



‘Guest lecture on “Power of Positive Attitude”

Organized by

Department of Electrical and Electronics Engineering

In association with

EEE Counselling Cell

College of Engineering and Technology

SRM Institute of Science and Technology, SRM Nagar, Kattankulathur - 603203, Tamil Nadu, India

EVENT REPORT

Name and Designation of Coordinators: Dr. S. Usha- AP/EEE , Dr. A. Geetha-AP/EEE, Dr. D. Karthikeyan- AP/EEE, Dr. R. Palanisamy - AP/EEE,

1. Conducting Departments:

Department of Electrical and Electronics Engineering in Association with EEE Counselling Cell

2. Date and Duration : 23rd, February, 2024

3. Title of the Event : Guest lecture on “Power of Positive Attitude”.

4. Type of event (seminar/workshops/FDP/STTP/conference/Training etc.): Seminar

5. Mode of Conduction(Online/Offline/Blended): Offline

6. Number of Participants: 59

7. About the Workshop(Theme/Objective)



SRM INSTITUTE OF SCIENCE AND TECHNOLOGY
DEPARTMENT OF ELECTRICAL AND ELECTRONICS ENGINEERING
in association with
EEE Counselling Cell



Guest lecture on

“Power of Positive Attitude”



Speaker:
Prof. A. Anubama baskar ,
Director of Alpha health care

Organizing Team
Counselling Cell Member

23RD FEB, 2024

TIME: 10:30AM TO 12.30 PM



NAAC
A++



UGC
Category I
with 12B Status



(2022)
Ranked 19th University



(2023) World Ranking
one among 41 Indian Universities



(2023) World Ranking
one among 75 Indian Universities



(2021)
Ranked 4th



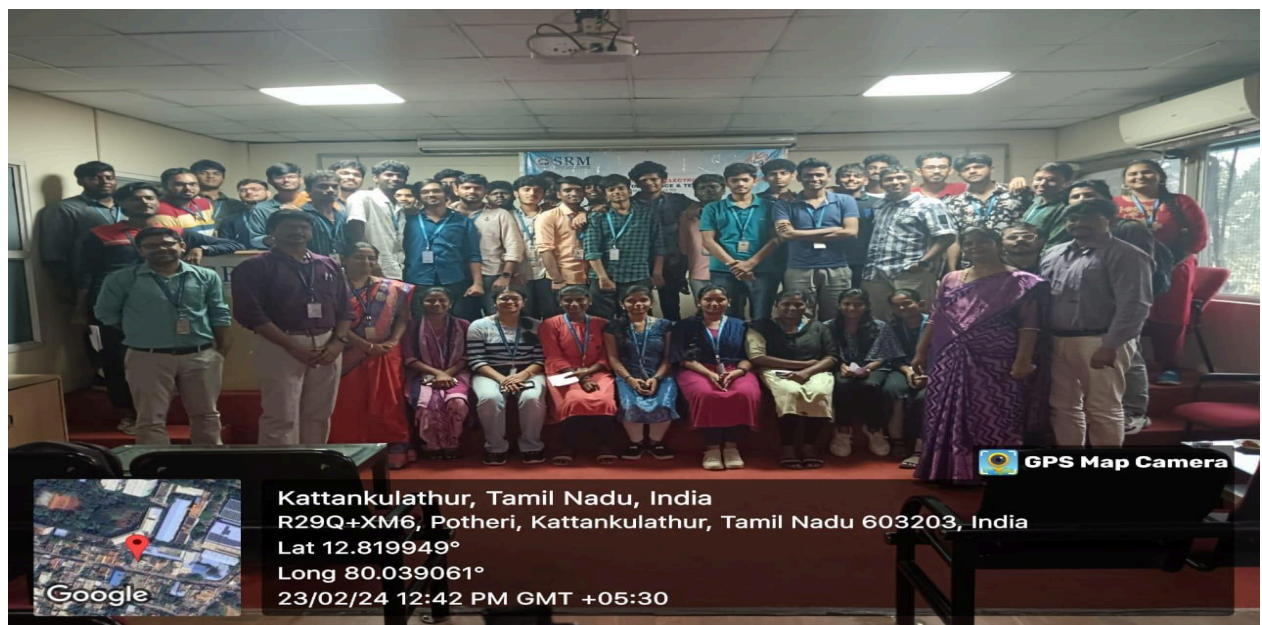
(2023) World Ranking
one among 14 Indian Universities

The power of a positive attitude is immense and can profoundly impact various aspects of life, including mental health, relationships, productivity, and overall well-being. Here are some key points about the power of a positive attitude: Maintaining a positive attitude can significantly improve mental health by reducing stress, anxiety, and depression. Positive thinking helps individuals cope with challenges and setbacks more effectively, leading to better emotional resilience. Research suggests that a positive attitude can contribute to better physical health outcomes, including lower blood pressure, reduced risk of heart disease, and improved immune function. Optimistic individuals tend to engage in healthier behaviors, such as exercise and proper nutrition, which further enhance their well-being.

People with a positive attitude are better equipped to bounce back from adversity. They view setbacks as temporary and solvable challenges rather than insurmountable obstacles. This resilience enables them to persevere in the face of difficulties and maintain motivation towards their goals. Positivity fosters better interpersonal relationships by promoting empathy, compassion, and understanding. Positive individuals tend to be more approachable, supportive, and likable, leading to stronger social connections and deeper bonds with others.

A positive attitude can enhance productivity and performance in various areas of life, including work, academics, and personal pursuits. Optimistic individuals are more motivated, creative, and focused, enabling them to achieve their goals more efficiently and effectively.

Photos captured during the session





8. **Targeted Audience:** Second Year Students

9. **Session Details:**

Name of the session and type (theory or hands on): Seminar

Speaker Name: Prof. A. Anubama baskar

Alumni (Yes/No): No

Designation with institution address: Director of Alpha Health Care

10. **Event Outcome:** Engaged participants through power of a positive attitude, lies in its ability to transform mindset, behavior, and outcomes across various aspects of life. By cultivating positivity, individuals can foster mental and emotional resilience, improve relationships, boost productivity, and enhance overall well-being.

List of participants

Sl. No	Register Number	Student Name
1	RA221100501000 1	KRISHNA JHUNJHUNWALA
2	RA221100501000 3	ROHAN S

3	RA221100501000 4	SIDDHARTH S M
4	RA221100501000 5	BALASUBRAMANIAM M
5	RA221100501000 7	J NITHISH
6	RA221100501000 8	THARUNKANTH M S
7	RA221100501000 9	NISHANT VIRENDRA MEHTA
8	RA221100501001 0	BALARAJAN.M
9	RA221100501001 1	S PAVANSANJAY
10	RA221100501001 2	V.VARUN
11	RA221100501001 3	RUDRA PRATAP SINGH
12	RA221100501001 4	VISHWAJEET BILONIA
13	RA221100501001 5	HIMANSHU YADAV
14	RA221100501001 6	ADARSH SHRESHTH
15	RA221100501001 7	CHETAN YADAV
16	RA221100501001 8	PURAB NAIDU
17	RA221100501001 9	SHRI VAISHNAVI B S
18	RA221100501002 0	S.VIGNESH
19	RA221100501002 1	HARIHARAN S
20	RA221100501002 2	KAVINKISHORE R

21	RA221100501002 4	PROBAL DAS
22	RA221100501002 5	UTSAV JAIN
23	RA221100501002 6	MONIRAJ CHOWDHURY
24	RA221100501002 7	SHIKHAR DUBEY
25	RA221100501002 8	SANJAY A
26	RA221100501003 0	ADITYA KUMAR
27	RA221100501003 1	SHIVAM KUMAR RAI
28	RA221100501003 2	AREEN PARVEZ QURESHI
29	RA221100501003 4	ANMOL SHUKLA
30	RA221100501003 5	B V SRI RITHVIK
31	RA221100501003 6	JITHU TOMY
32	RA221100501003 7	NITHYASHREE A PILLAI
33	RA221100501003 8	RETHU NANDAN G
34	RA221100501003 9	KAVYA N
35	RA221100501004 1	ABRITTI JANA
36	RA221100501004 2	SOUVIK MAITY
37	RA221100501004 3	ATISH DINDA
38	RA221100501004 4	DIRAVIA NATHAN M

39	RA221100501004 5	GIDEON STEVE B
40	RA221100501004 6	SAKTHIVEL K
41	RA221100501004 7	VAITHEESWARI R
42	RA221100501004 8	M.D.RUKKUMANI
43	RA221100501004 9	SACHIN.T
44	RA221100501005 0	PAVITHRA L
45	RA221100501005 1	AARTHI M
46	RA221100501005 2	S.ROHINI
47	RA221100501005 5	DESIGAN B
48	RA221100501005 6	SNEHA SEHGAL
49	RA221100501005 7	BALAJI V
50	RA221100501005 8	VIJAY RAJ D
51	RA221100501005 9	VINAY S
52	RA221100501006 1	DIVYASRI D
53	RA221100501006 2	VIVEK S
54	RA221100501006 3	ROUNAK DAS
55	RA221100501006 4	AAKASH A
56	RA221100501006 5	SUBHAYAN SAHA

57	RA221100501006 6	LALA HARSHWARDHAN
58	RA221100501006 7	SUNDARRASU.S
59	RA221100501006 8	M SHREERAJ