

Date: 25-04-2019

## CIRCULAR

### STUDENT COUNSELLING COMMITTEE (PARIVARTHANA)

A talk on "Personality and Happiness" is arranged on 26-04-2019 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: 26-04-2019

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 “Personality and happiness”

2018-2019 (EVENSEM)

The Student Counselling Committee had organized a talk on “**Personality and happiness**” on 26-4-2019 by Dr. Shudhir 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.

### Personality and happiness

All aspects of our personality have links with different aspects of our well-being, but one personality trait that seems particularly important is extroversion. Extroversion describes the degree to which one behaves in a bold, assertive, gregarious, and outgoing way. Several studies have shown people who are more extroverted enjoy higher levels of well-being.

Around 25 I year students were benefitted from this event.



*Talk on personality and Happiness*



*Talk on personality and Happiness delivered by Dr. Sudhir Hebber*



*Students participated in talk on personality and Happiness delivered by Dr. Sudhir Hebber*

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