



MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES

(A unit of Maharaja Agrasen Technical Education Society)

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Expert Session on "How to be Self Motivated"

April 4, 2018

Department of Business Administration, organized an Expert Session on "How to be Self Motivated" in Maharaja Agrasen Institute of Management Studies, New Delhi on April 4, 2018. The session focused on the importance of being Self Motivated. There was a turnout of 51 students for the session.

The main speaker for the session was Ms. Riya Sharma, Assistant Professor, MAIMS. The session was exceptionally informative as she explained that Self-motivation is the force that keeps pushing us to go on – it's our internal drive to achieve, produce, develop, and keep moving forward. When you think you're ready to quit something, or you just don't know how to start, your self-motivation is what pushes you to go on.

Ms. Riya interacted with the students and elucidated about the basics. She explained that when we talk about self-motivation, we are going beyond basic motives. What we really mean is the ability to follow through on making a positive change in life — without giving up. Self-motivation requires that you believe in yourself, stay inspired, and keep going despite setbacks. After this, questions were raised from the participants and their queries were suitably answered. She ended the session by concluding the objective and his views on the topic.

On the behalf of Maharaja Agrasen Institute of Management Studies, Dr. Vijay Kumar Khurana, expressed gratitude to the speaker for such an informative session. The students were highly motivated after the session.

