

REPORT

TITLE OF THE WEBINAR:	Two major concerns of NOW - Productivity & Positivity!
SCHOOL:	School of Physiotherapy
DEPARTMENT:	Physiotherapy
NAME OF THE ORGANIZER/S:	RK University, Rajkot
DATE OF CONDUCTION:	05/05/2020
TARGET AUDIENCE:	Everyone

Brief Details:

1. Objective of the program:

This webinar is designed to manage your Mind "Outside in" and to change your perspective by Understanding.

- Cognitive filters
- Psychological neural pathway of Habits
- Your mood and science behind it

2. Brief description of the program:

Alignment of our Mood - Thoughts - Emotions is so much important in these difficult times. Some things are simply not possible without Psychological help. We are here for you again!

3. Outcomes of the program:

to learn how to manage your Mind "Outside in" and to change your perspective by Understanding

4. Details of Speaker

Komal Baxi

RCI Certified Psychologist

5. Program Schedule

Date:05/05/2020 | Time: 4:15:00 PM to 5:30:00 PM

Registration Link: <https://rku.ac.in/events/sptwebinar1>

Flyer Image:

<https://drive.google.com/open?id=16I2DMGJKDCmXcFSgmiGfRIxArla4TCaA>

6. Webinar Platform and Links

Platform: Youtube | Registrations: 291 | Participants: 170

Video Link(s):

- <https://youtu.be/wrM8dQfK50g>

Name & Signature of
Principle
Applicants
(Digital signature are allowed)

Name & Signature of
Head of Institute with institute seal