

A.S.D. GOVT. DEGREE COLLEGE FOR WOMEN (A), KAKINADA
Alumni Association Activity

Date	26 th October 2024
Conducted through (DRC/JKC/ELF/NCC/NSS/Dept.)	ASD College Alumni Association
Nature of Activity (Seminar/Workshop/Extn.Lecture)	Guest Lecture by Ms. Anjali Nakka, Founder of Psyche Talks
Title of the Activity	Power of positive Affirmations
Name of the Department/Committee	Home Science + Alumni Association
No. of students participated	150
Brief Report on the activity:	<p>Aim: To build positive thinking and awareness on its benefits among the students</p> <p>Objective:</p> <ol style="list-style-type: none"> To explore positive thinking by counsel them To experience the benefits of positive thinking To build the mental health & stability of mind To make them strong, communicable & expressive To avoid Job insecurity issues on mental health <p>Expected Outcome:</p> <p>Good career Planning attitude Strong Mind & Healthy mind building Avoid negative thinking Good communication among the students</p>
Name of the Lecturers who Planned & conducted the activity	Alumni members
Signature of the Dept. In- Charge/Convener of the Committee	
Signature of the Principal	 Signature of the Principal PRINCIPAL A.S.D. GOVT. DEGREE COLLEGE (W) AUTONOMOUS KAKINADA
Remarks	



ANJALI PSYCHE TALKS
Your Story Matters Share, Heal, Grow



Guest Lecture on **POWER OF POSITIVE AFFIRMATIONS**

Exploring their effects on mental health

JOIN NOW



Ms. Anjali Nakka
Founder
Anjali Psyche Talks

 10:00 Am IST

 26th October 2024

 **ASD GOVERNMENT DEGREE COLLEGE
FOR WOMEN, (AUTONOMOUS)**



warm greetings !

My name is **Anjali nakka**, A final year student of MSc clinical psychology from MIT world peace university , school of Health Sciences and Technology .

for any queries regarding this form , please contact : psychetalksanjali@gmail.com

contact number : [9704663169](tel:9704663169) .

09:31

Inviting Guests on to the Dias



Principal madam Addressing the gathering



Alumni N. Anjali, former Student of B.Sc Home Science interacting with the students

