

**DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING**

**29/06/2021**

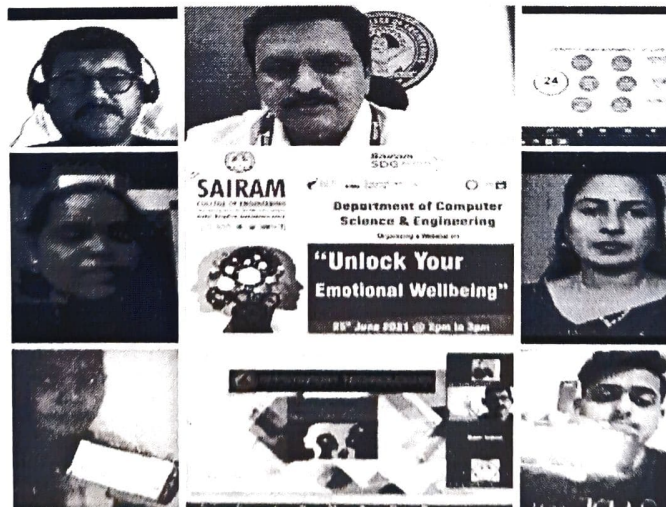
**Report on a webinar "Unlock Your Emotional Wellbeing"**

Emotional and mental health are crucial to our holistic wellbeing. The global impact of COVID-19 has changed our lives tremendously during the past months and impacted our mental wellbeing. With this insight, Department of Computer Science and Engineering, SSCE in association with AppSymphonyTechnologies, Bengaluru organized a Webinar on **“Unlock your Emotional Wellbeing”** on 25th June 2021 for all the students and staff members.


Program started at 2:00 pm through Zoom platform. Prof M.Lorate Shiny welcomed everyone and Dr.P. Bindhu Madhavi, HOD Department of Computer Science and Engineering, introduced the Key speakers. Dr. B. Shadaksharappa, Principal SSCE, delivered presidential address to the gathering.

Key speakers Mr. Aswin Sudheer, Co-Founder, CEO, AppSymphony Technologies Bangalore & Mr. Ganesh Mallia, Co-Founder, COO, AppSymphony Technologies, Bangalore are effectively took over the session and trained all of us on learning some easy ways to increase the feeling of belonging, also they gave some practical tips for taking care of our mental health and emotional wellbeing.

Around 265 participants attended the program and benefitted. The program was concluded with vote of thanks by Dr.P.Bindhu Madhavi, HOD, Department of Computer Science and Engineering.



  
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## Department of Computer Science & Engineering

Organizing a Webinar on

# “Unlock Your Emotional Wellbeing”

25<sup>th</sup> June 2021 @ 2pm to 3pm

### Key Speakers:

**Sri. Aswin Sudheer**

Co-Founder, CEO  
AppSymfony Technologies

**Sri. Ganesh Mallia**

Co-Founder, COO  
AppSymfony Technologies



<https://forms.gle/4Hr3CMCXJ5J6FT656>



Hosting on  
ZOOM



**Dr. P. Bindhu Madhavi**  
Prof & Head (CSE)

**Dr. B. Shadaksharappa**  
Principal

**Sri Sai Prakash LeoMuthu**  
Chairman & CEO, Sairam Institutions



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# CERTIFICATE OF APPRECIATION

This is to certify that

Mr. / Ms. ....

of ..... had participated in online webinar on  
“Unlock Your Emotional Wellbeing” organized by Department of Computer Science & Engineering  
held on 25<sup>th</sup> June 2021

Dr. P. Bindhu Madhavi  
Prof & Head

Dr. B. Shadaksharappa  
Principal

Sri Sai Prakash LeoMuthu  
Chairman & CEO, Sairam Institutions

