

Report on "The Art of Performance by Mr. Ojas Bhatt"

Name of the Organizing Institution: SRIMCA MBA

Participants (Class, Sem., Number): FYMBA & SYMBA

Total No. of Male Participants:35

Total No. of Female Participants:45

Total No. of Faculty Participants: 09

Date:18.08.2023

Time & Duration: 9.00 AM to 3.15 PM

Coordinator: Dr Divya Gadaria

Venue: SRIMAD Hall

The third day of the SRIMCA MBA Orientation Programme was a dynamic blend of expert insights, engaging activities, and valuable lessons. Mr. Ojas Bhatt, a renowned performance coach, and expert, delivered an enlightening session on the 'Art of Performance'. He began by introducing the audience to the concept of myelin, a substance that wraps around nerve fibers, enabling faster and more efficient neural communication. He elaborated on the importance of myelin in skill development and how deliberate practice and focused efforts can lead to its growth.

Mr. Bhatt highlighted that myelin plays a pivotal role in enhancing one's abilities, making learning and skill acquisition more efficient. He emphasized that consistent and targeted practice, along with deep focus, can lead to the development of stronger neural pathways, resulting in improved performance over time. The session was not limited to theoretical concepts. Mr. Bhatt engaged the participants through a series of interactive games, activities, and exercises that required them to apply the principles discussed. These activities aimed to reinforce the importance of deliberate practice, focus, and consistent effort in honing skills and achieving performance excellence.

The participants actively engaged in the session, displaying enthusiasm and eagerness to learn. The various games and exercises not only provide valuable insights but also created an atmosphere of fun and camaraderie. The interactive nature of the session allowed participants to experience firsthand the concepts being taught.



