

Date: 14-3-2019

CIRCULAR

**STUDENT COUNSELLING COMMITTEE
(PARIVARTHANA)**

A talk on "Positive emotions and success" is arranged on 15-3-2019 by Students Counselling Committee to create awareness among the students, All the Staff & students are informed to attend the seminar hall Faraday Block at 10.30 AM.

Date: 15-3-2019

Venue: Seminar hall

Time: 10.30AM


Convener



Principal

Principal

Sapthagiri College of Engineering
14/5, Chikkasandra, Hesaraghatta Main Road
Bengaluru - 560 057

CC

- 1.The principal, for kind information
- 2.All HOD's
- 3.Notice boards

Student Counselling Committee

“Parivarthana” arranged

A talk on “Positive emotions and success”

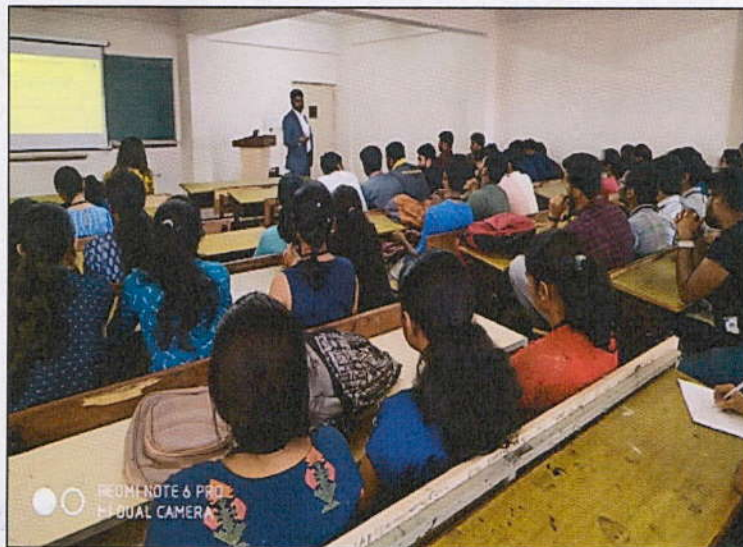
2018-2019 (EVENSEM)

The Student Counselling Committee had organized a talk on “Positive emotions and success” on 15-3-2019 by Dr. Suchir Hebbar, Psychiatrist, Sapthagiri Institute of Medical Sciences and Research Centre in seminar hall, Faraday block.

On this occasion Prof. Anuradha Badage., Convener, Student counselling committee addressed the students about the program

Positive emotions and success: Feeling both positive and negative emotions is a natural part of being human. While positive emotions like gratitude, compassion, and pride can encourage us to be more persistent in reaching our goals—and help us stay away from immoral behavior—they all have another benefit: nourishing our social relationships, which leads to more success and happiness. In fact, this is the primary reason socially oriented emotions that build self-control exist in the first place: They foster social connection, which often requires cooperation and self-sacrifice.

Around 25 I year students were benefitted from this event.



Talk on positive emotions and success delivered by Dr. Suchir Hebbar

Principal

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Sapthagiri College of Engineering

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STUDENT COUNCELLING COMMITTEE-"PARIVARTHANA"

ATTENDANCE SHEET

DATE: 15-03-2019

DAY: Friday

The following students were present for the "Positive Emotions and Success" event.

Sl. No.	Student Name	Student Signature
1)	Bharath J	Bharath J
2)	Chandan K S	Chandan K S
3)	DEVA R	DEVA R
4)	divya S Madival	divya S Madival
5)	Gowrykiran	Gowrykiran
6)	Geetha S	Geetha S
7)	Deepika S.	Deepika S.
8)	Krushika H M	H.M. Krushika
9)	Harshitha R	Harshitha R
10)	Samyama S	Samyama S
11)	Srinivas Bhat	Srinivas Bhat
12)	Sumanth J	Sumanth J
13)	Geetha K.B.	Geetha K.B.
14)	Uma Devi M.	Uma Devi M.
15)	Yashwanth R	Yashwanth R
16)	Karzia Bhat	Karzia Bhat
17)	Harshitha V S	Harshitha V S
18)	Shankar H N	Shankar H N
19)	Sheethal S	Sheethal S
20)	Harshitha P.V.	Harshitha P.V.
21)	Shushanth J	Shushanth J
22)	Cheluvarama S	Cheluvarama S
23)	Vishal Vinayak Kedar	Vishal Vinayak Kedar