

AN EXPERT SESSION ON 'METAMORPHOSIS' UNDER THE AUSPICE OF 'ACADEMICS AND BEYOND'

DATE :21-07-2025

GLS-FOC organized an informative session titled 'METAMORPHOSIS' under the auspice of 'Academics and Beyond-an expert lecture series'. The session aimed to motivate students towards academic excellence and personal development through inspiring discussions and practical insights. Mr. Abhishek Singh Gautam initiated the session with interactive game that energized the students and set the tone for deeper engagement. He explained the concept of "Metamorphosis" by drawing parallels between the transformation of a caterpillar into a butterfly and the personal evolution necessary for growth. He further illustrated this idea by referencing the book *Atomic Habits* by James Clear. He introduced the concept of "The Power of Tiny Gains", explaining how a 1% improvement each day can result in an approximate 37.78% growth over time. Another significant takeaway was his clarification that "Practice doesn't bring out perfection, but a habit formed for the right cause helps in achieving excellence." He also shared a powerful quote to inspire behavioural change: *"MAKE IT COUNT: Good habits are difficult to form and easy ones are generally wasteful addictions."* The session provided valuable insights into the following domains: Time Management, Profile Building and Career Enhancement. Students were encouraged to focus on building meaningful habits, strategically plan their careers, and pursue personal growth with commitment. The insights provided by Mr. Gautam left a lasting impression and inspired students to strive for excellence in every aspect of life. The session was coordinated by student team of FOC under the guidance of Dr. Aashal Bhatt & Dr. Bhumika Ansodaria who ensured its smooth execution and success.



