

**ARTHAVRISHTI, THE ECONOMICS SOCIETY**  
**DEPARTMENT OF ECONOMICS**  
**MATA SUNDRI COLLEGE FOR WOMEN**

**Session on Maximizing Learning Potential**  
**Date : 6th November'23**

***Report***

On 6<sup>th</sup> November 2023, Arthavrishti, The Economic Society, Department of Economics, Mata Sundri College for women, University of Delhi in collaboration with Advaith the BAP Department of Mata Sundri College for women, University of Delhi, organized a “**Skill Enhancement Session**” led by Ms. Mukta Bhatt on the topic Maximizing learning potential: The Skill Of Mindful Reading.

Ms. Bhatt's expertise in study technology and her dedication to empowering individuals from all walks of life is truly commendable. She has played a pivotal role in establishing various organizations dedicated to this transformative approach. Her unwavering commitment to facilitating comprehensive growth for individuals from all walks of life sets her apart. Ms. Bhatt, along with her dedicated team, offers unparalleled support to students, believing in the power of continuous improvement

The seminar commenced by Ms. Bhatt addressing the audience with a question which is related to focus during studies to which she got different answers ,to help the students she delved into what really is learning, the real meaning of learning is understanding concepts, practicing concentration etc. She talked about education, that we learn to apply those learning in daily life . To elaborate more she talked about the barriers that students face to their study like being misunderstood ,not being motivated, not able to concentrate etc.

She dived deep into the problems that come like barriers in a student's life. It was a very interactive session where both the department teachers and the students were actively participating and discussing the topic. She then talked about the study of technology and explained that their mission is to equip professionals with the skills and knowledge necessary for unparalleled growth and a complete understanding of the subject matter.

Ms. Bhatt’s philosophy revolved around the idea that the illusion of knowledge poses the greatest threat to one's freedom. Through her session the audience got to discover how learning study technology can liberate you from doubt and elevate your awareness to unprecedented levels. The transformative journey she guides her trainees on leads to remarkable personal and professional results.

Arthavrishti, The Economics society, ended the session with a vote of thanks to Ms. Mukta Bhatt for gracing us with her presence and by gifting her a plant by our convener Miss Niti Arora.

Overall, the session on Skill Enhancement was a success. It was a very informative and an active session where both the teacher and students discussed the problems and the solution related to education. Arthavrishti eagerly looks forward to bringing much more profound and enlightening events in the future.