOGY YMCA,
FARIDABAD (HARYANA)- 121006
(Established by Haryana State Legislative Act No.21 of 2009)
Accredited 'A+' Grade by NAAC
(Department of Computer Applications)**

ACTIVITY REPORT

EXPERT LECTURE DELIVERED

1.	Name of Activity (Title)	Expert Lecture on “Mastering our thoughts and Emotions”
2.	Type of Activity (FDP/Lecture/Technical/conference etc.)	Expert Lecture
	Name of department/ Section/ cell conducting the activity	Computer Applications
3.	In coordination with (if any)	NIL
4.	Date of conduct	11.09.2025
5.	Name of Activity Coordinator (s)	Dr. Rashmi, Dr. Ashlesha, Dr. Manvi
6.	Amount Spent	
7.	Funding/ grant from (University/ Industry/ UGC/ AICTE/ DST/ TEQIP/ Outside Society/ agency/others (mention)	University
8.	Target audience	First Year Students of Bachelor of Computer Applications
9.	No. of beneficiaries	300
10.	Name of Outside guests	Ms. Naveen Arora
11.	Any other information	Nil

Expert Lecture on “Mastering our thoughts and Emotions” organized at J.C. Bose University

An expert lecture on “**Mastering Our Thoughts and Emotions**” was delivered by **Mr. Naveen Arora** on **11th September 2025** as part of the **Induction Program**. The session focused on helping students understand the powerful connection between thoughts, emotions, and behavior, and how conscious awareness can lead to emotional stability and personal effectiveness. Mr. Arora emphasized that while external circumstances are beyond one’s control, the way we perceive and respond to them determines our inner state and overall well-being.

During the lecture, Mr. Arora explained the science behind emotional regulation and cognitive control, illustrating how repeated negative thinking patterns can influence mood, motivation, and decision-making. He shared practical techniques such as **mindful observation**, **deep breathing**, and **positive reframing** to manage stress, anxiety, and impulsive reactions. The speaker encouraged students to develop self-awareness by monitoring their thought patterns and cultivating an attitude of gratitude and compassion.



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The session also included interactive discussions and short reflection exercises that allowed students to identify their own emotional triggers and practice calming techniques. Mr. Arora highlighted that mastering one's emotions is a gradual process requiring consistent practice and patience, but it forms the foundation of mental resilience and effective communication.

The lecture was well-received by participants, who appreciated the clarity of concepts and the practical relevance to student life. Many reported feeling more equipped to handle academic pressure and interpersonal challenges. Overall, the session by **Mr. Naveen Arora** was **highly insightful and transformative**, reinforcing the importance of emotional intelligence in both personal growth and professional success. It was recommended that follow-up sessions and group discussions on emotional mastery be organized to deepen understanding and support long-term practice among students.

