

# **SAROJINI NAIDU VANITA PHARMACY MAHA VIDYALAYA, TARNAKA**

## **REPORT ON**

### **POSITIVE THINKING AND SELF-CONTROL**

**DATE: 1st May 2024**

**INTRODUCTION:** SNVPMV organized a seminar on the topic “positive thinking and self-control” in the auditorium. The program aimed to promote positive and healthy behaviour among the students that they will inculcate for life. The program was held with a total of 150 students and 20 faculty members. Dr. N Srinivas [ Director, SNVPMV], Dr. T Mamatha [Principal, SNVPMV], Dr. K. Sirisha [ Vice principal, SNVPMV] hosted the program and Dr. S Anuradha Bai [Professor] was the coordinator of the program.

**ABOUT THE SPEAKER:** Mr. EV Gireesh is a competent management professional & trainer with over 25 years of experience in imparting behavioral training programs for corporate offices and educational and social institutions. He is an International Transformational Speaker and Success Coach with a demonstrated ability to function effectively in an adverse environment as well as train with diverse learning styles. Well-known Trainer across industries for his unique style and ability to inspire people.

Conducted training programs at ISRO - Indian Space Research Organization, NPCIL - Nuclear Power Corporation of India Ltd, IIT Madras, Roorkee, Patna, JNU, NID (National Institute of Design), Indian Army, L&T, ICAI, ICSI, General Motors, Tata Motors, TCS, Tata Power, etc.

Associated with Prajapita Brahma Kumari’s Ishwariya Vishwa Vidyalaya for the past 25 years, an International Socio-Spiritual organization which has NGO status with U.N. and consultative status with UNICEF and ECOSOC.

**PROGRAM OVERVIEW:** Sobiya and Lakshmi Bhavana of B. Pharmacy 3rd year were the anchors for today's seminar. The seminar was started with a prayer song by Jahnavi and Sai Keerthi of B. Pharmacy 2nd year. The seminar was followed by the welcoming of the dignitaries by Dr. N. Srinivas, director, of SNVPMV, and followed by the address gathering by Dr. T. Mamatha, Principal, of SNVPMV. The introduction of the speaker was given by Mrs. R. Swetha Sree, Assistant Professor, SNVPMV.

The seminar on positive thinking and self-control was delivered by E.V Gireesh. Mr. Gireesh spoke about self-love and self-control. He discussed that the CNS cannot differentiate between imagination and reality by taking the example of a dog in a dream. He gave us a piece of advice to make our minds as our best friends.

He said, "Do you want the universe will not manifest, but the universe will manifest who you are?" He concluded the session by stating that "CONSCIOUSLY, DELIBERATELY AND PURPOSEFULLY BE POSITIVE."

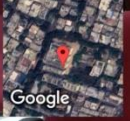
At last meditation session was conducted by BRAHMA KUMARI SISTERS [ Ms. Suhasini].

**VOTE OF THANKS:** Dr. S Anuradha Bai





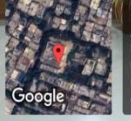
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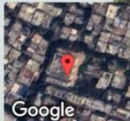
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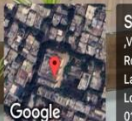
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