

Counselling Centre

Pre Report of National Webinar

Name of the activity : National Webinar on “Boosting Emotional Stamina”

Description of the webinar

Webinar Title : National Webinar on “Boosting Emotional Stamina”

Date :27.08.2020

Time :3:00 – 4:00 p.m.

Platform :Google Meet

Organized by :Counselling Centre, Holy Cross College

Beneficiaries : Staff, Students, Research Scholars and Others

Resource Person details: Rev.Dr. Joe Sanjay
Asst.Professor and HOD
Department of Counselling Psychology
Sacred Heart College
Tirupatthur.

Primary focus of the webinar:

The webinar is hosted to the Staff, Students, Research Scholars and Others. Focusing on teaching and training the mind to vibrate with highly positive words, taking the right option to have right thinking, right feeling and right behavior. Releasing the past hurt and pain which allows one to experience goodness. Healthy conversation with others which boost ones emotional wellbeing. Take time to care ones psychological, mental, social, physical and spiritual level And enjoying the benefits associated with it. These were the contents highlighted by the resource person.

Invitation:

PG and Research Department of Chemistry
HOLY CROSS COLLEGE(AUTONOMOUS)
TRICHY-2.



Affiliated to Bharathidasan University
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College With Potential for Excellence
Tiruchirappalli-620 002, Tamilnadu, India

Cordially invites you to join the webinar

on

Reprogramming Your Mind

Resource person



Mr. Vimal Thiagarajan
Founder and Managing Director
Be Positive Training Academy
chennai

Presided by



Dr.(Sr.) A. Christina Bridget
Principal
Holy Cross College(Autonomous)
Trichy-2.



1st August 2020



10:00 a.m. - 11:30 a.m

Join us at



E-certificates will be issued for all the active participants

Convener

Dr. A. Leema Rose
Associate Professor and Head
PG and Research Department of Chemistry,
Holy Cross College (Autonomous), Trichy-2.
Phone: +91 9965441442

Organizing Committee

Dr. L. Cathrine - +91 9952845379
Dean of Science
Assistant Professor in Chemistry
Dr. J. Rosaline Vimala - +91 9688777670
Assistant Professor in Chemistry
Holy Cross College(Autonomous),Trichy-2.