



# NEW HORIZON COLLEGE - KASTURINAGAR

## REPORT ON

### THE POWER OF POSITIVE MIND-KEY TO SUCCESS

**Date:** 24<sup>th</sup> July 2021

**Mode and Link:** Google meet

[https://docs.google.com/forms/d/e/1FAIpQLSfEZNBrac5FTW93G9g8qjHqw152PVirqw-iNlrzf8QMOAOfg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfEZNBrac5FTW93G9g8qjHqw152PVirqw-iNlrzf8QMOAOfg/viewform?usp=sf_link)

**Conducted by:** Leo Club “Elite Horizonite”

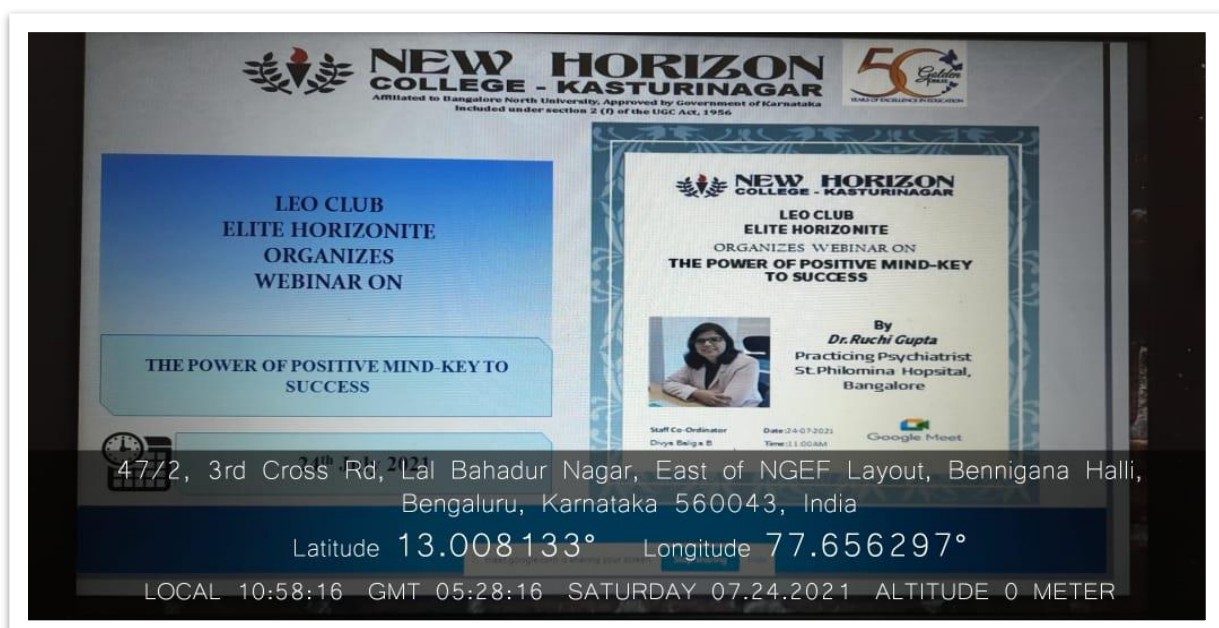
**Attended by:** II sem B.Com students (101 students)

**Time:** 11:00am – 12:00pm (Saturday)

#### Objective of the program:

- To understand the adolescent brain.
- To understand that having a positive attitude will create more opportunities that will lead to success, thus making it the key to success.

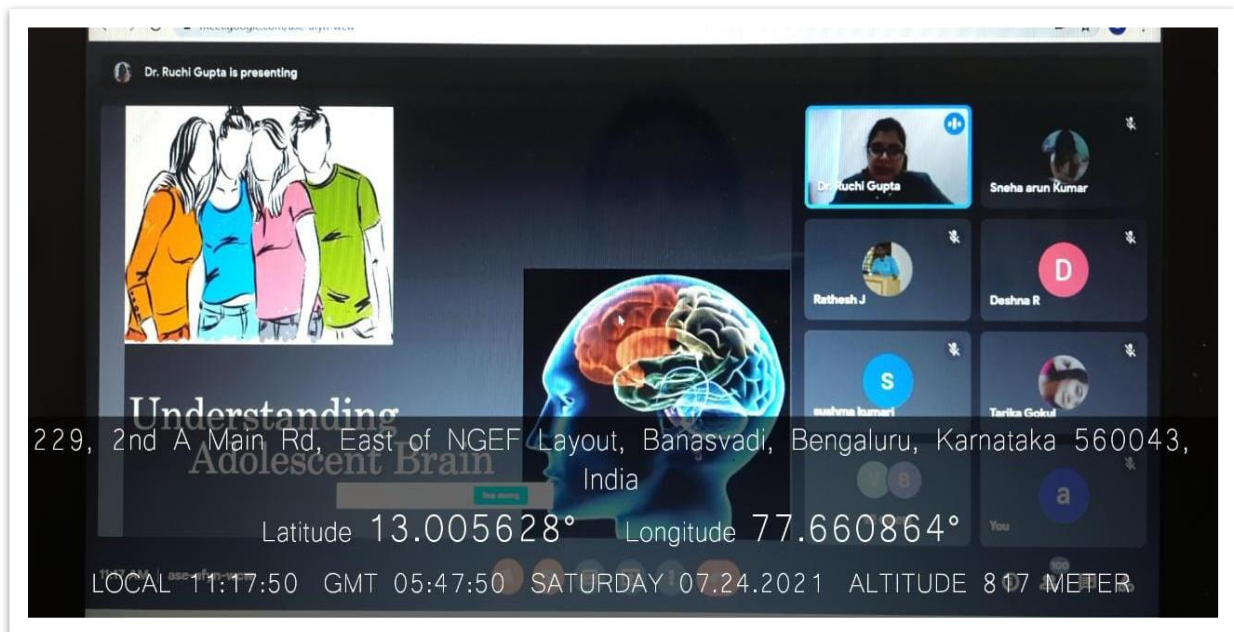
A thought provoking session on “the power of positive mind-key to success” was organized on 24<sup>th</sup> July 2021. The speaker for the session was Dr. Ruchi Gupta, a practicing psychiatrist at St. Philomena hospital, Santhosh Hospital and Abhayahasta Hospital, Bangalore.



## **Highlights of the program:**

Positive thinking and mindset are a set of ideas, emotions, and actions, that cause an individual to respond constructively to negative circumstances and make the best of those situations.

The program enabled the students to understand about brain development during adolescence. The speaker Dr. Ruchi Gupta gave an insight on Different way the brain reacts to behavioral changes in a person.



*Dr. Ruchi Gupta explaining the understanding the adolescent brain*

## **Points Discussed:**

- Difference between happiness & pleasure.
- Changes in the brain during adolescence.
- Breaking the myths of adolescence.
- ANTS-Automatic Negative Thoughts
- The hormones release by brain on various emotions: dopamine, serotonin, oxytocin, and endorphins.

To begin with Dr. Ruchi Gupta gave an overview on different parts of the brain and about neuro plasticity which means the ability of the brain to change and grow over the life span. Understanding the importance of the hormones like dopamine and serotonin in the brain and body and their impact on mental health. She added that experience changes and strengthens the structure and function of the brain.

Dr. Ruchi Gupta is presenting

## Difference between Happiness & Pleasure

True happiness = Serotonin      Pleasure = Dopamine

**VS**

- Not addictive
- Long term
- Inspires giving
- Ethereal
- Shared
- "This feels good & this is enough"

- Addictive
- Short term
- Inspires taking
- Visceral
- experienced alone
- "This feels good, I need more".

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 Latitude 13.005677° Longitude 77.660945°  
 LOCAL 11:15:37 GMT 05:45:37 SATURDAY 07.24.2021 ALTITUDE 817 METER

*Speaker explaining the difference between happiness and pleasure*

Dr. Ruchi Gupta is presenting

## The ESSENCE of adolescence

SE = Social Engagement – changes in signals from the brainstem and limbic area cause adolescent to begin looking to peers for connection.

+ve = seeks group

-ve = peer pressure

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 LOCAL 11:20:37 GMT 05:50:37 SATURDAY 07.24.2021 ALTITUDE 817 METER

*Speaker giving insight on essence of adolescence*

The speaker gave an insight on how to understand adolescents brain, what it goes through, what triggers it, how it reacts to the motion its triggered by. She explained all the elements of the essence of adolescence The **essence of adolescence** based on the changes in the brain are increased emotional intensity — living with passion and vitality, social engagement — connecting and collaborating with their peers, novelty seeking — seeking rewards in trying new things.

Dr. Ruchi Gupta is presenting

## Myth- 3

**Myth:** Adolescence is a period of immaturity and we don't mature until the mid-20's.

**Truth:** Adolescence is a necessary period of growth and change.

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LOCAL 11:19:05 GMT 05:49:05 SATURDAY 07.24.2021 ALTITUDE 817 METER

*Speaker breaking the myths of adolescence*

The speaker advised the students to take a moment to analyze what they are thinking and becoming aware of the thoughts is the first step to curb the negative thoughts. Whenever one see the negative thoughts recognize them as ANTS(Automatic Negative Thoughts ) and squash them .

meet.google.com/ase-afyn-wcw

Dr. Ruchi Gupta is presenting

## Negativity Is Contagious

- Surround yourself with people who are optimistic in their outlook.
- Stay away from negative people.
- Change your friends. Positive/ negative attitude are contagious habits.
- Change your environment as we are a product of our environment.

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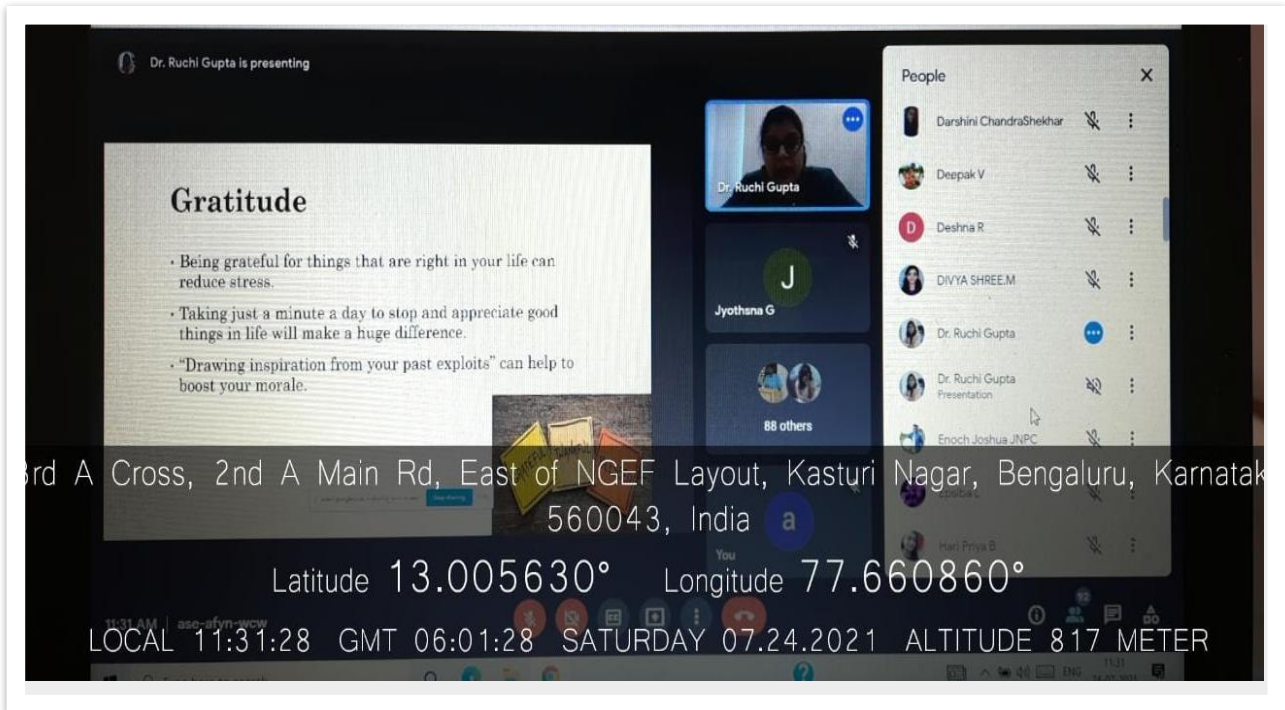
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People

- Anju Kumari
- Archana .p
- Basavarajgowda R
- Bharathi Pilla
- Bhumika Mainad
- Bhuvan K T
- Bibhuti Ranjan

*Dr. Ruchi Gupta advising the students on how to curb negative thoughts*



Speaker explaining about attitude and gratitude

The session witnessed enthusiastic participation from students, numerous queries were raised and clarified by the speaker.

### **Outcome of the program:**

The brain goes through many changes during adolescence. The program helped the students to understand these changes. The event also helped the students on how to curb the negative thoughts and to have a positive mindset which fosters to seek happiness, health and a happy ending regardless of the situation.

Co-Ordinator

Principal

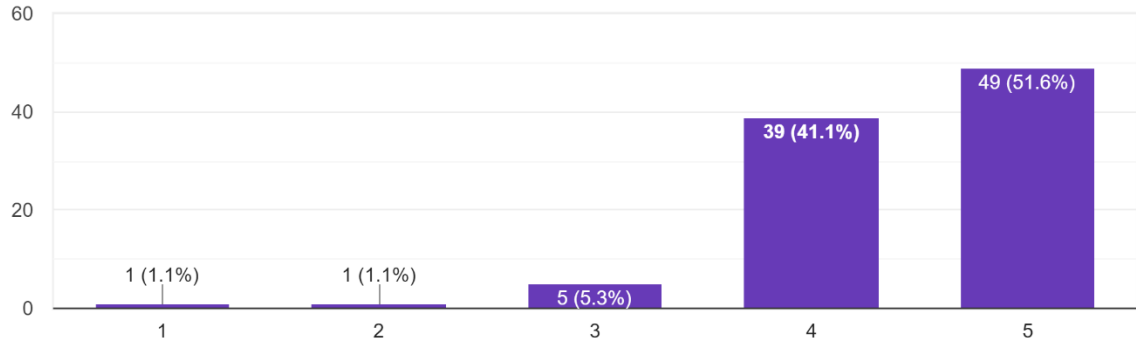
Director

## FEEDBACK WITH GRAPH

### THE POWER OF POSITIVE MIND-KEY TO SUCCESS

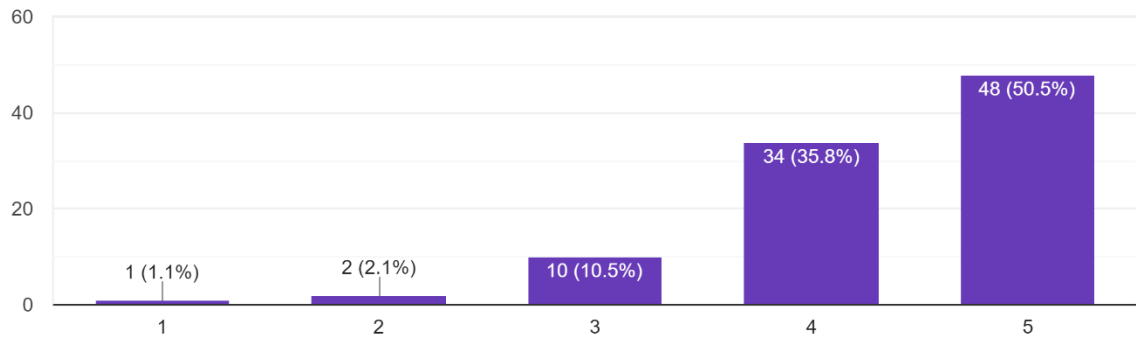
How do you rate the relevance of the session?

95 responses



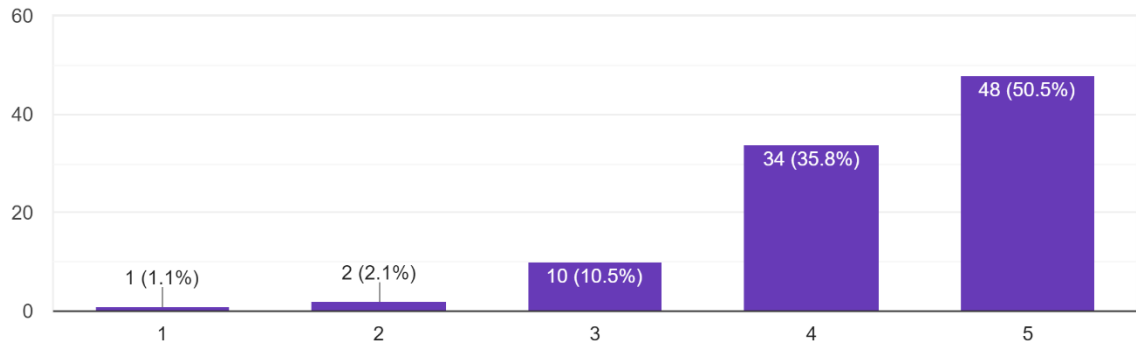
How do you rate the time management of the session?

95 responses



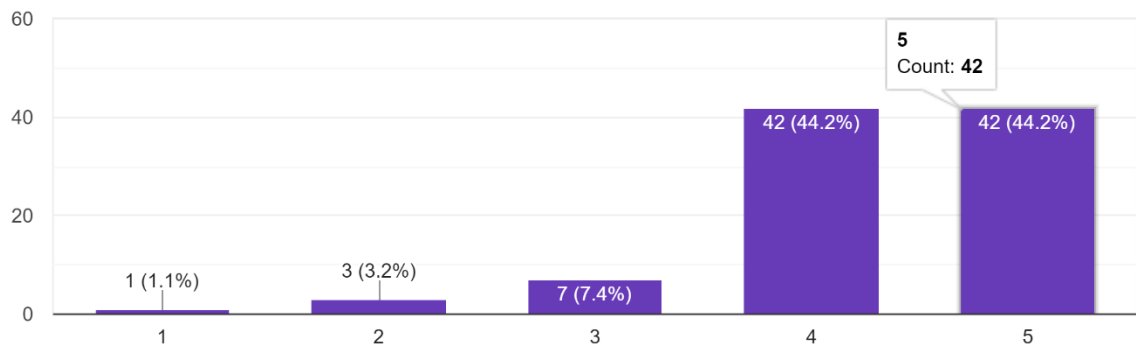
How do you rate the time management of the session?

95 responses



### How satisfied were you with content of the session?

95 responses



### Was the session beneficial for you?

95 responses

