

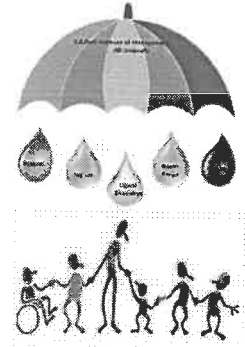


Topic: "The Power of a Positive Mind"

Date: 17th December 2020

by

**Ms. Arpita Ghosh (Senior Counsellor),
CHRIST(Deemed to be University)Lavasa**



Jagruti (Social Awareness)

No. of students participated: 51

Faculty Coordinators: Mr. Rishikesh Kumar and Dr. Iram Ansari

Student Coordinators: Kalyani Gupte and Pratik Pawar

No. of Faculty participated: 14

**"The Power of a Positive Mind" By Ms. Arpita Ghosh (Senior
Counsellor, CHRIST(Deemed to be University)Lavasa.**

The corona virus pandemic has affected thoroughly the entire world badly; it has not only paralysed the economy, but has drastically affected the people emotionally. It has affected the people of ages, and keeping this in mind a session for the students was conducted on the topic "The Power of Positive Mind". Ms. Arpita Ghosh spoke about IQ, EQ, AQ and she spoke about how a positive mind has a positive impact on the mind. She also made students meditate and made them realize how simple it is to calm your mind by just cutting off from everything in just few minutes. She also made the students realize that the feeling of confinement and frustration is common during the lockdown and pandemic times. We need to find out ways and means to come out of it. Arpita madam made the students share their issues if any. She suggested that most important skill needed during these



Director



times is to be resilient. Students really felt very relaxed after the meditation and question answer sessions.

PIMPRI CHINCHWAD EDUCATION TRUST'S
S. B. PATIL INSTITUTE OF MANAGEMENT
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Institute Social Responsibility Cell
Welcomes



Ms. Arpita Ghosh
Senior Counselor
at
CHRIST(Deemed to be University)
Lavasa
a
Guest Session
on
" The Power of a Positive Mind "

Date : 17th December, 2020 & Time : 10:30 AM - 11.30 AM

Prepared by



Dr. Iram Ansari

Mr. Rishikesh Kumar



Approved By



Dr. Kirti Dharwadkar

Director



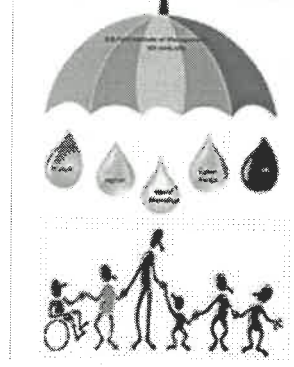
Director

S. B. Patil Institute of Management
Sector-No.26, Nigdi,
Pradhikaran, Pune-411 044.





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Institute Social Responsibility

(ISR)

Notice

Date: 14/12/2020

All the Students are hereby informed that an online awareness session has been arranged on the topic, **“The Power of a Positive Mind”**.

Speaker: Ms. Arpita Gosh (Counsellor ,Christ University)

Date: 17th December 2020 (Thursday)

Timings: 10.30am to 11.30am

To join this session log in to ERP go to Classroom tab --> then click to Join Event (As you do for attending the regular sessions).

Attendance is compulsory for all the students.

Dr. Kirti Dharwadkar

Director

Director
S. B. Patil Institute of Management
Sector No. 26, Nigdi,
Pradhikaran, Pune-411 044.

