



A REPORT ON  
**POWER WITHIN MINDSET**

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**Date:** 18<sup>th</sup> May, 2024

**Mode:** Online

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**PAPERBACK PALS**

**POWER WITHIN  
MINDSET**

Let's come together for an afternoon of literary delights, engaging discussions on overcoming mental blocks.



## Introduction:

Paperback Pals, under the banner of Silver Oak University IEEE Women In Engineering Student Branch Affinity Group, organized an engaging and inspiring session titled "**Power Within Mindset**". This event delved into strategies and tools derived from the multiple self-help books aimed at boosting productivity and workflow efficiency.

## About the Session:

**Date:** 18<sup>th</sup> May, 2024

**Time:** 12:30 PM - 02:00 PM

**Mode:** Online

**Participants:** 12

The book review began with an introduction to the topics for the day, focusing on positive mindset and motivation. The session featured several engaging examples to explain the various book's core concepts, illustrating how motivation can guide action, symbolizing overcoming procrastination through use of analogies. The participants also explored the biological effects of dopamine through a "rat experiment concept" from the book "**Dopamine Detox: A Short Guide to Remove Distractions and Get Your Brain to Do Hard Things,**" emphasizing its key principles effectively.

The session transcended mere theoretical discourse as it evolved into a vibrant exchange of ideas and experiences. Participants actively contributed insights on negative reinforcement, the intricate Dopamine Variable reward system, and the ubiquitous distractions encountered in daily routines.

Throughout the session, participants explored actionable solutions to combat distractions from social media and other addictions, as well as strategies to overcome procrastination. These discussions were enriched with empirical evidence from marketing surveys, providing a solid foundation for the strategies presented.

Key tools like the Eisenhower Matrix and the 21-day Dopamine Detox challenge were integrated, enhancing participants' understanding and practical application of the concepts discussed.

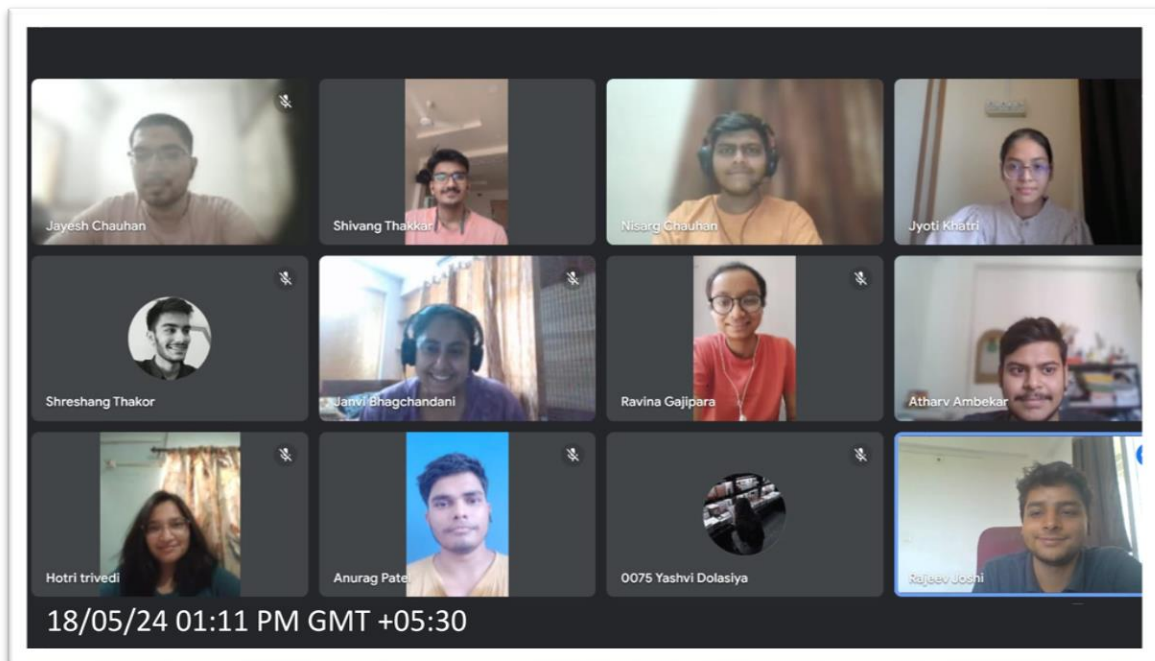
The session concluded with a reflective activity where participants introspected on personal goals and identified strategies to overcome distractions. To wrap up, attendees were presented with a drive containing a 30-day challenge, encouraging them to put the concepts into practice and continue their journey toward increased focus and productivity.

## **Conclusion:**

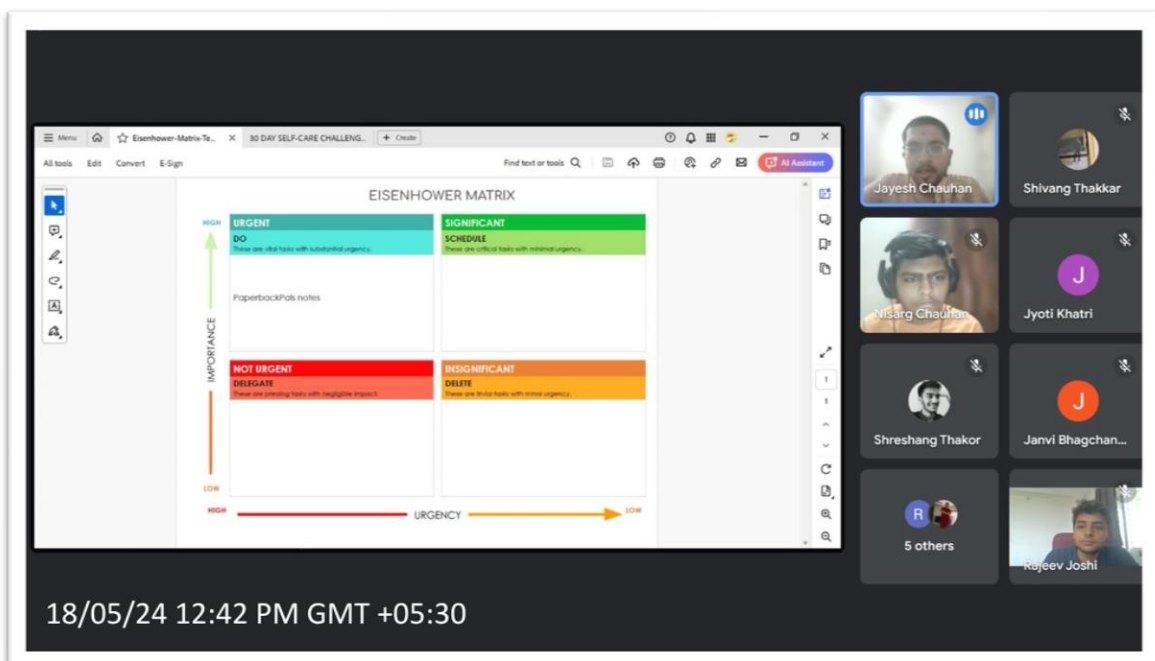
In conclusion, the session “Power Within Mindset” featured many concepts from various books that were interactive and enlightening. Attendees departed enriched with actionable strategies and newfound insights, poised to navigate their professional endeavors with heightened efficiency and focus.

The success of the event owes much to the guidance and support of Dr. Satvik Khara, Dean, Diploma Engineering, SOU; Head, Department of Computer Engineering, SOCET; IEEE Senior Member; Chairperson, SIGHT, IEEE Gujarat Section; Secretary, Computer Society, IEEE Gujarat Section; as well as Founding Member, Silver Oak University IEEE Student Branch.

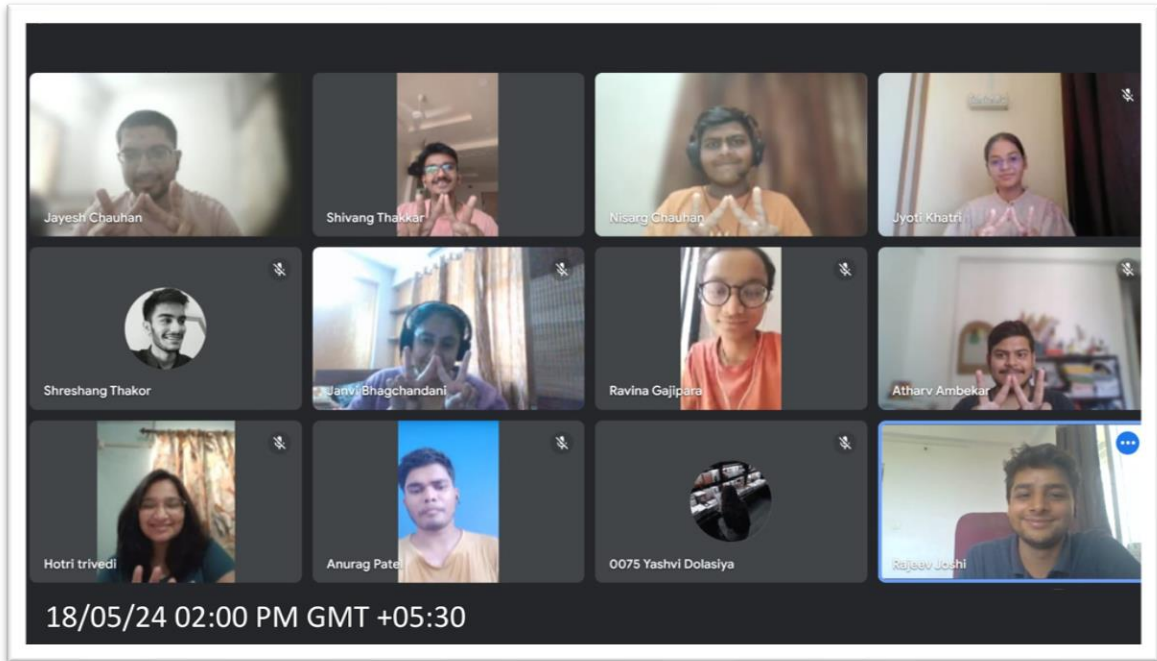
## Glimpses of the event:



*Enthusiastic readers engaging in meaningful discussions*



*Participants delving into Eisenhower Matrix*



*Group photo of rejuvenated participants*