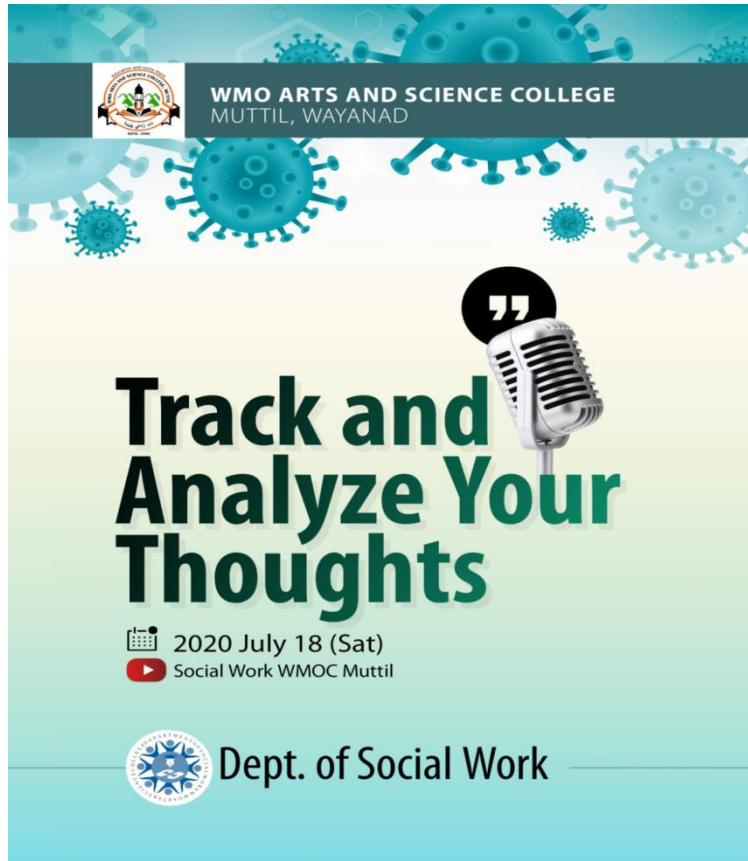



TRACK AND ANALYSE YOUR THOUGHTS



The Department of Social Work, WMO Arts and Science Collge, Muttill prepared and uploaded a talk for INSPIRING THE PUBLIC in the times of Covid 19 which was titled as “Track & Analyze Your Thoughts”. The talk wanted the listeners to lend an ear to one’s own inner thoughts. If one could analyze his or her thoughts he or she can perfectly manage his or her emotions and thereby gaining the self-control.



Principal
W.M.O. Arts & Science College
Muttill P.O., Wayanad

Social Work WMOC Muttill
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നിങ്ങളുടെ ചിന്തകൾക്ക് കാതോർക്കൂ | Track & Analyse Your Thoughts | Mini Talk Series

Fifth Video from the mini talk series

By
Department of Social Work
WMO Arts and Science College
Muttill, Wayanad, Kerala, India

Script & Voice: Noorjahan K
Technical Support: Shuaib Muhammed RV
Tittle Animation - Bijoy Kuriakose

#StayHome
#StaySafe
#BreaktheChain
#MentalHealth
#CBT
#TrackYourThoughts
#ListenYourself



നിങ്ങളുടെ ചിന്തകൾക്ക് കാതോർക്കൂ | Track & Analyse Your Thoughts | Mini Talk Series - Talk 5

Link :

https://www.youtube.com/watch?v=IkNfyF_7_NY&list=PLU4zjPcn6K_uaO6QvQL-2ncECmm9CorxX&index=9

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