

The Department of MCA(BU) organized the webinar on “How to develop right attitude“ by Mrs.Jayanthi R Prasad Psychotherapist, Senior learning and development professional, facilitator, trainer and coacher.The objective of this webinar was to how to control their emotions and how to get rid of bad habits. She is started with a small introduction to the topic and main focus was upon the types of emotions and how to show the right emotions at the right time. She briefly spoke about all types of emotions and explained how a person displays it according to the particular situation. She explained how all the thoughts come from an unconscious state and how good habits and behaviour can affect the relationship between two persons and sometimes between the families also. The webinar concluded with all the students understanding the benefits of good habits and good attitudes. The Webinar was very interactive and provided a good and healthy life style and Attitudes towards the situations. The webinar was concluded with the Q & A session also.



 **Dayananda Sagar College of Arts Science & Commerce**
**MASTER OF COMPUTER APPLICATIONS
MCA-BU**
Internal quality assurance cell (IQAC)
Personal counseling & mentoring cell
APTHAMITHRA
Organizes webinar on
"How to develop right attitude"
Resource person Jayanthi R Prasad

Date: 23/07/2020
Time: 11.00AM

Organized by
HOD-MCA
Suneetha. V
&
K.S.Nivethitha.
(Cell member)

Registration link: <https://forms.gle/kpsT1d38qmxC8etYA>