

Report

ONE-DAY NATIONAL LEVEL WORKSHOP ON “Personality Development and Life skills” On Saturday 17th February, 2018 UG Department of Business Administration Teresian College Mysuru” in collaboration with Global Talent Track (GTT) at Ave Maria Golden Jubilee Auditorium of the college.

The One Day National Level Workshop is been inaugurated by Dr.Veena M D’ Almeida, the Principal of Teresian College Mysuru. She focused on the following areas of Knowledge, Attitude and Skills. She also stressed on the personality development, As it is the blend of qualities and attributes to the person character and image.

Presidential Address was given by Dr.Sr. Sajitha, the Director of the College. She emphasized on the ultimate aim of human existence that is to create themselves towards the uniqueness of each individual for the better personality and happiness in their life. She also presented few inspiring videos on personality development.

During the one day state level workshop the following are the list of topics on which the lecture was delivered.

Module	Topics	Learning Objective	Duration (hrs)	
SELF ASSESSMENT	SWOT Analysis	Self-evaluation to understand strengths & areas of improvement	1.5	
PERSONALITY DEVELOPMENT	Grooming and Body language	Understand appropriate grooming and body language in a business environment	1.5	
	POSITIVE ATTITUDE	Steps to Success		
INTERVIEW SKILLS	Resume Writing	Token for job opportunities	1.5	
	Job Application Filling	Quick and lasting impression		
INTERVIEW TYPES	F2F Interview (One to one/Panel)	Tips to face and handle it	2.5	
	Group Discussion	Tips to face and handle it		

Valedictory of the workshop was held on the same day i.e, on 17th February 2018 at 4.00 pm.



From the right, Dr Veena M. D'Almeida (Principal), Dr Sr Genevieve (Academic Advisor), Guest of Honor J. Damodaran, Dr Sr Sajitha(Director), Mrs Kaveriamma (HOD of BBA), Keerthana (Management Secretary), Mr Benjamin (Co-Ordinator), Mr Merwin Pinto (Organising Secretary).

Resource Person:

Mr Damodaran J. has worked as a Team Lead in HR for 12 years in Siemens Technology and Services. He has done MBA in HR from Pondicherry University.

He is a certified trainer. He has done certification courses on the following:

- NLP – Basic and Advanced
- Train The Trainer-Trainer base India Certified Trainer - B-CUBE Consulting Pvt Ltd.
- Digital Marketing - Certified from B-CUBE Consulting Pvt Ltd.
- Diploma in Counselling and Life Skills from Samadhan
- Project Management from Siemens Project Management Office.
- ASCEND Training program by 5E Serpraise and Trident Hyundai.
- Competency Mapping, Assessment & Development by HRD Institute of, Bangalore.
- Certified in ERP-SAP R/3-HR by Software Technology Solutions, Bangalore.

He has also taught students in various Engineering and Non Engineering colleges on soft skill and communication techniques.

ORGANISING COMMITTEE**PATRONS**

Sr. ANJALI, Superior
Dr. Sr. SAJITHA, Director
Dr. Sr. GENEVIEVE, Academic Advisor
Dr. VEENA M. D'ALMEIDA, Principal

ORGANISING SECRETARY

Mr. MERWIN PINTO, ASSISTANT PROFESSOR

CO-ORDINATORS

Mrs. REKHA B., ASSISTANT PROFESSOR
Mr. BENJAMIN MANOHAR, ASSISTANT PROFESSOR
Mrs. KAVERIAMMA A.G., ASSISTANT PROFESSOR

For Any Enquiry Contact us at
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TERESIAN COLLEGE
*(Affiliated to University of Mysore and
Re-accredited by NAAC with 'A' Grade in III Cycle)*



DEPARTMENT OF BUSINESS ADMINISTRATION
In collaboration with
Global Talent Track, Pune

Is Organising

ONE-DAY NATIONAL LEVEL WORKSHOP ON

"Personality Development and Life skills"

On

Saturday 17th February, 2018

VENUE

Ave Maria Golden Jubilee Auditorium

**No 1824, Bannur Road, Siddharthanagar,
Mysuru – 570 011**

ABOUT US

Teresian College was established in 1963. The college is managed by St. Teresa's Education Society, founded by the Carmelite Sisters of St. Teresa (C.S.S.T). It aims at empowering and enlightening the less privileged through value-based, quality and integral education. The College is affiliated to University of Mysore and is re-accredited by NAAC with 'A' grade.

Department of Management started in the year 2005, offering the course of Bachelor of Business Administration (BBA).

ABOUT THE TOPIC

Personality development is a field of much research and practice. It is a dynamic, constantly evolving field of study and one in which new practices come to the fore every day. It goes beyond self-help to encompass helping others. Self-development includes practices that lead to an improvement in an individual's quality of life by fostering self-awareness, improving understanding and realization of hopes.

This workshop will enhance the students to learn different life skills of personality which will help them in their career development growth.

PARTICIPANTS

The workshop is organized for the benefit of final year PG and UG students.

REGISTRATION

Registration can be made by submitting the duly filled-in registration form. **No registration amount will be taken.** Maximum number of participants is 15 students per college.

Canteen facility can be availed.

NOTE: Certificates will be sent through email. Students are requested to bring any one Government ID ie. Aadhar card, License, Pan Card, etc.

9:30	Inauguration			10:00
Start Time	Session	Module	Topics	End time
10:00	Session 1	SELF ASSESSMENT	SWOT Analysis	11:20
11:20	Tea Break			11:30
11:30	Session 2	PERSONALITY DEVELOPMENT	Grooming and Body language Positive attitude	1:00
1:00	Lunch Break			1:30
1:30	Session 3	INTERVIEW SKILLS	Resume Writing Job Application Filling	2:30
2:40	Session 4	INTERVIEW TYPES	F2F Interview (One to one/Panel) Group Discussion	4:40
4:40	Valedictory			

ONE-DAY NATIONAL LEVEL WORKSHOP ON "Personality Development and Life skills"

List of students Participated:

Saturday 17th February, 2018

ONE-DAY NATIONAL LEVEL WORKSHOP ON "Personality Development and Life skills"

List of students Participated:

Saturday 17th February, 2018

Sl.No.	Names of the participants	Sl.No.	Names of the participants
1	Dr Veena M. D'Almeida	43	Sunkaraneni Sanjana
2	Dr Sr Genevieve	44	Syeda Farheen
3	Dr Sr Sajitha	45	Syeda Rehana
4	Kaveriamma A.G.	46	Syeda Sara Kouser
5	Benjamin	47	Syeda Taskeen
6	Merwin Pinto	48	Zoya Mariam Khan
7	Rekha B	49	Paseeth Kumar B
8	Shiva Prasad	50	Rachitha P P
9	Anusha	51	Ranya R
10	ArunDevpura	52	Ranjini M
11	Anthoni Shobana	53	Roopa Basavaraj
12	Anusha D.M.	54	Rosin George P
13	Apoorva M.	55	Rumana Qhameer
14	Arbina Banu	56	Sabrina Mohammed Masoud
15	Asfat Ali Tahir	57	Sandya Shree S
16	Asha Mathew	58	Shabnum B S
17	Bi Bi Afeefa Y K	59	Shashikumar D
18	Deslin Mendez	60	Shilpa B P
19	Fathima Nashra	61	Shilpa K
20	Hajira Sakina	62	Shilpa R
21	Hemavathi V	63	Shwetha B C
22	Javeriya Muskan	64	Simran Sandra
23	Kavya B	65	Sindha K
24	Keerthana Raj	66	Sowmya R
25	Khathija Zama	67	Spandana K S
26	Mainaz Farhima	68	Sujana Thanusha M
27	Mallela Niveditha	69	Sunilkumar N
28	Maria Juliet A	70	Unme Hani
29	Martina Mathew	71	Veena C
30	Mary Ranya	72	Aneeqha Farha
31	Meenakshi Singh	73	Banupriya S
32	Meghana M	74	Afshan Zehara
33	Muttamma K G	75	Anisha Priya Salloni F
34	Pooja B R	76	Asma Praveen Jayanthi K
35	Preethi M	77	Bhoomika B
36	Preethi P	78	Chaitra V
37	Rekha B	79	Chaitra N
38	Rubiya Mateen	80	Dhanyatha K M
39	Salina Yesmin	81	Fouzia Fathima
40	Samreen Shariff	82	Gokula Esther R
41	Saniya Abdul	83	Grace Shallom A
42	Soumya A	84	Guna Sakshitha R

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SL.No.	Names of the participants	SL.No.	Names of the participants
85	Hina Kulsoom	103	Roshida K Fathima
86	Hirudhayah R	104	Sabrina Mohammed Masoud
87	Kalsang Choedon	105	Sahana S
88	Khatija Ilham Sada	106	Sara Jabin
89	Kirthana Mohithe D	107	Saritha Lal
90	Mariyam Shariff	108	Shruthi B
91	Megha H L	109	Tabassum Misbah Arif
92	Mileny Venoni Amilcar Zita	110	Taskiya Hamseen
93	Monica Sushma A	111	K U Uzma
94	M.R. Athena Tongchangya	112	Dr.Sudha Rao
95	Muthamma N C	113	Dr Vasantha
96	Neha Nourin	114	Dr.Mangalakumari
97	Nikitha R	115	Shruthi
98	Pavana M N	116	Nalini Xavier
99	Priyadharshini K	117	Satish Kumar
100	Radha N K	118	Chethan
101	Rakshitha Rangaswamy	119	Thanuja
102	Reena S	120	Keerthi

S. S. S. S.

H.O.D.
Department of BBA
Teresian College
Mysuru - 11

U. S. S. S.

Principal
Teresian College
Mysore - 570 011