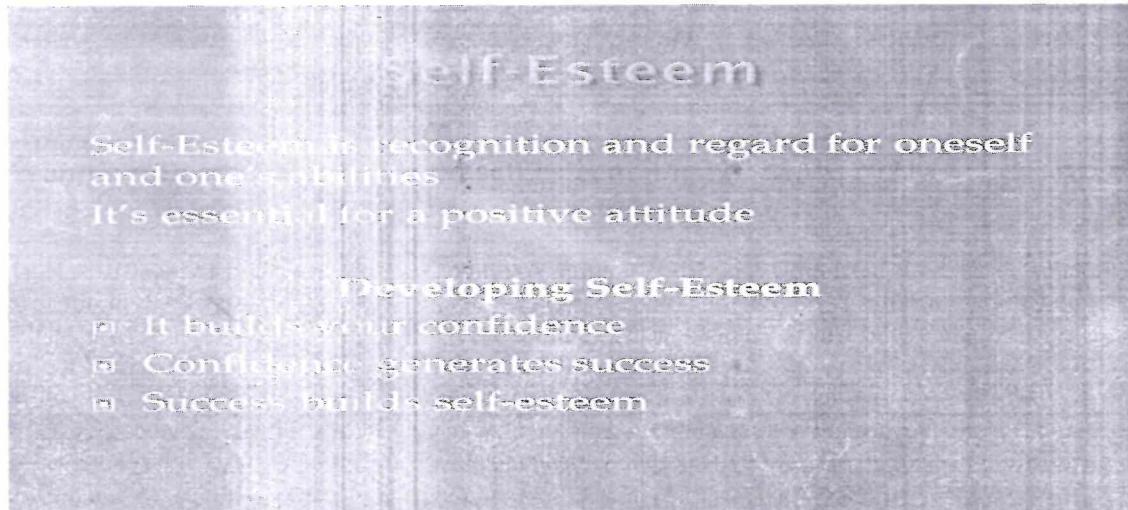


Webinar: Positive attitude and self esteem on 22nd July 2021

The Department of Computer Science and Engineering, KSSEM has conducted Webinar on “**Positive attitude and self esteem** ” in collaboration with **Quantum Learnings -Center Of Excellence** on 22nd July 2021 from 7:30PM to 8:30PM,(60 minute), through GotoWebinar online platform

Ms.Shivani Sharma from Freelancer, Communication skills, Knowledge Solutions India was the resource person for the day. She is expert in handling communication skills concepts for the students. During the webinar, she has explained “Lead a healthy and positive lifestyle by focusing on your self-esteem and thought processes”.



Good self esteem and positive thinking lead to positive action (healthy, assertive, solution- focused behaviour) including goal setting, problem solving, dealing assertively with others, taking risks for success and building a balanced lifestyle. Positive action keeps us motivated in achieving the goals we set ourselves which in turn leads to numerous benefits including; feeling happy; increased sense of confidence and control (self-efficacy – ‘I can’), improved health and relationships with others, managing challenges better and learning from mistakes. So self esteem is an important thing.

Students of 4th and 6th sem are actively participated in the webinar. The final outcome of this webinar is to educate the students about, a successful learner starts with having a positive attitude towards learning. A positive attitude lets you relax, remember, focus and absorb information as you learn. You're ready to welcome new experiences and recognize many different kinds of learning opportunities.

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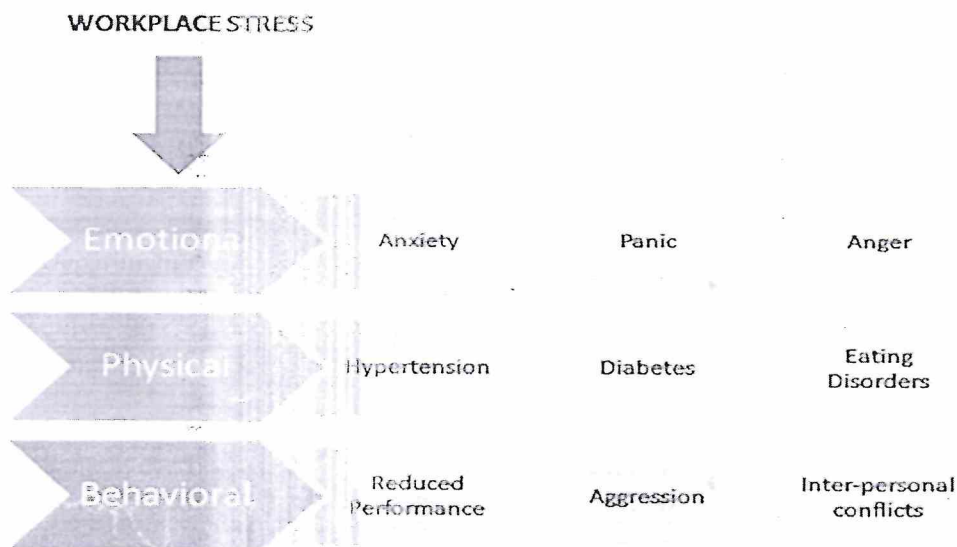
Head of the Department
HOD

Dept. of Computer Science & Engineering
K.S. School of Engineering & Management
Bangalore-560 062

Webinar: Stress Management on 29th July 2021

The Department of Computer Science and Engineering, KSSEM has conducted Webinar on "Stress Management" in collaboration with Quantum Learnings -Center Of Excellence on 29th July 2021 from 11:00AM to 12:30PM (90 minute), through GotoWebinar online platform.

Ms. Shivani Sharma from Freelancer, Communication skills, Knowledge Solutions India was the resource person for the day. She is expert in handling communication skills concepts for the students. During the webinar, she has explained the importance of stress management.



Stress is just one of the many hurdles that college students experience. Short-term stress can help learners raise a grade, polish an essay, or pursue a coveted career opportunity. However, long-term stress, if not addressed, can have detrimental side effects. More than half of degree-seekers report that stress impacts their schoolwork, and unchecked stress can lead to physical side effects like a weakened immune system.

This webinar addresses the issues related to stress and provide ample resources and opportunities for learners to address stress positively.

- Stress Management Strategy 1:
Avoid unnecessary stress**
- Learn how to say "NO"
 - Avoid people who stress you out
 - Take control of your environment
 - Avoid arguments
 - Reduce your to-do list

- Stress Management Strategy 2:
Alter the Situation**
- Express feelings calmly instead of bottling them up
 - Be willing to compromise
 - Be more assertive
 - Manage your time better

- Stress Management Strategy 3:
Adapt to the stressor**
- See your problems differently
 - Look at the big picture
 - Adjust your standards
 - Focus on the positive

- Stress Management Strategy 4:
Accept the things you cannot change**
- Don't try to control the uncontrollable
 - Look for the upside
 - Share your feelings
 - Learn to forgive

Webinar: How to Get Internships and 75% Scholarships on Microsoft & Google Certification with Free "Ethical Hacking Training" on 30th August 2021.

WEBINAR ON INTERNSHIPS WITH
SCHOLARSHIPS ON MICROSOFT
& GOOGLE
CERTIFICATIONS WITH
FREE "ETHICAL HACKING
TRAINING" FOR CSE & ECE
DEPT.

Use the following link to register for the webinar
<https://attendee.gotowebinar.com/register/7393600387598953358>



Speaker :
Mr. Tushar Jethani
Co-Founder, Quantum
Learnings

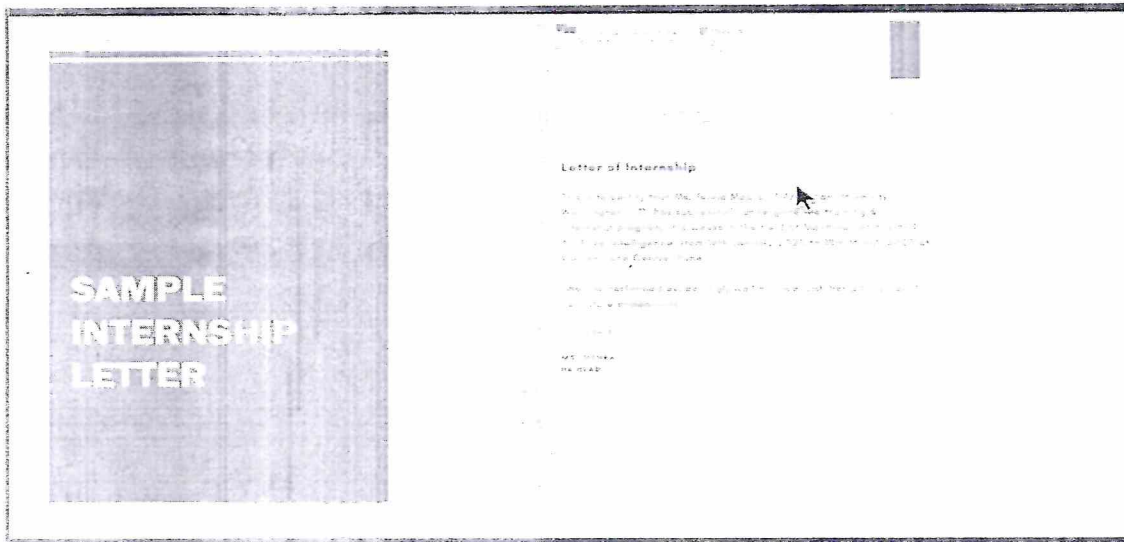
INTERNSHIPS BUNDLED WITH SCHOLARSHIPS ON MICROSOFT & GOOGLE CERTIFICATIONS



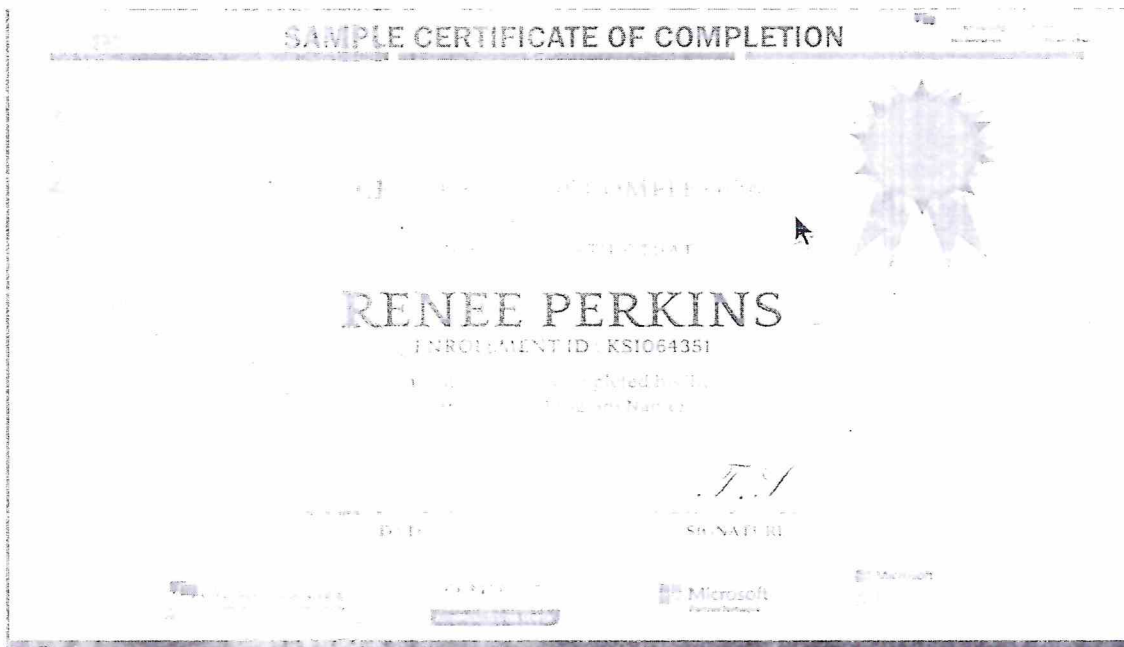
The Department of Computer Science and Engineering, KSSEM has conducted Webinar on **How to Get Internships and 75% Scholarships on Microsoft & Google Certification with Free "Ethical Hacking Training"** in collaboration with **Quantum Learnings - Center of Excellence** on 30th August 2021 from 10:00AM to 11:00 AM, through GoToWebinar Platform.

Mr. Tushar Jethani Co-Founder, Quantum Learnings was the resource person for the day. During the webinar, he explained about how to get Internships and 75% scholarships on Microsoft and Google Certification. This certification program also includes free training on Ethical Hacking.

issued on the completion of project. Also, Quantum Learnings will be providing Letters required for future jobs or studying abroad on the requirement basis.



Sample Internship Letter provided by Knowledge Solutions Pvt. Ltd.



Students of 4th and 6th sem are actively participated in the webinar. The final outcome of this webinar is to educate the students about the Internship Programs and Scholarships provided by Quantum Learning.


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