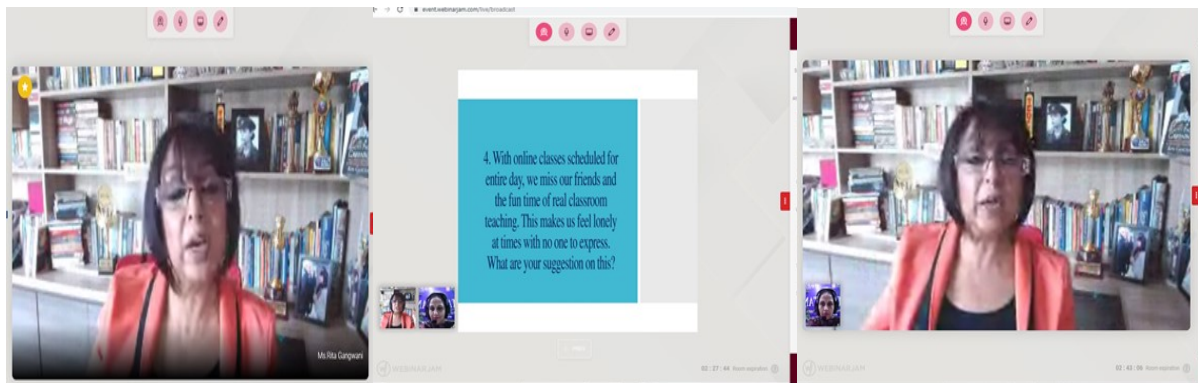


# MANAGEMENT WEBINAR ON POSITIVE THINKING “THE MANTRA FOR SUCCESS”

3<sup>rd</sup> OCTOBER, 2020

Positive Thinking is the Practice of focusing on the good in given Situation, it has a great impact on both physical and mental health. Since the positive thinking plays an important role in changing the mindset of the people hence the Institute “Gitarattan International Business School” organized a management Webinar on 3<sup>rd</sup> October, 2020 on topic **Positive thinking “A Mantra for Success”**. To address the topic, Retired Lieutenant Rita Gangwani was invited, who is a motivational Speaker and Tedx Speaker.



Ms Rita Gangwani, Started the Session by sharing her own life experiences and how she was able to cope up with all negativity around her. She emphasized the importance of being truly loving yourself. By narrating small stories and the moral of the story, Ms Rita Gangwani beautifully explained about positivity in life. She Suggested that best way to think positive is, wear a rubber band on wrist and whenever a negative thought comes in just stretch and release that, initially you will get hurt but later you will release not to think negative.

The Session ended in a unique way, where some lines were quoted from the song “ kutch toh log kahenge, logo ka kaam hain kehna” and relating these lines with a story having moral that do not follow what people say, follow your mind say.

At the end, Ma’am answered all the questions of the participants exquisitely. The session was impactful and created a long lasting impact of positive thinking in the audiences.

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