

## “ENHANCE POSITIVE THINKING TO SUCCEED IN LIFE”

- By Prof. Ravi Kumar, ISRO scientist

The lecture by Prof. Ravi Kumar was indeed an awe inspiring one as he spoke about the relevance of focus on goal setting and positive thinking. The esteemed speaker's thoughts were very well received by the new students. The students came forward and participated in the activities conducted by the speaker. For instance, he illustrated the importance of self belief by crumpling a currency note and demonstrated that a currency note will never lose its value even after crumpling it. Thus the message he sent across was that self-belief is a very important aspect every individual must possess especially when someone puts an individual down.

He also emphasized the importance of positive thinking. He urged the students to enhance an optimistic attitude for he believes that only a *positive* person anticipates happiness, health and success, and can overcome any obstacle and difficulty. Positive thinking is a key part of effective stress management which is associated with many health benefits. According to him, *positive thinking* is the process of creating thoughts that create and transform energy into reality.

The students and faculty members enjoyed themselves to the core.

Dr Sanjeeva Reddy, ECE Director and Dr Madhusudhana Reddy honoured the speaker with a memento.



*The HOD Dr V M Reddy & the director of ECE, Dr. Sanjeeva Reddy honoring Mr.RaviKumar*