

Improve Your Life By Improving Your Mind on 19th January 2021

Under the banner of Women Welfare Wing, Department organized a webinar on **Improve Your Life By Improving Your Mind** through Google meet on 19th January-21, exclusively for ladies. The session was led by Ms. Julnara M.T., Mind Trainer and Life Coach in ADN Talks.

Coordinators name : 1) Ms. Laila V., 2) Ms. Jitha K.

Student Representative : Fathima Jubina P.

An interactive session was handled by the spokesperson on a variety of topics like:

- ✓ Know Yourself
- ✓ Change the way you live
- ✓ Unleash the power within you
- ✓ To shape your mind

The session was handled in a very interesting way which helped all the gathered ladies to have an open discussion on many things that they face in their daily life. The talk was indeed of great use to all the participants.

There was an active participation of about 40 from various parts of Kerala. The session was very interesting and informative.

IMPROVE YOUR LIFE BY IMPROVING YOUR MIND.

Webinar on:
*Mental Health
Among Women*

19 January 2021

05:00 PM – 06:00 PM

 meet.google.com/qtf-zzes-ehw



YORKSHIRE FACTORY TO PERINTHALMANNA MALAYSIAN DISTRICTS COLLEGE - PERINTHALMANNA



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WOMEN EFFICACY

Dept. of
Computer Science
Engineering

WE HELP YOU TO

- Know Yourself
- Change the way you live.
- Unleash the power within you
- To shape your mind



Session by:
JULNARA M T
Mind Trainer &
Life Coach in ADN TALKS

**EXCLUSIVELY
FOR WOMEN**

Inbox (3,576) - laila@meaec.edu x Meet - IMPROVE YOUR LIFE x +

meet.google.com/ufm-nahj-nja

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Sahla Abduss... S SHIRIN KT JULAILA ZINN... A AASHA VERG... j jaseena CA O MEGHA 20G... a aswathy aravi... Raji cg

SAFA M T 20G... ROSHINI FATH... AYISHA NAILA... F Fathima Anwar F FATHIMATH H... NIDHA.C.M 20... NIDHA 20GIT05 J JISHANA SHE... YASMIN NALA...

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