

GUEST LECTURE
on
IMPORTANCE OF POSITIVE THINKING

by
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ABOUT THE PROGRAMME:

Dr. N. Sri Latha, the resource person said that positive thinking is a mental and emotional attitude. It helps to cope up with daily affairs of life more easily .It avoids worries and negative thinking and brings constructive changes in life to make one happier, brighter and successful. A positive person participates or competes with a healthy mindset and is always successful, happy and smiling. She told that positive emotions like joy, contentment and love remove the obstacles in our life. They create more possibilities to exploit one's abilities. She concluded saying that positive attitude manifests in positive thinking, constructive thinking, creative thinking, optimism, motivation and energy to accomplish goals and an attitude of happiness.



Attitude is a little thing that makes a big difference.

-Winston Churchill