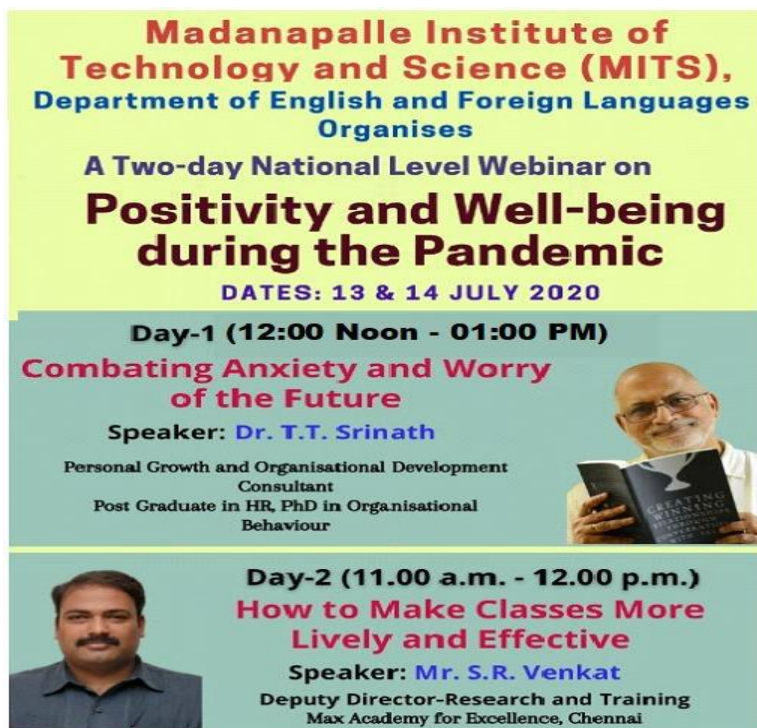


A Report on
“A two-day national level webinar on Positivity and Well-being During the Pandemic”
Organized by E&FL Dept. on 13-14 JULY 2020



Madanapalle Institute of Technology and Science (MITS),
Department of English and Foreign Languages
Organises

A Two-day National Level Webinar on
Positivity and Well-being
during the Pandemic
DATES: 13 & 14 JULY 2020

Day-1 (12:00 Noon - 01:00 PM)
Combating Anxiety and Worry
of the Future
Speaker: Dr. T.T. Srinath
Personal Growth and Organisational Development
Consultant
Post Graduate in HR, PhD in Organisational
Behaviour

Day-2 (11.00 a.m. - 12.00 p.m.)
How to Make Classes More
Lively and Effective
Speaker: Mr. S.R. Venkat
Deputy Director-Research and Training
Max Academy for Excellence, Chennai

Coordinator: Dr. Rosalia H Bonjour

Ms. Veeravalli Sarah Smily (Asst. Professor- Department of English and Foreign Languages) as a moderator of the two-day national level webinar on “*Positivity and Well-being During the Pandemic*” welcomed the participants on behalf of the Department and MITS Madanapalle. Then she introduced the speaker of the day Dr. T.T. Srinath (Post Graduate in HR, Ph.D. in Organisational Behaviour), Personal Growth and Organizational Development Consultant, to the participants and thanked him for accepting the invitation to deliver the webinar session. She informed the participants to attend all the (two days) sessions and fill in the feedback form in order to be entitled to get their e-certificate of participation. She also informed them that they can post their questions in the chat box which will be picked up by the moderator who will read them out to the resource person to answer the chosen questions. Next, she requested the speaker to deliver his talk on the topic of the day “**Combating Anxiety and Worry of the Future**”

Dr. Srinath in his talk spoke about positive attitude during the difficult times and gave a short demonstration on how mind works over mood. He said, “The mind is a powerful tool that, when properly focused, can do amazing things to both the body and the outside world.” He shared his personal experience of coping with quarantine (terrible food –virtual isolation for 35 days, psychologically extremely hurtful situations, no work ...and family to support ... loneliness and anxiety) The moderator picked up the questions from the participants and read out one by one to the speaker who answered them. Nearly 400 students attended the webinar. All the participants gave excellent feedback to the speaker. They found the talk immensely helpful to move along during Covid-19 crisis.

DAY 2: Topic: *" How to Make Classes More Lively and Effective "*

Mr. Venkat began his interactive session with a popular quote, "When going gets tough, tough gets going". He emphasized on word '**MORE**' used in the title of his talk. Mr. Venkat used a mnemonic device '**TEACH**' as a fulcrum to revolve his talk on "*How to Make Classes More Effective and Lively*"

He answered the questions from the participants picked up by the moderator. All the participants gave excellent feedback to the speaker. They found the talk immensely helpful in order to make their classes more effective and lively.