

PAAVAI COLLEGE OF ENGINEERING
DEPARTMENT OF ELECTRICAL AND ELECTRONICS ENGINEERING
SOFT SKILLS PROGRAMME ON “MAINTAINING AN OPTIMISTIC OUTLOOK”
Held on 27.02.2023

EVENT REPORT

Name of the Event : **Maintaining an optimistic outlook**

Date of the Event : 27.02.2023

Number of participants :100

Resource Person : Dr.R.Kathirvel,
Professor/ECE,
Mahendra Engineering College,
Namakkal.

Co-ordinator :Mr.S.Vinoth kumar,
Assistant Professor,
Department of EEE,
Paavai College of Engineering,
Pachal, Namakkal.

Venue : Brilliant Hall

Event Description:

The "**Maintaining an Optimistic Outlook**" is an uplifting soft skill program focused on cultivating a positive mindset in the face of adversity. Participants will explore techniques for reframing negative thoughts, building emotional resilience, and staying motivated during challenging times. The event is perfect for anyone looking to enhance their mental well-being and embrace a brighter perspective on life.

A GLIMPSE OF THE EVENT



Soft Skills Programme on “**Maintaining an Optimistic Outlook**”- 27.02.2023