

JANKI DEVI MEMORIAL COLLEGE

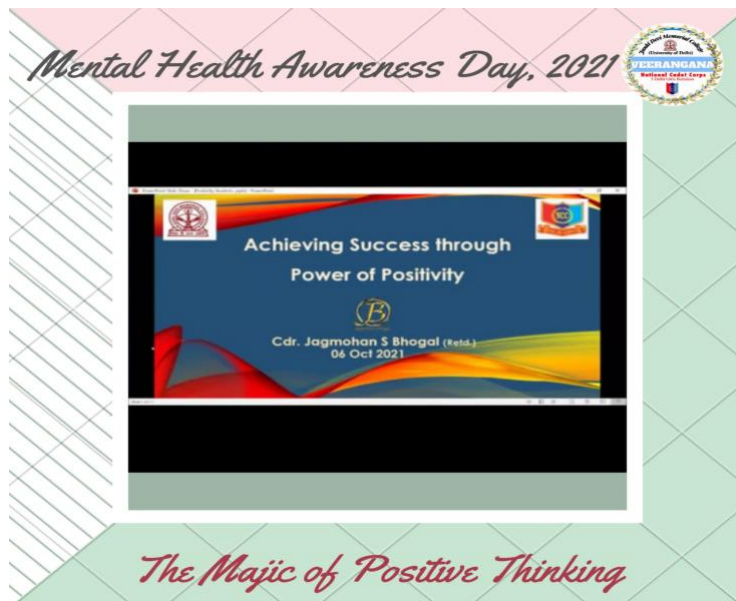
(University of Delhi)

National Cadet corps- 5DGBN



Presents

The Magic Of Positive Thinking



Janki Devi Memorial College
(University of Delhi)
National Cadet Corps-5DGBn
Under the Aegis of IQAC,JDMC

is organising a webinar on

The Magic of Positive Thinking

A session on the occasion of Mental Health Awareness Day,2021

GUEST SPEAKER -

CDR. JAGMOHAN BHOGAL (RETD.)
Emotional Intelligence Trainer,Certified Mindpower
Trainer,Former Quality Head Avionics Industry,
Former Project Director,Quality Council of India,
22 years of experience in Indian Navy

06 OCTOBER,2021
3:00 PM ONWARDS
ZOOM ID : 885 6622 0025
ZOOM PASSCODE : 220384

DR. DEBAHUTI BRAHMACHARI CTO NCC
DR. SHILPA CHAUDHARY (IQAC COORDINATOR)
PROF. SWATI PAL PRINCIPAL JDMC

**Mind is a powerful thing!
fill it with positive thoughts,
change!!**

**When you
your life will start to**

Under the guidance of Prof. Swati Pal (Principal, JDMC) and Dr. Debahuti Brahmachari (CTO, NCC) Janki Devi Memorial College, University of Delhi, National Cadet Corps-5DGBN organised a virtual Mental Health Session under the Aegis of IQAC on the theme "**The Magic of Positive Thinking**". It was held on 6th Oct, 2021 keeping in view the mental health of different sections of the society during the pandemic time. Cdr. Jagmohan Bhogal (Retd.), the speaker for the day, is an Emotional Intelligence Trainer and has served in the Indian Navy for 22 years.

The session started off with the speaker asking us about habit formation. Proceeding with the event various activities were held, for example, to depict the power of concentrated thoughts on our body. The session encompassed topics such as cycles of positive and negative thoughts, nexus between thoughts and feelings, significance of positive thoughts, and how to shift your focus from negative to the positive frontiers of life.

The session was indeed enriching and engaging. JDMCNCC aspires to organize more such events.

