



R.V.Institute of Technology & Management
(Affiliated to Visvesvaraya Technological University, Belagavi and Approved by AICTE, New Delhi))
J.P.Nagar 8th phase. Bangalore

Department of Electronics and Communication Engineering 2025-2026

Event Name	Guest Lecture on Cognitive Dissonance in Procrastination. (For 3 rd and 5 th Sem ECE Students)
Theme	Overcoming Internal Conflicts to Boost Productivity and Time Management
Date	26 th September 2025
Venue	6 th Floor MCA Seminar Hall, RVITM, Bengaluru.

Objectives of the Event:

- To help students identify the psychological triggers and thought patterns that lead to procrastination.
- To provide practical strategies and techniques to reduce cognitive dissonance and improve time management.

Faculty Coordinator/s:

Dr Shalini J, Assistant Professor, Dept of ECE.

POs addressed: PO7, PO8, PO9, PO11.

Photos:





About the Event:

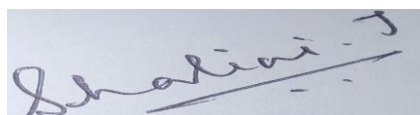
The **Guest Lecture on “Cognitive Dissonance in Procrastination”** was held on **26th September 2025, from 10:00 to 11:00 AM**. The session was delivered by **Ms. Saroja Azagar**, a Senior Nursing Advocate at **Banner Estrella Medical Center, Arizona**, and an experienced psychology practitioner. She explored the psychological mechanisms behind procrastination and how cognitive dissonance contributes to delaying tasks. Students gained insights into practical strategies to manage internal conflicts, enhance productivity, and improve time management. The interactive session included real-life examples, discussions, and actionable tips for overcoming procrastination effectively.

Addressing the GAP:

- Awareness of Psychological Triggers – Helping students recognize how cognitive dissonance contributes to procrastination in academic and personal tasks.
- Practical Strategies for Behaviour Change – Providing actionable techniques like goal setting, prioritization, and self-reflection to reduce procrastination.
- Bridging Theory and Daily Practice – Translating psychological concepts into everyday habits that improve time management, motivation, and decision-making.
- Encouraging Self-Monitoring and Accountability – Enabling students to track their progress and develop consistent routines to overcome procrastination patterns.

Preferable Measurable outcomes: Students will be able to

- Identify Causes of Procrastination – Students will be able to list at least 3 psychological triggers that lead to procrastination.
- Understand Cognitive Dissonance – Students will be able to explain the concept of cognitive dissonance and how it affects decision-making and task completion.
- Apply Time Management Strategies – Students will be able to demonstrate 2–3 practical techniques to reduce procrastination in daily academic or personal tasks.
- Analyse Personal Behaviour Patterns – Students will be able to self-assess situations where procrastination occurs and suggest corrective actions.
- Implement Productivity Habits – Students will be able to create a simple action plan or routine to improve task completion and reduce delays.



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