



# ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University Electronics City, Bengaluru - 100

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

## Report on Skill Development Programme on Inculcating the Power of Positive Attitude

Title	Inculcating the Power of Positive Attitude
Date of Event(s)	27 January 2021
Department / Association	Chaucer's Academy, Department of English
Venue	Google Meet
Number of Participants	68
Target Audience	III SEM BSC/BA Students

Resource Person with qualification	Prof. Francis Lopez, M.A., MBA, B.Ed Assistant Professor. Department of English, SFS College, Bengaluru.
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"Only the people who take learning, growth and skills development into their own hands will be tomorrow's leaders", rightly said Alli Worthington. Keeping in mind the importance of skills development in today's world, St. Francis de Sales College has set up a Desalites Skill Development Cell to hone skills of the students and make them tomorrow's leaders who can lead the world. Desalites Skill Development Cell in association with Chaucer's Academy organised a skill development programme on soft skill, titled, "Inculcating the power of Positive Attitude" for the III Semester BSC and BA students on 27 January 2021. The programme was conducted via Google Meet from 1P.M. to 2 P.M. The objective of the programme was to cultivate positive attitude in students that would help them become optimistic in life and in all their endeavours. The resource person of the event was Prof. Francis Lopez, Faculty, Department of English, SFS College.

The resource person started the session by quoting Wade Boggs- "A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results." Then, he went on to define attitude and emphasised on the power of positive attitude. He said that positive attitude can help us cope with the daily affairs of our life easily. It also helps us to avoid unnecessary worries, tension and negative

thoughts.

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He went on to say that if we have positive attitude, then we can focus on good things, happy thought and successful outcomes. But, if we have negative attitude, we would mainly focus on negative thoughts, bad things and unsuccessful outcomes. He enumerated the ways to develop positive attitude and mentioned all the benefits of positive attitude. After that the speaker said that self-change is important to cultivate positive attitude; one needs to change inside out to change one's attitude. Also, it is important to accept responsibility for 'who we are, what we do and what we say.' The resource person advised the students to observe their thoughts and to manage their talks. He added that with a bad attitude, we can never have a positive day and with a positive attitude, we can never have a bad day. The resource person concluded the session by saying that a positive attitude is like a magnet that attracts positive results.

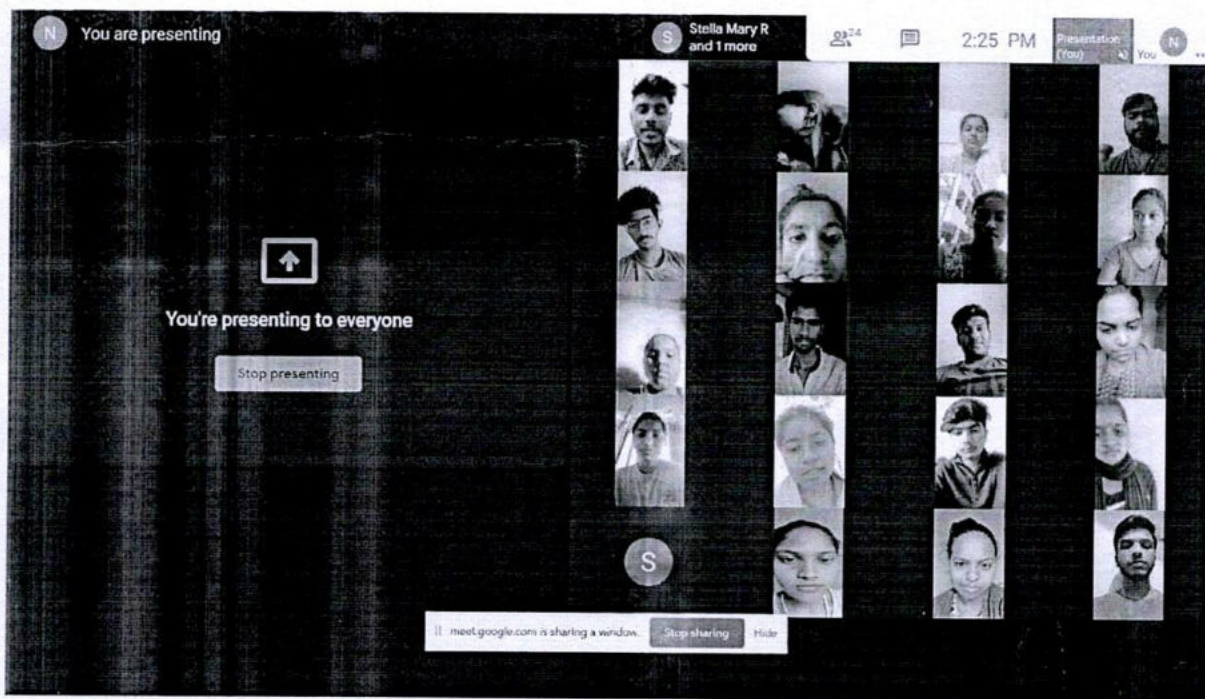
It was a very interesting session for the students who were now eager to inculcate positive attitude and do away with negative attitude. In order to evaluate whether the students have understood the concept of inculcating positive attitude and whether the objective of the programme was achieved, an assessment form was shared with the students. The concepts that were discussed during the session were evaluated through the assessment form. At the end of the session, feedback about the session was also collected from the students through Google form. The students gave positive feedback about the skill development programme and they said that they look forward to more such sessions in the future. E-certificate was issued to all the participants who passed the assessment.



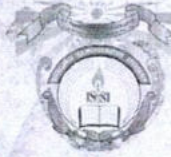
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**Skill Development Session in Progress**



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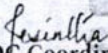
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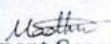
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## CERTIFICATE OF PARTICIPATION

This is to certify that Sanjay.K of III Semester BSC(CJP) has Participated in the Skill development-Soft Skill program- "Inculcating the Power of Positive Attitude" conducted by Chaucer's Academy, Department of English in association with DSDC of St Francis de Sales College, Electronic City on 27/01/2021

  
DSDC Coordinator

  
Department Coordinator  
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Principal

**Certificate Copy**

  
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