



5.1.3-Details of Capacity Development and Skill Enhancement Activities

2020-21

Life Skills

Sl. No	Name of the capacity enhancement programme	Date of Implementation	Number of students enrolled	Name of the agencies/Consultants involved
1.	Life Skills-Expert Lecture on Fit India Movement – Physical Fitness & Well-being	28-08-20	444	Dr. Vijayalakshmi Reddy, College of Nursing, NIMHANS, Bengaluru
2.	Life Skills-Sensitisation Lecture on Physical Fitness and Mental Wellbeing	29-08-20	32	Dr Nirupama Franklyn Public Health Consultant, Bangalore Baptist Hospital
3.	Life Skills-Webinar - Media Reporting about Mental Health Issues	19-09-20	172	Mr. Bharat Bhushan Shandilya Editor of Brut Hindi Former Senior Asst. Producer at Republic TV.
4.	Life Skills-Mental Health Act and Norms for Private Practice	21-11-20	231	Ms. Rama Subramanian Advocate, High Court Mumbai
5.	Life Skills-Capacity Building Training on Life Skills Education	12-01-21 and 13-01-21	360	Fr. Emmanuel P J, Director, KJC, Bengaluru
6.	Life Skills-Capacity Building Training on Life Skills Education	12-01-21 and 13-01-21	428	Centre for life Skill Education (CLSE), Kristu Jayanti College, Bengaluru
7.	Life Skills-Wellness Webinar on Commit to Quit Tobacco	31-05-21	364	Dr. Punith Shetty, Publication and External Opportunities officer, Applied Global Health Initiative, New York, U.S.A



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Sl. No	Name of the capacity enhancement programme	Date of Implementation	Number of students enrolled	Name of the agencies/Consultants involved
8.	Life Skills- International Day of Yoga - 2021 Be with Yoga and Be at Home	21-06-21	30	Sanyasi Devanand, Yoge Master, Atma Darshan Yogashram, Bengaluru
9.	Life Skills-Session on Postural Health	28-08-21	266	Dr. D.M Manoj, Director, Physio Active – The wellness Hub, Gurgaon, Haryana
10.	Life Skills-Expert Lecture on Gender Sensitization in College Campuses	18-09-21	350	Prof. Anitha Kurup, Head, Department of Education, School of Social Sciences, NIAS, Bengaluru
11.	Life Skills- Expert Talk on Wholesome Wellbeing & Leadership	30-09-21	158	Dr. Capt. U. Thanesh, Vivekananda College, Chennai
12.	Life Skills-Expert Lecture on Emotional Hygiene: Key to Hope and Happiness	08-10-21	70	Ms. Yogeeta Kadian, Founder and Director, Manosamvaad; New Delhi
13.	Life Skills- Menstrual Health & Hygiene	26-10-21	278	Ms. Roshnee Bhowmick, CSR Executive, Unicharm India, Bengaluru
14.	Life Skills- Capability Enhancement Programme on Mental Well-being	12-11-21	160	Dr. Nalini, Assistant Professor, VIT, Vellore
15.	Life Skills- International Webinar on Remarkable Power of Small Habits	25-11-21	305	Ms.M.Indumathi, Quality Consultant & Soft Skill Trainer, Solidsoft Reply Group, UK.



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DEPARTMENT OF MANAGEMENT (BBA)

REPORT ON ONLINE EXPERT LECTURE

ON

FIT INDIA MOVEMENT – PHYSICAL FITNESS & WELL BEING

Title: PHYSICAL FITNESS & WELL BEING

Date: 28/08/2020

Number of beneficiaries: 444 (BBA students – II & III Year)

In-house: Expert Lecture

External: Nil

Resource Persons with details:

- **Dr.Vijayalakshmi Reddy**, College of Nursing, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru.

Objective:

- To create awareness among the young people to remain healthy and fit by including physical activities in their daily lives to maintain healthy and prosperous life.

Brief write up:

Fit India Movement is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. It was launched by Prime Minister of India Narendra Modi at Indira Gandhi Stadium in New Delhi on 29 August 2019. Fit India Movement is a nation-wide campaign that aims at encouraging people to include physical activities and sports in their everyday lives. 'Fit India Movement' aims to go beyond fitness. The motto of the Fit India Movement is to make Indians healthy and Fit. This movement encourages people to intake healthy food and lifestyle and to maintain physical and mental Fitness.

On promotion of Fit India Movement, Department of Management (BBA) organized Expert lecture on title “Physical Fitness & Mental Well-being” for second and third year BBA students in order to create awareness among the young minds to maintain healthy and prosperous life by including physical activities in routine lives. Expert lecture were inaugurated by Prof.C.Surendaranath Reddy, Head, Department of Management. Kristu Jayanti College and delivered the welcome address and given an

overview of Fit India Movement and its importance. Dr.Geethu Anna Mathew has introduced the resource Dr.Vijayalakshmi Reddy, College of Nursing, NIMHANS, Bengaluru. She started the session with the famous quote “A Sound Mind in a Sound Body”, which is pertinent to the theme of ‘Fit India Movement’. She talks about various physical activities to be carried out in our daily lives in order to maintain our physical and mental health. She insisted various impacts on mental well-being through physical activity and narrated the problems faced by the youngster through irregular activities such as usage of mobile phone, consuming junk food, not carrying any physical activities, etc.

She informed the students about carrying various physical activities like any kinds of sports activities, yoga and meditation, other physical activities, etc. to reduce stress at the initial level and maintains good physical and mental health in their lives. She shared her research experience among the students about the importance of carrying physical activities and doing yoga gives a very good physical fitness and mental well-being for our healthy lives for life-long. Finally, she given valuable tips to the students regarding maintaining of both physical and mental health based on the questions asked by the students.

Learning Outcome:

Students gained lot of knowledge on health, wellness and fitness. It encouraged the students to do exercises and to have positive mindset and also to maintain their physical health, which is very important. It was a great experience to learn about the importance of mental and physical health, social interaction and physical fitness in life during this pandemic. This session made students to realize the importance of mental health and how it must be treated and taking care of ourselves. Students got knowledge about their fitness and their responsibilities to carry out yoga every day to make fit and healthy. Students understand the importance of Yoga and some exercise, which should be a part of our daily routine in order to have a balance State of mind.

Website URL:

<https://kristujayanti.edu.in/academics/College-Arts-Science-Commerce/faculty-commerce-management/management/Guest-Lecture.php>

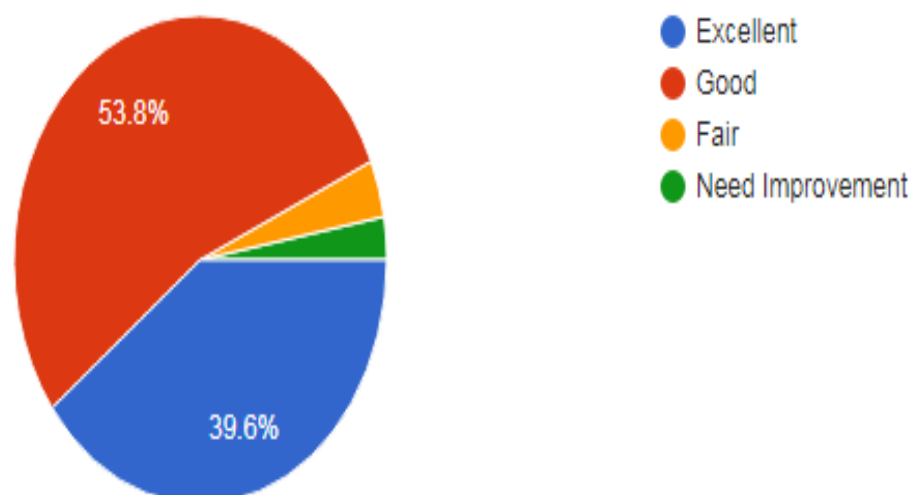
Zoom Meeting id:

<https://zoom.us/j/91323806691?pwd=c2tOQi83cy9EK0ExWmRHaGNyUDBDZz09>

Feedback Report from the participants:

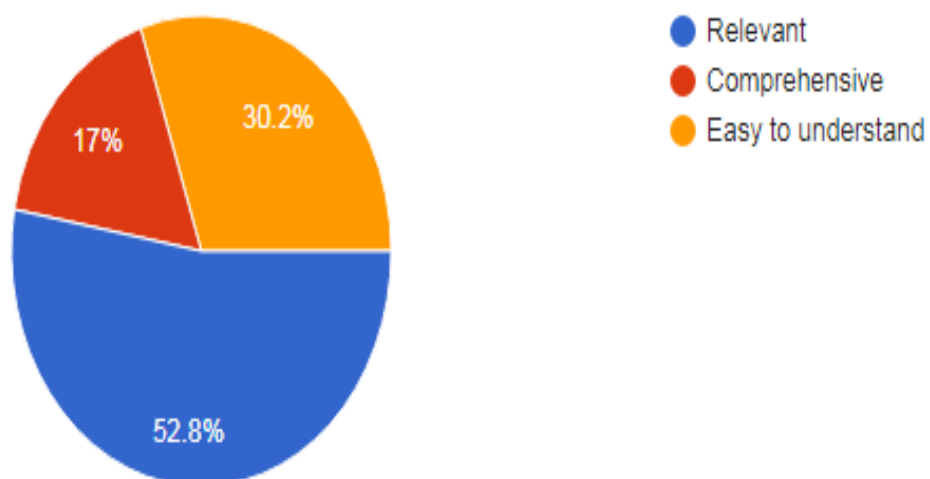
The Online Expert Lecture was

106 responses



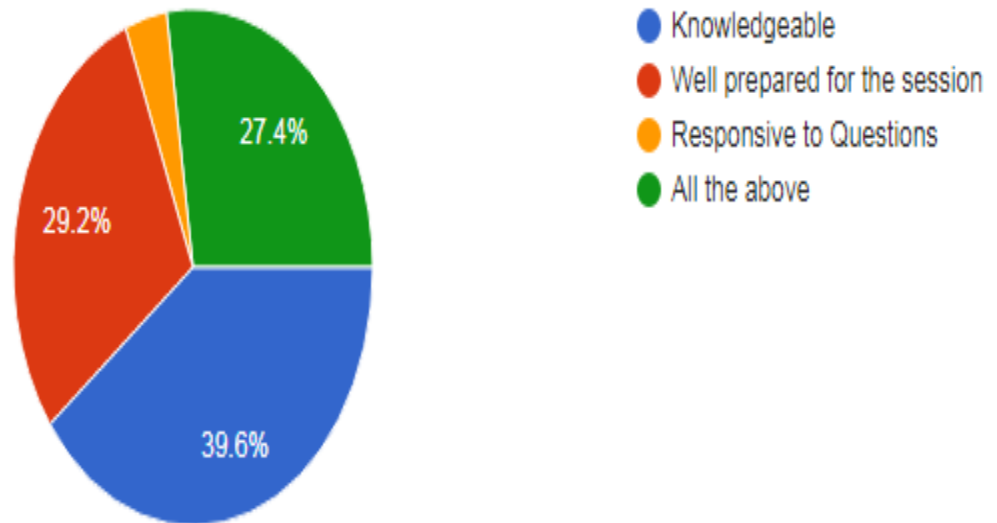
The Online Expert Lecture theme and content was

106 responses



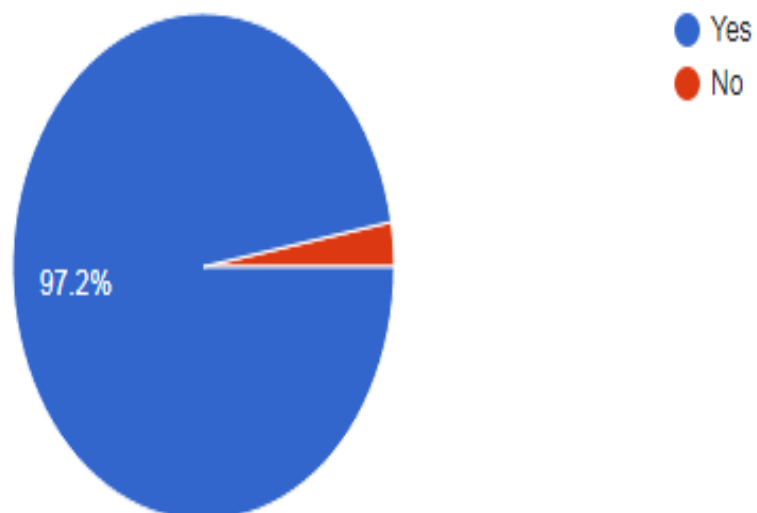
The Expert was

106 responses



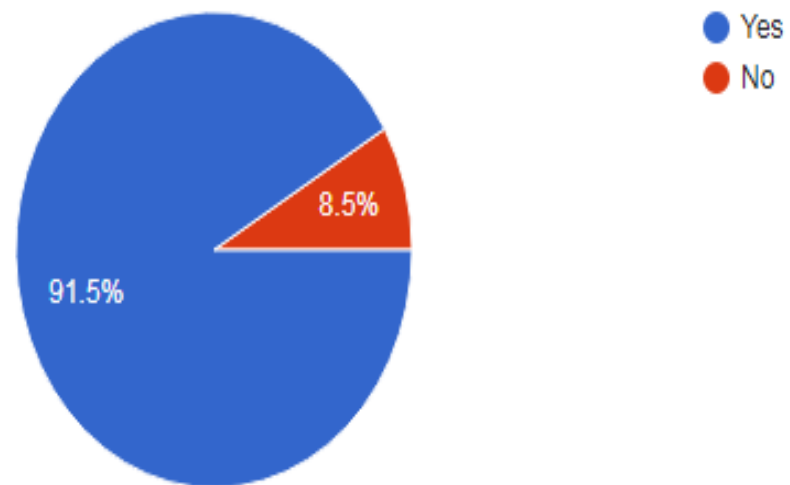
The lecture content was delivered efficiently

106 responses



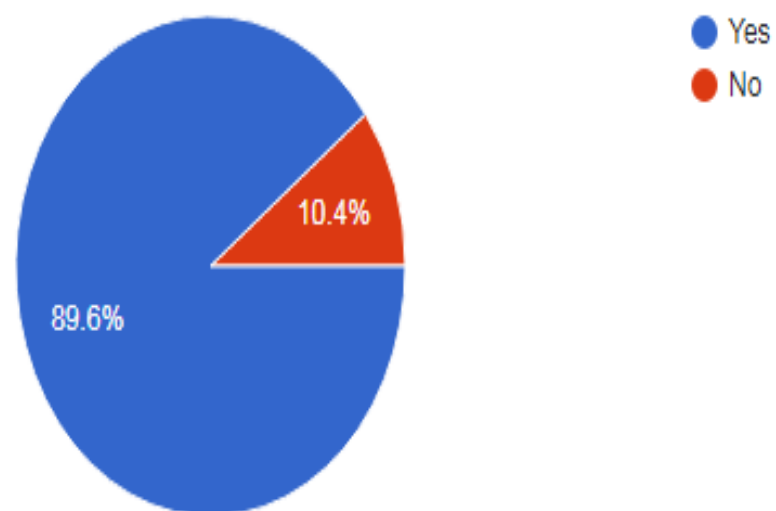
Audio and Visual of the expert lecture was effective

106 responses



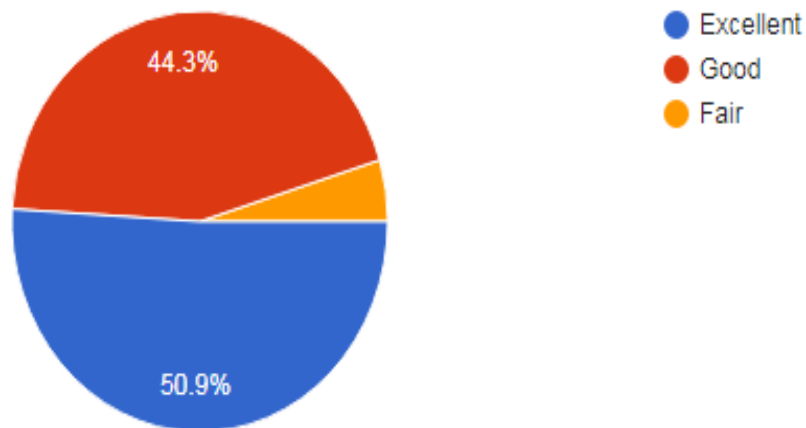
The content of the expert lecture fulfilled my expectations

106 responses



Coordination of the organizing committee

106 responses



Photos:

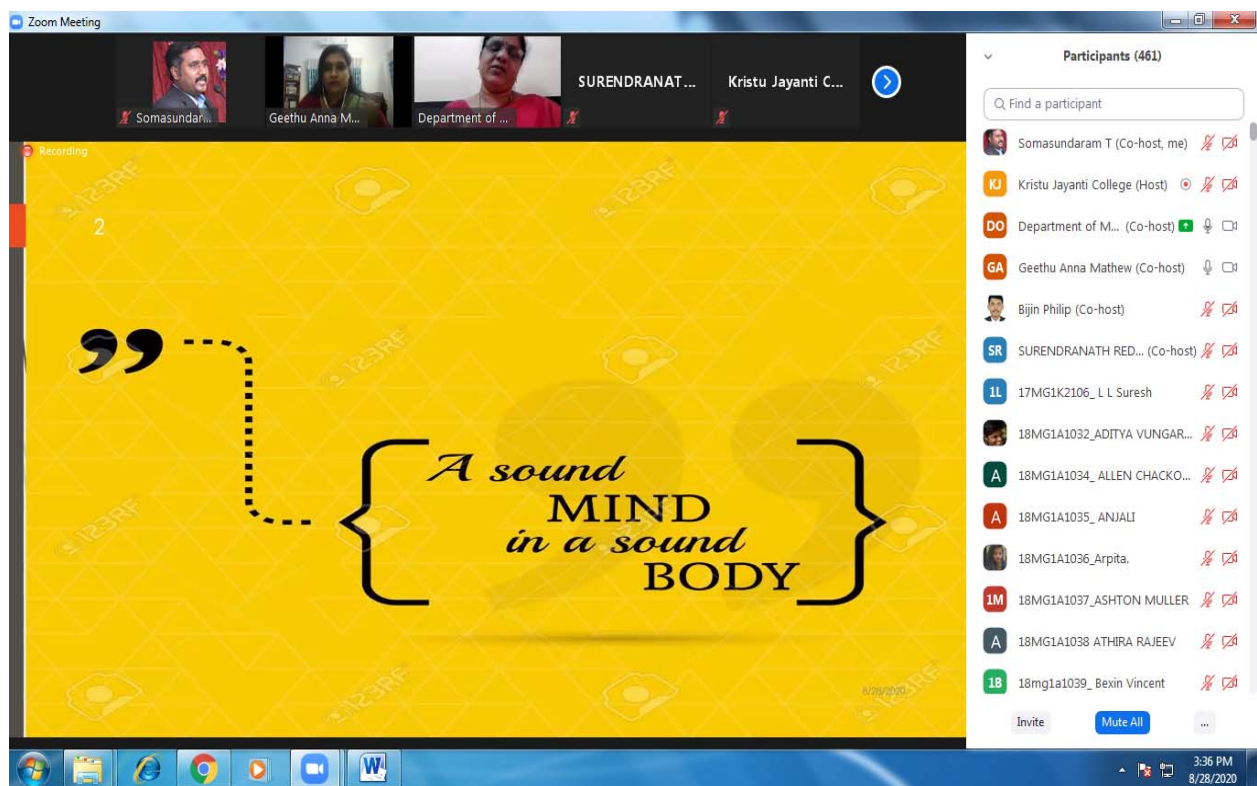
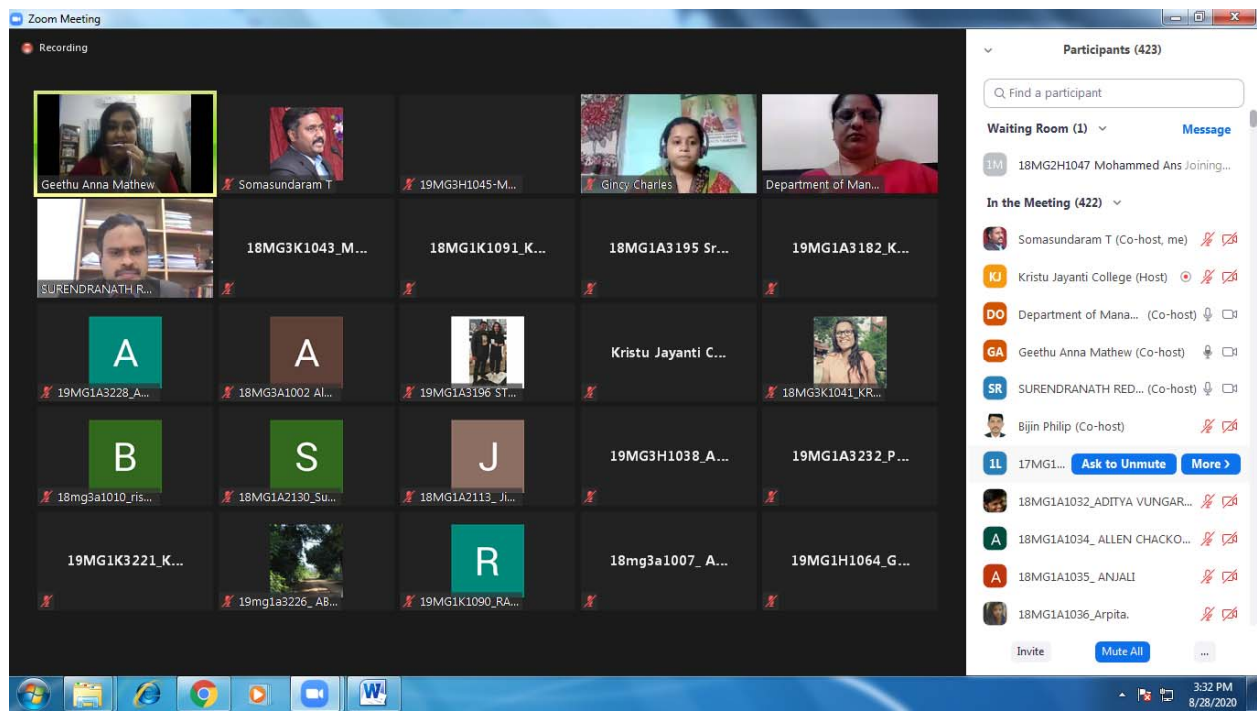
Kristu Jayanti College
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DEPARTMENT OF MANAGEMENT (BBA)
FIT INDIA MOVEMENT
EXPERT LECTURE
PHYSICAL FITNESS & MENTAL WELL BEING

Hearty Welcome
Dr. Vijayalakshmi Reddy
College of Nursing
NIMHANS, Bengaluru

28th August 2020
3.30 pm to 4.30 pm

Participants (421)
Waiting Room (2)
In the Meeting (421)

**Inauguration of Expert Lecture on Fit India Movement - “Physical Fitness & Mental Well-being”
by Prof.C.Surendranath Reddy, Head, Department of Management, Kristu Jayanti College,
Bangalore.**



Dr. Vijayalakshmi Reddy, College of Nursing, NIMHANS, Bangalore was delivering a session on Physical Fitness & Mental Well-being.

Zoom Meeting

Participants (478)

Find a participant

Somasundaram T (Co-host, me)

KJ Kristu Jayanti College (Host)

DO Department of M... (Co-host)

Bijin Philip (Co-host)

GA Geethu Anna Mathew (Co-host)

SR SURENDRANATH RED... (Co-host)

IL 17MG1K2106_L L Suresh

18MG1A1032_ADITYA VUNGAR...

A 18MG1A1034_ALLEN CHACKO...

A 18MG1A1035_ANJALI

18MG1A1036_Arpita

IM 18MG1A1037_ASHTON MULLER

A 18MG1A1038_ATHIRA RAJEEV

18mg1a1039_Bexin Vincent

Invite Mute All

3:46 PM 8/28/2020

Stress

13

- Body's reaction to a challenge or demand.
- 'fight or flight' response
 - Adrenaline and noradrenaline raise blood pressure, and increase heart rate and respiration.
 - reduces blood flow to the skin and reduce stomach activity.
 - releases fat and sugar into the bloodstream
 - reduces the efficiency of the immune system.
 - Longer term stress can lead to feelings of strain, worry, insomnia and exhaustion, and increased risk for physical and mental health problems such as heart attacks and strokes.

8/28/2020

Zoom Meeting

Participants (471)

Find a participant

Somasundaram T (Co-host, me)

KJ Kristu Jayanti College (Host)

DO Department of M... (Co-host)

Bijin Philip (Co-host)

GA Geethu Anna Mathew (Co-host)

SR SURENDRANATH RED... (Co-host)

IL 17MG1K2106_L L Suresh

18MG1A1031_Aditya Shahi

18MG1A1032_ADITYA VUNGAR...

A 18MG1A1034_ALLEN CHACKO...

A 18MG1A1035_ANJALI

18MG1A1036_Arpita

IM 18MG1A1037_ASHTON MULLER

A 18MG1A1038_ATHIRA RAJEEV


Invite Mute All

3:58 PM 8/28/2020

Unlike a drug...exercise manipulates more than one neurotransmitter

22

And... Exercise **BALANCES** neurotransmitters



8/28/2020

Zoom Meeting

Participants (471)

Find a participant

Somasundaram T (Co-host, me) ❌ ❌
Kristu Jayanti College (Host) ❌ ❌
Department of M... (Co-host) ❌ ❌
Bijin Philip (Co-host) ❌ ❌
Geethu Anna Mathew (Co-host) ❌ ❌
SURENDRANATH RED... (Co-host) ❌ ❌
17MG1K2106_ L L Suresh ❌ ❌
18MG1A1031_Aditya Shahi ❌ ❌
18MG1A1032_ADITYA VUNGAR... ❌ ❌
18MG1A1034_ALLEN CHACKO... ❌ ❌
18MG1A1035_ANJALI ❌ ❌
18MG1A1036_Arpita. ❌ ❌
18MG1A1037_ASHTON MULLER ❌ ❌
18MG1A1038 ATHIRA RAJEEV ❌ ❌

Invite Mute All ...

26 Yoga

Yoga is an invaluable gift of India's ancient tradition. It is not about exercise but to discover the sense of oneness with yourself, the world and nature.

Narendra Modi

4:02 PM 8/28/2020

Zoom Meeting

Participants (468)

Find a participant

Somasundaram T (Co-host, me) ❌ ❌
Kristu Jayanti College (Host) ❌ ❌
Department of M... (Co-host) ❌ ❌
Bijin Philip (Co-host) ❌ ❌
Geethu Anna Mathew (Co-host) ❌ ❌
SURENDRANATH RED... (Co-host) ❌ ❌
17MG1K2106_ L L Suresh ❌ ❌
18MG1A1031_Aditya Shahi ❌ ❌
18MG1A1032_ADITYA VUNGAR... ❌ ❌
18MG1A1034_ALLEN CHACKO... ❌ ❌
18MG1A1035_ANJALI ❌ ❌
18MG1A1036_Arpita. ❌ ❌
18MG1A1037_ASHTON MULLER ❌ ❌
18MG1A1038 ATHIRA RAJEEV ❌ ❌

Invite Mute All ...

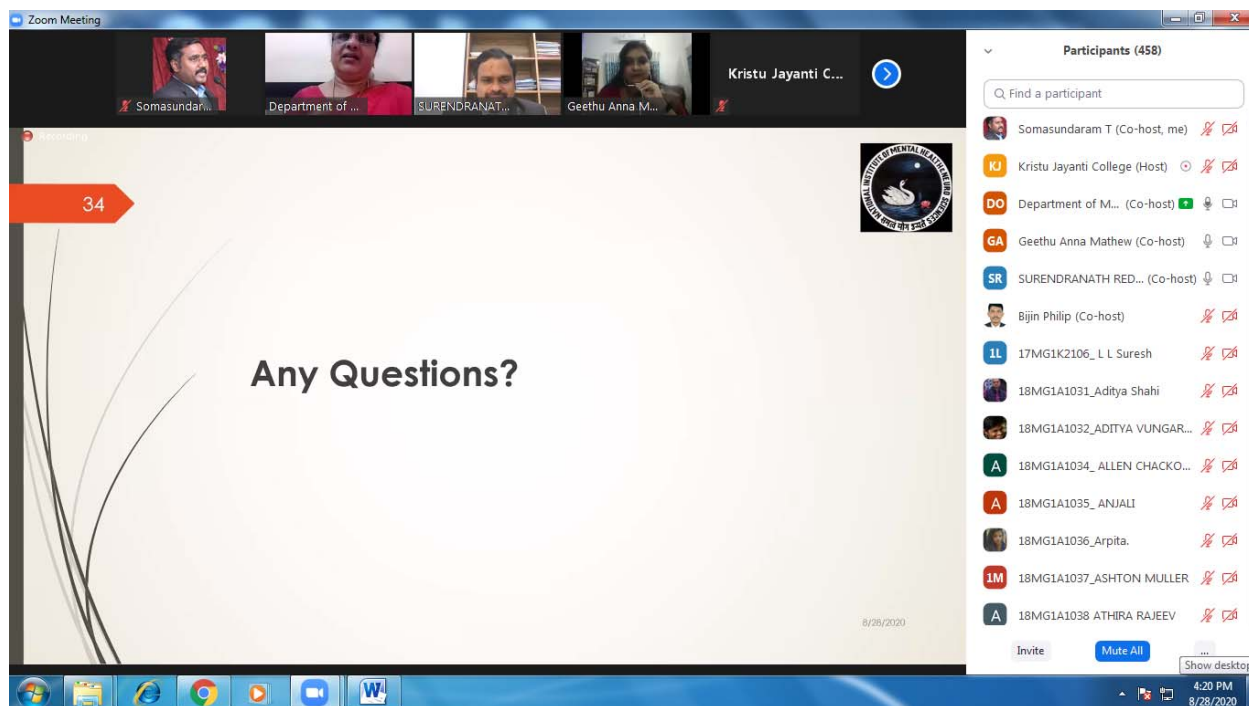
30 Laughter Yoga

From the slight giggle to a belly chuckle, laughter has more benefits than just improving your mood.

Boosts the IMMUNE SYSTEM
Improves heart health
Easy, Fun and UNINTENTIONAL WORKOUT
Naturally Decreases Pain
Lowers STRESS Levels
Creates a Positive Outlook on Life
Stimulates YOUR ORGANS
Burns Calories
Reduces BLOOD PRESSURE

26/2020

4:06 PM 8/28/2020



Dr.Vijayalakshmi Reddy, College of Nursing, NIMHANS, Bangalore interacting with the participants during Q & A Session

Report prepared by Prof.T.Somasundaram

Head of the Department

Prof.C.Surandranatha Reddy



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DEPARTMENT OF SOCIAL WORK – 2020-2021

Report on Expert Lecture

Title: Expert Lecture on Physical Fitness and Mental Well-Being

Date: 29th August, 2020

Number of beneficiaries: 35 (II Year MSW students, Kristu Jayanti College, Bengaluru)

Resource person:

1. Dr. Nirupama Franklyn, Public Health Consultant, Bangalore, Baptist Hospital.

Objective: The objective of the lecture was to help students be more aware of the importance and need of being physically fit along with simultaneously having a sound mental health.

A lecture was organised by the Department of Social Work on, “Sensitisation lecture on physical fitness and mental well-being”, II MSW students on 29TH August, 2020.

The lecture commenced with an invocation song invoking the blessings of the Almighty followed with a welcome address by Dr Jonas Richard A, Head, Department of Social Work. Dr Jonas Richard introduced the resource person and briefed the gathering on the objectives of the lecture.

Dr. Nirupama commenced the session by discussing what exactly lifestyle diseases are and what causes them. She also spoke about how we can easily avoid lifestyle diseases such as PCOD, by changing our daily routines, which included what we eat, minimum exercise, and so on. Dr. Nirupama addressed the activity pyramid which includes various types of exercise our bodies require in the long run. These included, Balance, Agility, Power and Reactive time and speed exercises.

Dr. Nirupama spoke about the F.I.T.T formula, which stands for Frequency, intensity, time and type. According to her these elements should be used when you're thinking of creating workouts that fit your individual goals and fitness levels. She also touched upon the barriers

to exercising, which includes, fear of injury, exercising with limited resources, overeating, eating junk food, etc. The mantra we should keep in mind is to eat until we're almost full and regularly exercise. This mantra, according to her will help us combat unwanted health issues and have a sound mind and body.

Dr. Nirupama next spoke about mental health in detail. She spoke about the most common mental health issues in the present-day scenario, like anxiety disorder, depression, postpartum disorder, alcohol, drug addictions. Dr. Nirupama addressed as to how in most cases anxiety disorders are triggered due and unconscious event I the individuals childhood. And, in cases such as addictions, the fear of withdrawal symptoms acts as one of the biggest barriers in overcoming these addictions.

The session was made more engaging and interactive with the beneficiaries through examples and experiences as well as a discussion round towards the end of the session.

The seminar was formally concluded with a vote of thanks by, **Ms. Merin** (social work trainee).

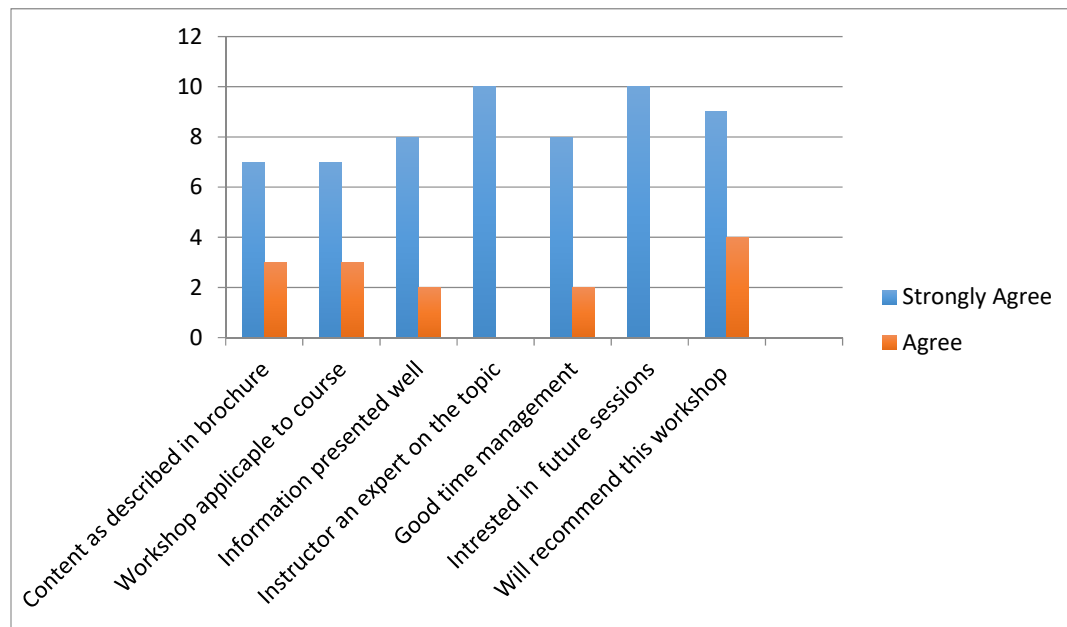
Outcome: The lecture gave an insightful understanding on the need to exercise regularly and as to how exercising can also be good for your mental health.

Feedback: The Social Work trainees are thankful to the Department of Social Work for conducting an expert lecture that would broaden and enrich their knowledge.

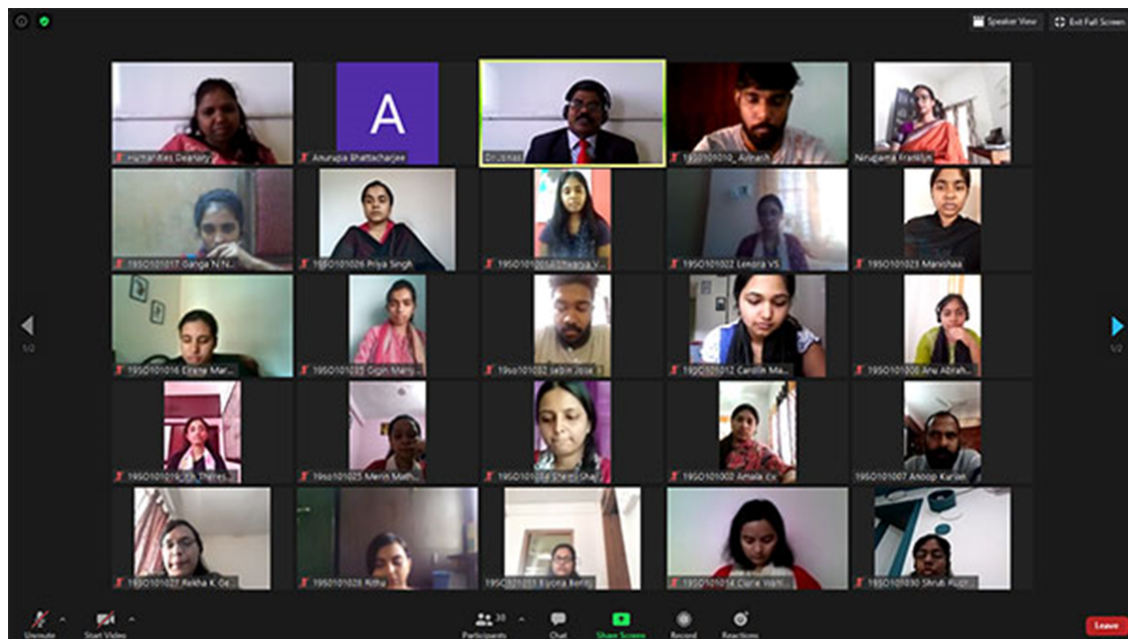
Link:

<http://kristujayanti.edu.in/events/events.php?mode=openlink&year=2020&month=august&url=Mental-Well-being-social-work.php>

Feedback Analysis:



ZOOM PHOTO





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DEPARTMENT OF MEDIA STUDIES (UG)

REPORT ON WEBINAR

Intra

Title: Webinar on Media Reporting about Mental Health Issues

Date: 19 September 2020

Number of beneficiaries: In-house: 172 (III yr BA JPENG A, BA JPENG B, BA JPCS)

List of Resource Persons with details:

Mr. Bharat Bhushan Shandilya

Editor of Brut Hindi

Former production and programming Head Media at NEWJ

Former Senior Asst. Producer at Republic TV.

Objective:

To understand how mental health is perceived and covered in Indian Media context.

Brief write up:

Industrial Visit Club in association with Department of Media Studies had organised a webinar on 19th September, 2020 over zoom platform from 2.00 PM to 3.00 PM. The resource person for the webinar was Mr. Bharat Bhushan Shandilya who is presently the editor of Brut Hindi. He was a former production and programming Head Media at NEWJ and former Senior Asst. Producer at Republic TV. He shared his insights on the topic Media Reporting about Mental Health Issues.

Mr. Bharat spoke about mental health and how it is perceived in Indian context. He talked about social media responsibilities of each member of the society and how each member can shape a positive environment in social media. He further highlighted how the present mainstream news media lacks sympathy and often report suicide news with a touch of conspiracy.

172 attended the event. Participants of the webinar were thrilled to learn about the insight shared about the on-field experience of a media professional.

Web URL: <https://kristujayanti.edu.in/academics/College-Arts-Science-Commerce/Faculty-Humanities/journalism/Webinars.php>

Feedback: It was indeed a learning experience for all. Students interacted and raised their questions and concerns on media sensationalism.

Screenshot of the Webinar

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**Industrial Visit Club in association with
The Department of Media Studies**

'Media Reporting about Mental Health Issue'

Resource Person:
Mr. Bharat Bhushan Shandilya
Editor at Brut.Hindi.

Date: 19.09.2020
Time: 2 PM to 3 PM

Asst. Prof. Shar...
Bharat Bhushan...
Prof. Abraham...
Maslamani C...

Zoom Meeting

Recording... View

Participants: 181

Mute Stop Video Security Polls Chat Share Screen Reactions More End

Report prepared by: Aby Augustine

Verified by
Prof. Abraham, Programme Coordinator
Department of Media Studies (UG)



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Department of Psychology

CIRCULAR TO PG STUDENTS (M.Sc Psychology, M.Sc Counselling Psychology)

The department of Psychology is organizing a webinar on “Mental Health Act and Norms for Private Practice” on 21st November 2020 at 10:30 AM. The resource person is Ms. Rama Subramanian, Advocate, High Court, Mumbai.

Dr. Molly Joy

Head, Dept. of Psychology

Copy to: Fr. Dr. Augustine George, Principal

Dr. Gopakumar A.V. (Dean, Humanities)



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Department of Psychology

Proprium Series

Webinar on

**MENTAL HEALTH ACT AND
NORMS FOR PRIVATE PRACTICE**

Resource Person



Ms. RAMA SUBRAMANIAN

Advocate, High Court, Mumbai

Date: 21st November 2020

Time: 10:30 AM

Platform





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DEPARTMENT OF PSYCHOLOGY

REPORT ON PROPRIUM SERIES WEBINAR

Intra

Topic: Mental Health Act and Norms for Private Practice

Date: 21st November 2020

Time: 10:30 am to 12:00 pm

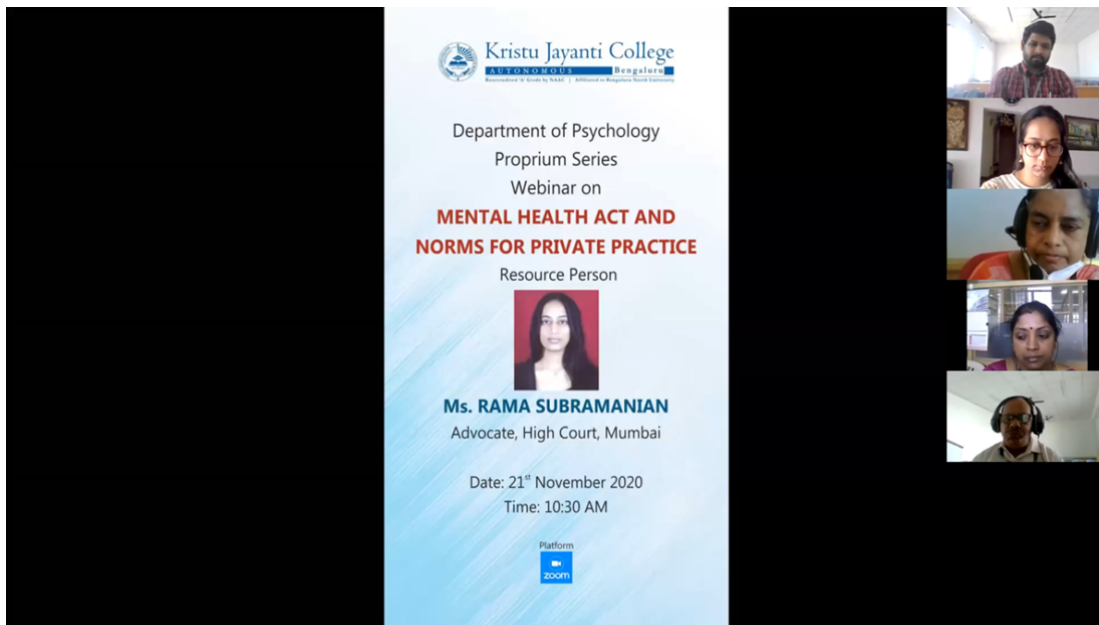
Platform: Zoom

Number of beneficiaries: 206

Brief Write-up: The resource person was Ms. Rama Subramanian, Advocate, High Court, Mumbai. Ms. Rama spoke about mental healthcare and services for persons with mental illness and to protect, promote and fulfil the rights of such persons during delivery of mental healthcare and services and for matters connected therewith or incidental thereto. At this point, due to technical difficulties, Ms. Rama could not continue with the session. Two internal resources, Dr. Krishnan Bhatt and Prof. Vigraanth Bapu K G, continued the sessions by speaking on mental illness and capacity to make mental healthcare and treatment decisions, rights of persons with mental illness, and mental health establishments.

Feedback: The session was found to be effective and informative for all the post graduate students as they would soon be venturing into their professional lives.

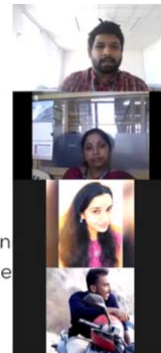
Photos



Ms. Rama Subramanian, Advocate, High Court, Mumbai, addressing the participants on
Mental Health Act and Norms for Private Practice

MHA, 2017

- Chapter 1
 - "Mental healthcare" includes analysis and diagnosis of a person's mental condition, treatment as well as care and rehabilitation of such person for his mental illness suspected mental illness
 - Who are MHP is given
 - Psychiatrist
 - Professional registered with the concerned State Authority, i.e. clinical psychologists, mental health nurses [MHNs], and psychiatric social worker
 - a professional having a post-graduate degree (Ayurveda) in Mano Vigyan Avum Manas Roga or a post-graduate degree (Homoeopathy) in Psychiatry or a post-graduate degree (Unani) in Moalijat (Nafasiyatt) or a post-graduate degree (Siddha) in Sirappu Maruthuvam;



Prof. Vignanth Babu K G, Faculty, Dept. of Psychology, addressing the participants on
Mental Health Act and Norms for Private Practice



- Chapter III
 - Deals with advance directives
 - Every person except minor has right to take advance directives by writing
 - Empowers patients to choose his/her treatment and appoint a representative to take decision on behalf of patients
 - In case of minor, parents/care giver will act as representatives
 - But not applicable during emergency



Dr. R Krishnan Bhatt, Faculty, Dept. of Psychology, addressing the participants on Mental Health Act and Norms for Private Practice

Report Prepared by

Prof. Anitha Mary Mathew

HOD

List of Participants

Sl.No	Name	Reg No
1.	Aashita Kishor Bhojak	20PS101001
2.	Abel David John	20PS101002
3.	Adelina Bertha Shylla	20PS101003
4.	Aksa Ann Mammen	20PS101004
5.	Aleena T	20PS101005
6.	Alinta C Thomas	20PS101006
7.	Ananya Srinivasan	20PS101007
8.	Anindita Bharadwaz	20PS101008
9.	Anjali Sehrawat	20PS101009
10.	Ankita Das	20PS101010
11.	Anna Tessy Thomas	20PS101011
12.	Annabella Petria Sesane	20PS101012
13.	Archana Jayaraj Eruvenkai	20PS101013
14.	Christina Peter Cleetars	20PS101015
15.	Divyamol Tomy Mattom	20PS101016
16.	Ekta Jha	20PS101017
17.	Elesabath Neethu	20PS101018
18.	Elza Santha Eype	20PS101019
19.	Emily Nienglalchawi	20PS101020
20.	Faveola Cecile Langstieh	20PS101021
21.	Feba Abraham	20PS101022
22.	Fresia Ann Rajan	20PS101023
23.	Gifted Sarah Jacob	20PS101024
24.	Girbani Kaushik	20PS101025
25.	Gouri Priya Vijaya Kumar	20PS101026
26.	Himaja Prabha P	20PS101027
27.	Joshna J	20PS101028
28.	Kanchan Gupta	20PS101029
29.	Lalwani Bhavana Narendra Kumar	20PS101030
30.	Mishra Laxmi Fulchand Gayatri	20PS101031
31.	Liya Jose	20PS101032
32.	Martina Siby Mathew	20PS101033
33.	Meera S	20PS101034
34.	Meghana C David	20PS101035
35.	Mercy Maria Jennifer N	20PS101036
36.	Merlyn Sarah Andrews	20PS101037
37.	Monica Baiju	20PS101038
38.	Nashith Ibrahim	20PS101039
39.	Neha Abraham	20PS101040
40.	Olivia Antoinette Dacruz	20PS101041

Sl.No	Name	Reg No
41.	Pooja Gulia	20PS101042
42.	Reshmithaa Nair	20PS101043
43.	Rinu Anna Thomas	20PS101044
44.	Rudrani Sharma	20PS101045
45.	Sabiha Banu P R	20PS101046
46.	Sandra Joy	20PS101047
47.	Sanmitha Dg	20PS101048
48.	Sapnali Nayak	20PS101049
49.	Shabnum Hemayun Kirmani	20PS101050
50.	Sheba Ruth Korah	20PS101051
51.	Sheeba Jacintha	20PS101052
52.	Shehre Bano Ahmed	20PS101053
53.	Shibangi Rattna Baruah	20PS101054
54.	Shreeja Jain	20PS101055
55.	Sneha Susan Thomas	20PS101056
56.	Sona G Roy	20PS101057
57.	Syeda Rahamathunnisa	20PS101058
58.	Tanvi Nair	20PS101059
59.	Abigail Marianne D'cunha	20PS201001
60.	Aishwarya Viswanathan	20PS201002
61.	Akhila V Chandran	20PS201003
62.	Alen Saji	20PS201004
63.	Anamika A	20PS201005
64.	Anaswara C M	20PS201006
65.	Angel Maria T S	20PS201007
66.	Anisha Francy Kuttikat	20PS201008
67.	Anupama Chakrapani Estarla	20PS201009
68.	Anushka Prakash Jadhav	20PS201010
69.	Arsha Maria Benno	20PS201011
70.	Bhavishya Shanmuga Sundaram	20PS201012
71.	Bhumika R	20PS201013
72.	Ashly Rachel Reji	20PS201014
73.	Celine Mathew Kavalam	20PS201015
74.	Charis Jaimie Jackson	20PS201016
75.	Christeen Joseph	20PS201017
76.	Crystal Niharika Sobhan	20PS201018
77.	D Jamgoulen Kipgen	20PS201019
78.	Eileen Sarah Koshy	20PS201020
79.	Elsa Mathew	20PS201021
80.	Elsa M John	20PS201022
81.	Glenda Gilbert Dsilva	20PS201023

Sl.No	Name	Reg No
82.	Gowri Gopinath	20PS201024
83.	Hevin P	20PS201025
84.	Ismat Ibrahim Mustafa	20PS201026
85.	Jaidev Janardhan Natesh	20PS201027
86.	Kanksha Chigumalla	20PS201028
87.	Keerthana Putheri Mohandas Unni	20PS201029
88.	Khushi Pallavi	20PS201030
89.	Kotra Ramya Kumari	20PS201031
90.	Lopamudra Naik	20PS201032
91.	Lorine Gigi Mathew	20PS201033
92.	Maitrayee Chowdhury	20PS201034
93.	Maria Cynthia A	20PS201035
94.	Merlin Mary Bobby	20PS201036
95.	Namratha Jessica	20PS201037
96.	Netal Subodh Marothiya	20PS201038
97.	Olevia Rajan	20PS201039
98.	Oshin Bhardwaj	20PS201040
99.	Pooja Yadav	20PS201041
100.	Pratheeksha S	20PS201042
101.	Pushpa Rani Magipogu	20PS201043
102.	Ramya K	20PS201044
103.	Ruby Koshy	20PS201045
104.	Sam T Jose	20PS201046
105.	Sara Rachel James	20PS201047
106.	Shanice Kacie Lourenco	20PS201048
107.	Sharon Joshua R	20PS201049
108.	Shreya Thomas	20PS201050
109.	Shweta Sharma	20PS201051
110.	Sinta Mariyam Santhosh	20PS201052
111.	Suma Anitha Baby Ranan	20PS201053
112.	Surya Raju	20PS201054
113.	Susanna Thapa	20PS201055
114.	Teresa Sharon M A	20PS201056
115.	Vaishnavi K Das	20PS201057
116.	Virtue Emnet Elias	20PS201058
117.	Vyshnavi G R	20PS201059
118.	Zidan Ashfaque Kachhi	20PS201060



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DEPARTMENT OF MANAGEMENT (BBA) REPORT ON LIFE SKILL TRAINING FOR ACADEMIC YEAR 2020-2021

Date: 12/01/2021 – 13/01/2021

Number of beneficiaries: 360 students

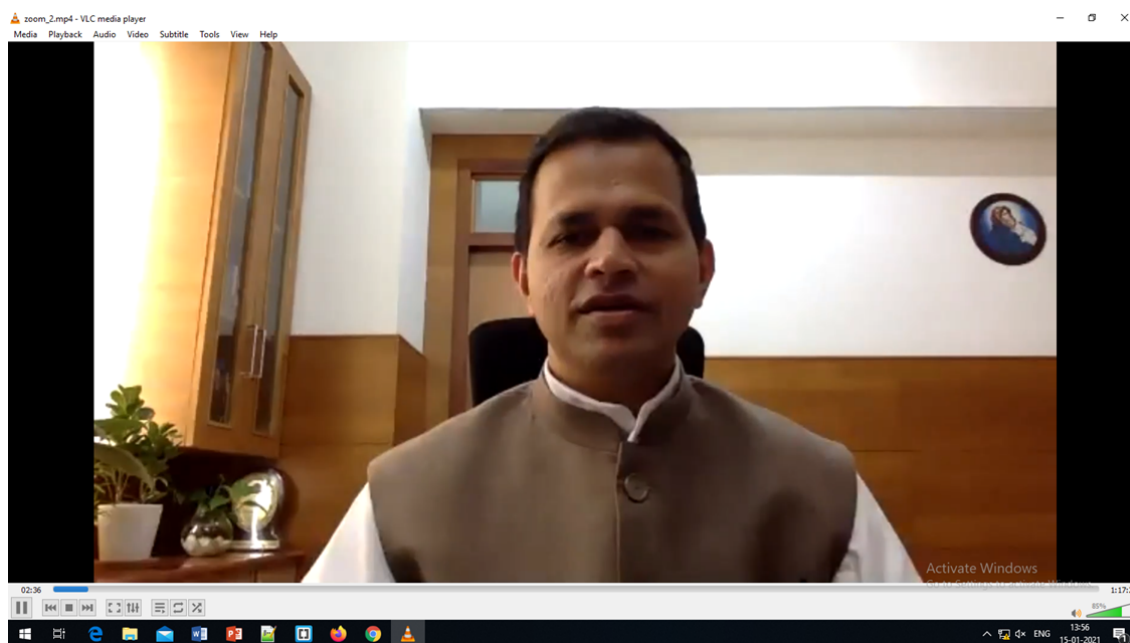
Objective:

1. To impart various Life Skills training which help in the student's personal and career life.
2. To fulfill curriculum requirements for program completion

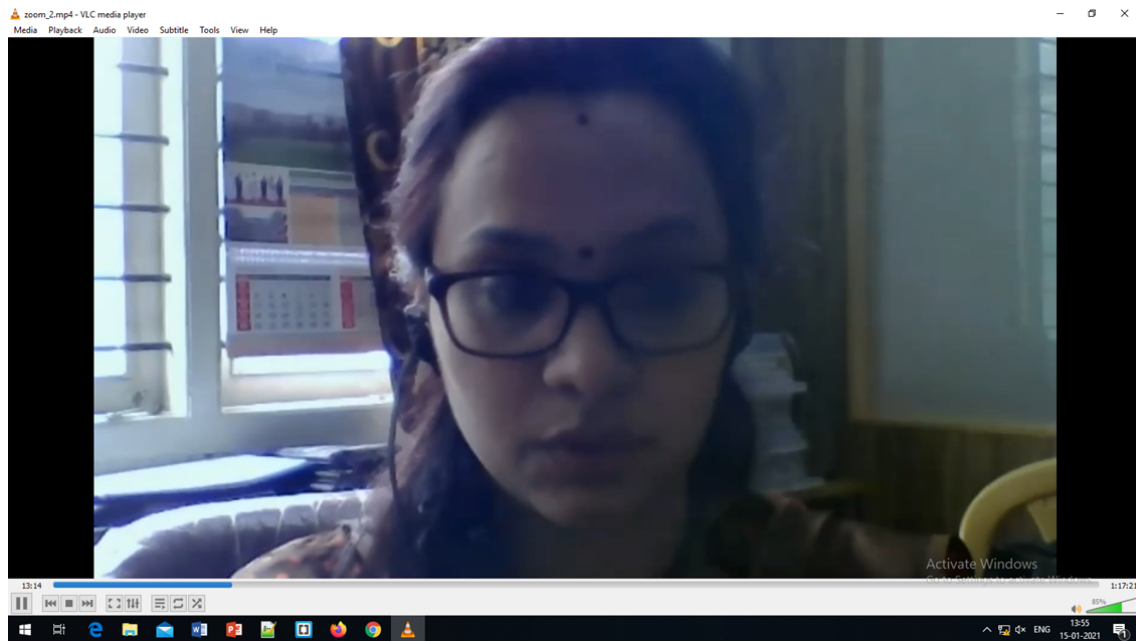
Inauguration:

The Inauguration of Life Skill Education for the 1st year BBA was held on 12/01/2021 by **Rev. Fr. Emmanuel P J Director, Kristu Jayanti College of Law, Director, International Relations, Faculty, and Department of Psychology.** Prof. K. Opika welcomed the gathering.

Father spoke about the life skills and its importance in the human life. The term '*Life Skills*' refers to the skills you need to make the most out of life. Fr. Wished students best of luck and happy learning and addressed the concerns of students regarding the post pandemic learning.

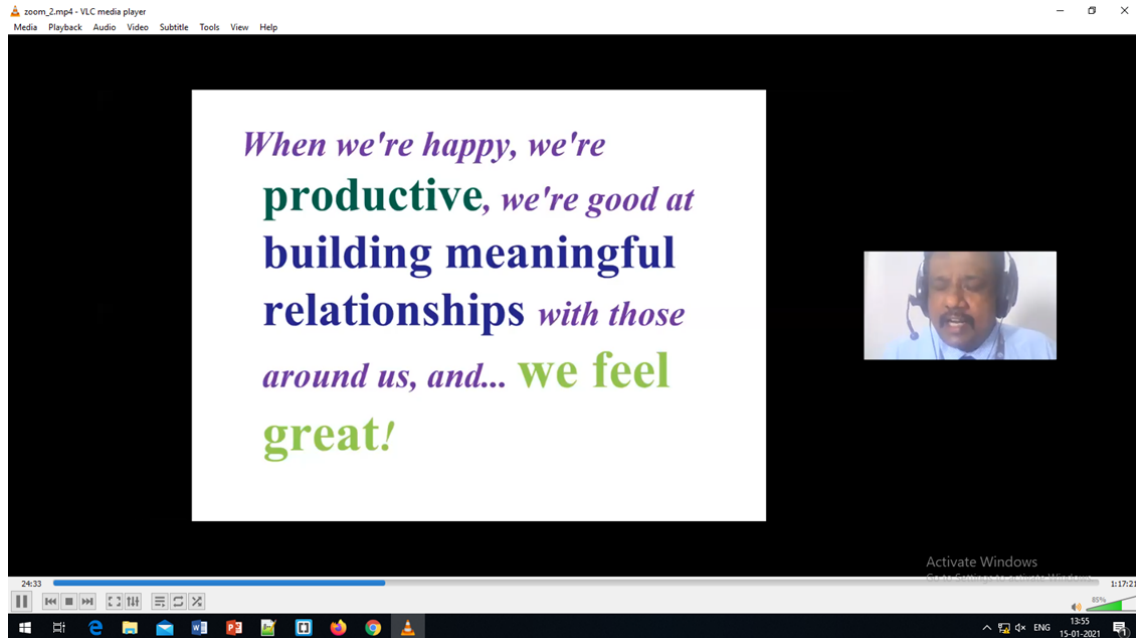


Fr. Immanuel P J, Director, Kristu Jayanti School of Law addressing the gathering for Life Skills Training 2021



Prof. K. Opika welcoming everyone for the inauguration

09.15 – 10.30 am - Creative Thinking Prof. Sen B Mathews introduced the concept of Life Skills, the 10 life skills and its importance to students. Sir, took the first session Creative Thinking.



Prof. Sen Mathews explaining the importance of creative thinking.

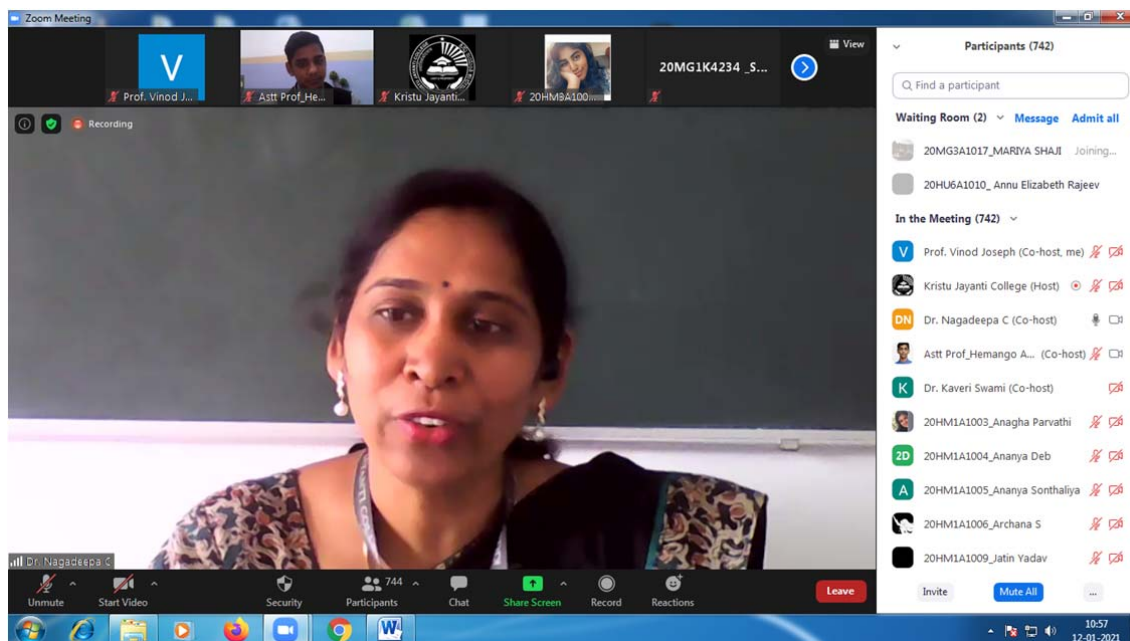
Training: The Students attended the training through virtual platform via Zoom, all the six sections (BBA 'A, B, C, D, BA & AM') were part of one batch with other departments. The

credentials were shared to students well in advance. It was a full – fledged two days training sessions across the ten life skills.

Faculties from the Department and other departments were involved in the training. The training of students on life skills was scheduled between 12/01/2021 – 13/01/2021.

Date	Date & Time	Session	Faculty
12th January 2021	09.15 – 10.30	Creative Thinking	Prof. Sen B Mathews
	10.45 – 11.45	Critical thinking	Dr. Nagadeepa
	12.15 – 01.15	Self-Awareness	Dr. Kalyani
	02.15 – 03.15	Empathy	Prof. Suku Thomas
	03.30 – 04.30	Effective Communication	Prof. Surjith Singha
13th January 2021	09.15 – 10.30	Interpersonal relationship	Dr. Kalaiselvi K
	10.45 – 11.45	Coping with stress	Prof. Madhusudanan
	12.15 – 01.15	Coping with Emotions	Dr. Mathiarasan
	02.15 – 03.15	Problem Solving	Prof. Vigranath
	03.30 – 04.30	Decision making	Prof. Geethu

The Next session at 10:45 am was taken by Dr. Nagadeepa which was Critical thinking. As human we are involved in various tasks in a day however, sometimes we carry out our routine without Creative and Critical thinking. In order to excel, one must learn to include critical thinking in their day – to – day activities.

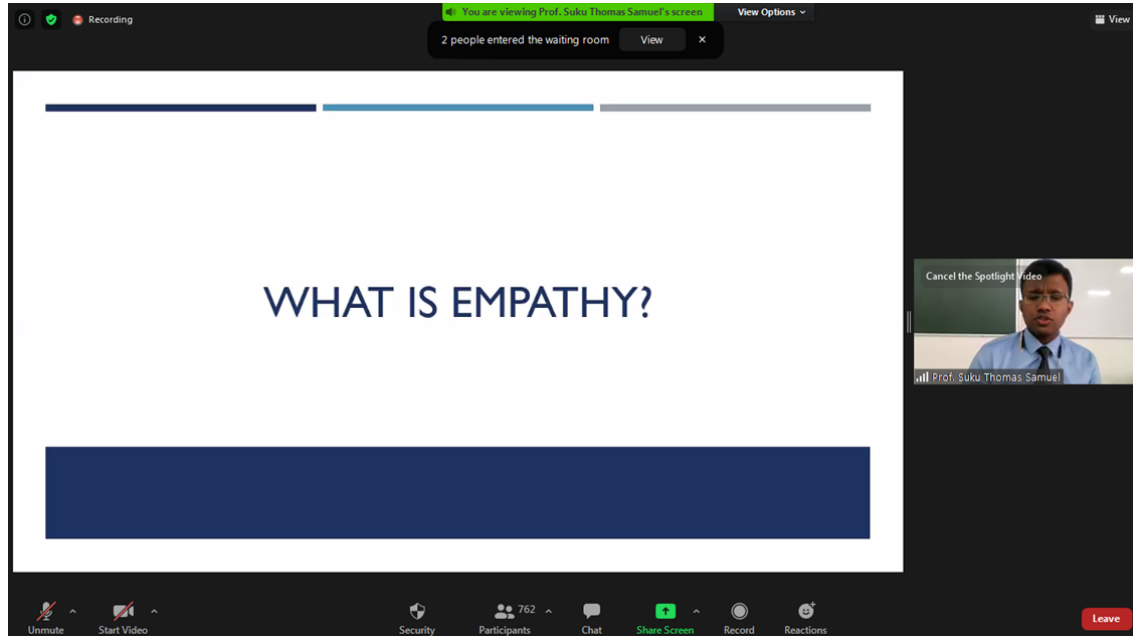


Dr. Nagadeepa interacting with students in a virtual session of critical thinking.



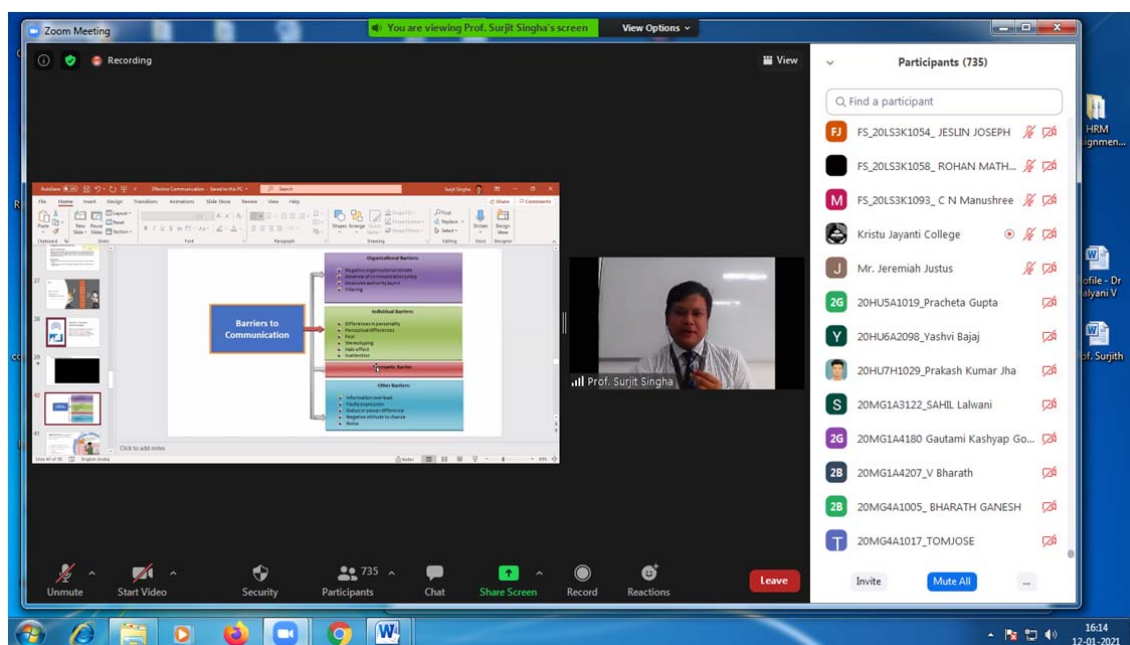
Dr. Kalyani explaining the self – awareness concept to students.

The next session initiated at 12:15 pm by Dr. Kalyani on Self – Awareness. The topic of third session was interesting as it identify the area of self – Consciousness and the zeal to learn more about oneself. The session was interactive and liked by students.



Prof. Suku is interacting with students and teaching importance of empathy.

There was a lunch break from 1: 15 – 2: 15 pm. The fourth session – Empathy started at 2: 15 pm by Prof. Suku Thomas – Department of Management. Sir, shared why empathy is considered as a life skill and how one must attain it in long run.



Prof. Surjith sharing his point of view, to communicate effectively.

The last session at 3:30 pm by Prof. Surjith Singha on Effective Communication, enhances the skills of students in the area of presentation, body language and communication. It involved active participation from students. Day – 1 comes to an end with five skilled completed successfully.

Day – II – 13/01/2021

A fresh start with the sixth skill - Interpersonal relationship by Dr. Kalaiselvi K from 09.15 – 10.30 am, gave the valuable insights on the topic by the resource person. There was a break of 15 minutes then students joined back for next session at 10.45 – 11.45 am by Prof. Madhusudanan on Coping with stress.

The third session of the day was coping with Emotions at 12.15 – 01.15 pm by Dr. Mathiarasan. It's really important to know the ways to cope up with emotions in our busy schedules. The fourth session was Problem Solving by Prof. Vigranath which identifies the areas of solving the issues with less worry. The last session of the day was Decision making at 03.30 – 04: 30 pm by Dr. Geethu. The session focused on the factors included while you make a decision.

Outcome:

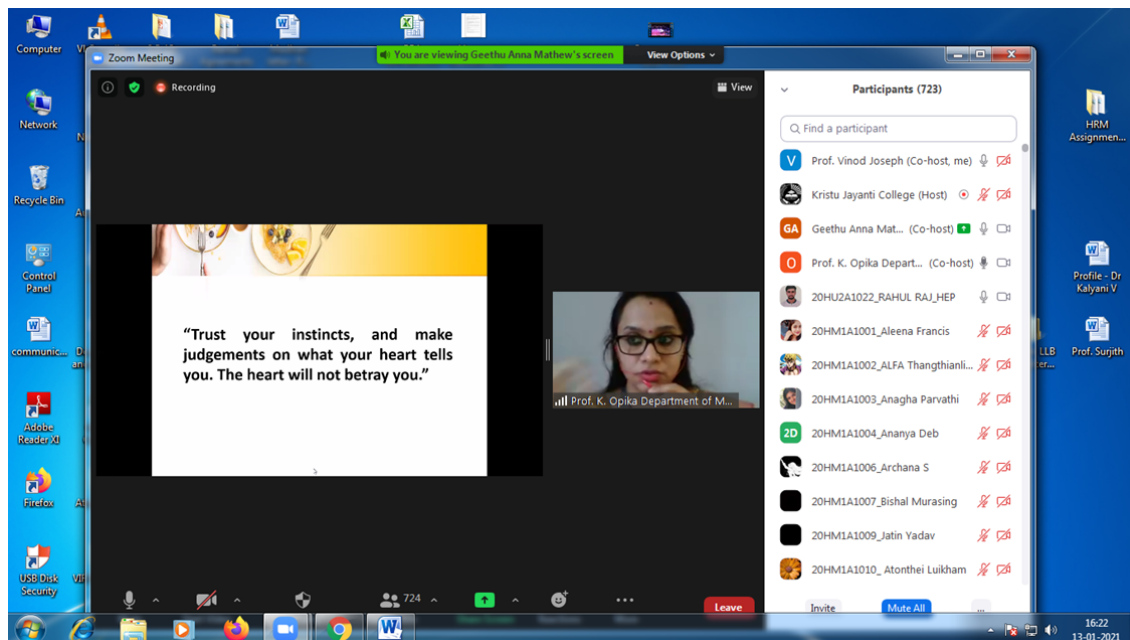
1. Students equipped with basics on ten core life skill set
2. Fulfillment of requirements of award of degree.

Feedback:

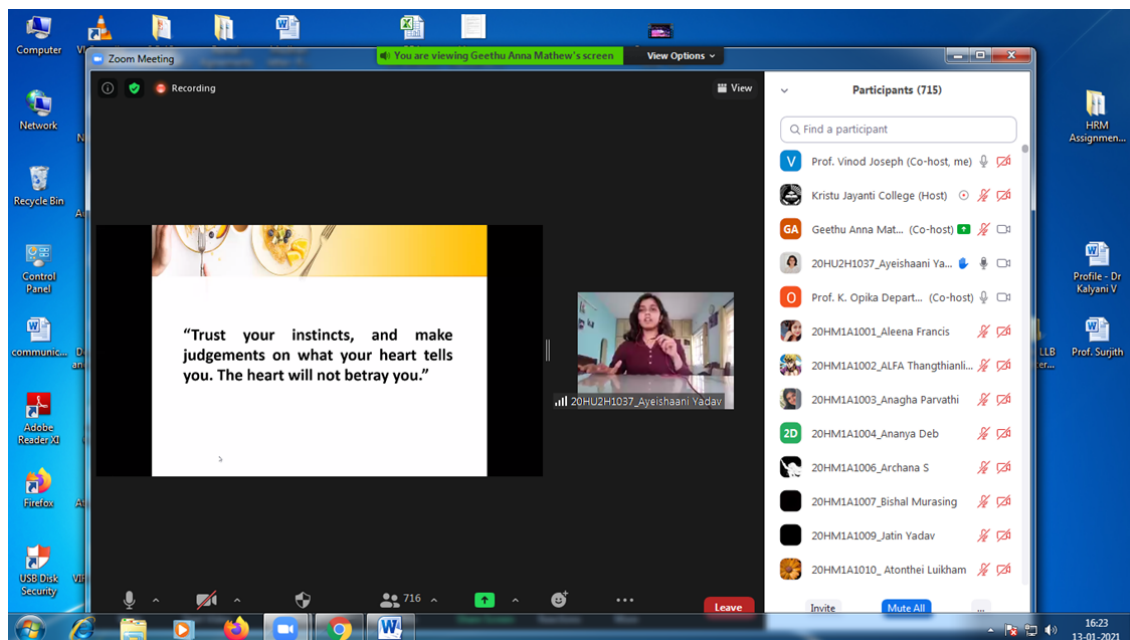
The last session was accompanied by Vote of Thanks by Prof. K. Opika – Department of Management and shared feedback from students who attended the session. Students liked the session virtually and able to connect to ten life skills. The enjoyed by participating in various activities in different sessions.

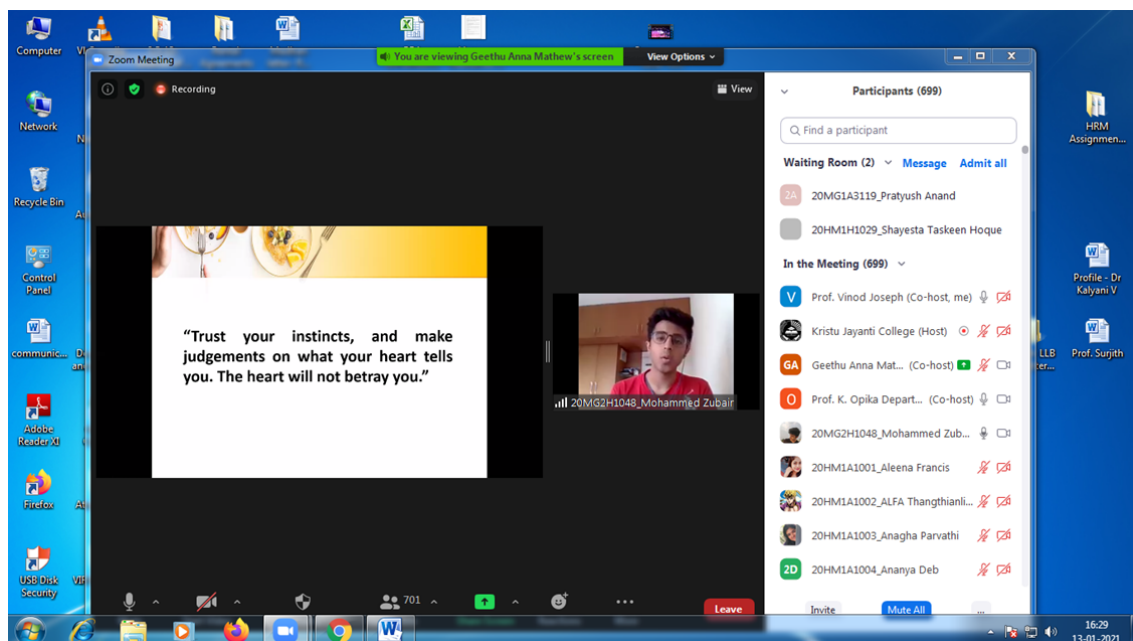
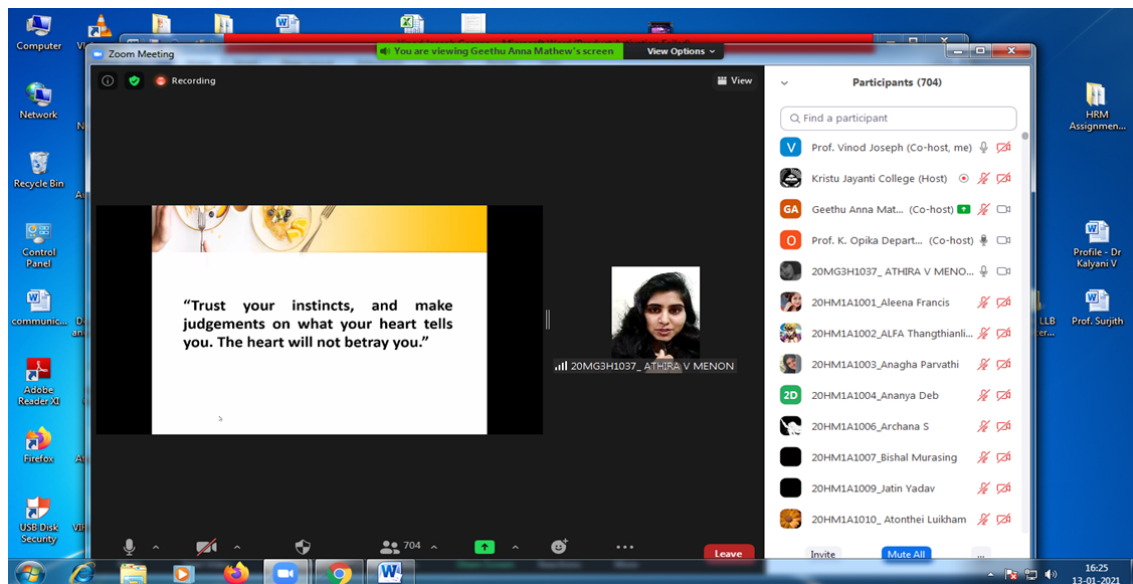
Website URL:

<https://kristujayanti.edu.in/academics/College-Arts-Science-Commerce/faculty-commerce-management/management/Capability-Enhancement-Training.php>



Prof. K. Opika expressing the gratitude towards the end of two days – training program





Students from I BBA - expressing their feedback regarding the life skills training.

Prepared By Prof.K.Opika



Head of the Department Prof.C.Surendranatha Reddy



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CENTER FOR LIFE SKILLS EDUCATION (CLSE)

Organizes

CAPACITY BUILDING TRAINING

on

LIFE SKILLS EDUCATION

for I Year UG & PG Students



Date: 12 to 13 January 2021

Timing: 9 AM to 4:30 PM

Platform
zoom



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Department of Computer Science [UG]

Life Skills Education Training Report for the Academic Year 2020 -2021

Date: 12th January 2021 – 13th January 2021

Classes Attended: I BCA and I BSc CSMS/CSME/PMCS/PME/MSE

Number of Beneficiaries: 428

Objective & Introduction:

Kristu Jayanti College had conducted a course for UG students from 12th January 2021 – 13th January 2021. For teaching ten core life skills for the wellbeing of student's life. Life Skills need for integrated happy life, for trend generation.

What are Life Skills? Life skills are behaviours that enable individuals to adapt and deal effectively with the demands and challenges of life. There are many such skills, but core life skills include the ability to: The Ten core Life Skills as laid down by WHO are:

The ten life skills are...

1. **Self-awareness:** includes recognition of 'self', our character, our strengths and weaknesses, desires and dislikes. Developing self-awareness can help us to recognize when we are stressed or feel under pressure. It is often a prerequisite to effective communication and interpersonal relations, as well as for developing empathy with others.
2. **Empathy:** To have a successful relationship with our loved ones and society at large, we need to understand and care about other peoples' needs, desires and feelings. Empathy is the ability to imagine what life is like for another person. Without empathy, our communication with others will amount to one-way traffic. Worst, we will be acting and behaving according to our self-interest and are bound to run into problems.
3. **Critical Thinking:** Is an ability to analyze information and experiences in an objective manner. Critical thinking can contribute to health by helping us to recognize and assess the factors that influence attitudes and behavior, such as values, peer pressure and the media.

4. Creative Thinking: Is a novel way of seeing or doing things that is characteristic of four components – fluency (generating new ideas), flexibility (shifting perspective easily), originality (conceiving of something new), and elaboration (building on other ideas).

5. Decision making: Helps us to deal constructively with decisions about our lives. This can have consequences for health. It can teach people how to actively make decisions about their actions in relation to healthy assessment of different options and, what effects these different decisions are likely to have.

6. Problem solving: Problem solving helps us to deal constructively with problems in our lives. Significant problems that are left unresolved can cause mental stress and give rise to accompanying physical strain.

7. Effective communication: means that we are able to express ourselves, both verbally and non-verbally, in ways that are appropriate to our cultures and situations. This means being able to express opinions and desires, and also needs and fears. And it may mean being able to ask for advice and help in a time of need. Coping with stress means recognizing the sources of stress in our lives, recognizing how this affects us, and acting in ways that help us control our levels of stress, by changing our environment or lifestyle and learning how to relax. Coping with emotions means involving recognizing emotions within us and others, being aware of how emotions influence behavior and being able to respond to emotions appropriately. Intense emotions like anger or sadness can have negative effects on our health if we do not respond appropriately.

8. Interpersonal relationship: skills help us to relate in positive ways with the people we interact with. This may mean being able to make and keep friendly relationships, which can be of great importance to our mental and social well-being. It may mean keeping, good relations with family members, which are an important source of social support. It may also mean being able to end relationships constructively.

9. Coping with stress: 95% of all the diseases are created by stress. Wrong beliefs like “I’m not good enough” or “Something is wrong with me” cause up to 95% of all illness and disease. The membrane of the cell is the brain of the cell, not the nucleus. Our beliefs are stored in the membrane of our cells. Unless we are fully aware of what we are doing and why we are doing it at every moment, we are always acting on our unconscious programming stored as beliefs in our cells. Scientific research has established that stress is the core factor in physical, mental, and emotional disease. Discovering how unconscious physical, mental and emotional habits create

stress, aging, addiction and disease, through awareness and simple lifestyle changes reclaiming youthful vitality, joy and wellbeing.

10. Coping with emotions: Emotional Factors in Mental well being our feelings are a wonderful barometer of our well being. When we are not caught up in negative thinking, our feelings remain positive, and we feel joyful, loving and peaceful. When we are feeling fearful, angry, or depressed it is a sure sign that our thoughts have become negative and dysfunctional. Developing this awareness and making the decision to eliminate negative thinking can be dramatically life changing. Alter your own brain chemistry with thoughts of appreciation, gratitude, joy and love.

We had many activities on each life skill to develop our skills. Many inspirational videos were shown to us regarding each skill which motivated each of us to a higher potential. For me the best skill was empathy as we could step on someone's else shoes and feel the way they felt. I learned a lot in each skill. I learned how to cope with my emotions and also feel the way others feel. Life skill has benefited a lot in helping me to cope up my stress and emotions and take life in a positive way.

We thank all the teachers for training us on life skills which benefited all of us to a greater level.

We humbly thank Kristu Jayanti College for organising the training of life skills education.

Photos:



Zoom Meeting

Prof.PRATHAP G

Kristu Jayanti College (Host)

20CS1A2072_...

20CS1H4211...

Recording

Prof. Ramanathan G

Participants (352)

Find a participant

- PG Prof.PRATHAP G (Co-host, me)
- Kristu Jayanti College (Host)
- Prof. Ramanathan G (Co-host)
- 19CS1A1080_Mark Correya
- 20CS1A1001_ABHIMANYU R
- 20CS1A1002_AKASH G PISSEY
- 20CS1A1004_ANKIT PAREEK
- 20CS1A1005_ANUJ CHAUHAN
- 20CS1A1006_APOORV SHARAT
- 20CS1A1007_ARJIT KUMBHAKAR
- 20CS1A1008_BASKAR V
- 20CS1A1009_CYRIL T. JOSEPH
- 20CS1A1010_EMIMOUL E
- 20CS1A1015_MEENA S
- 20CS1A1016_MHALI EZUNG

10:50 AM

Life Skill Education 2020-2021 – Session On Critical Thinking

Zoom Meeting

Recording

Speaker View

Participants (380)

Find a participant

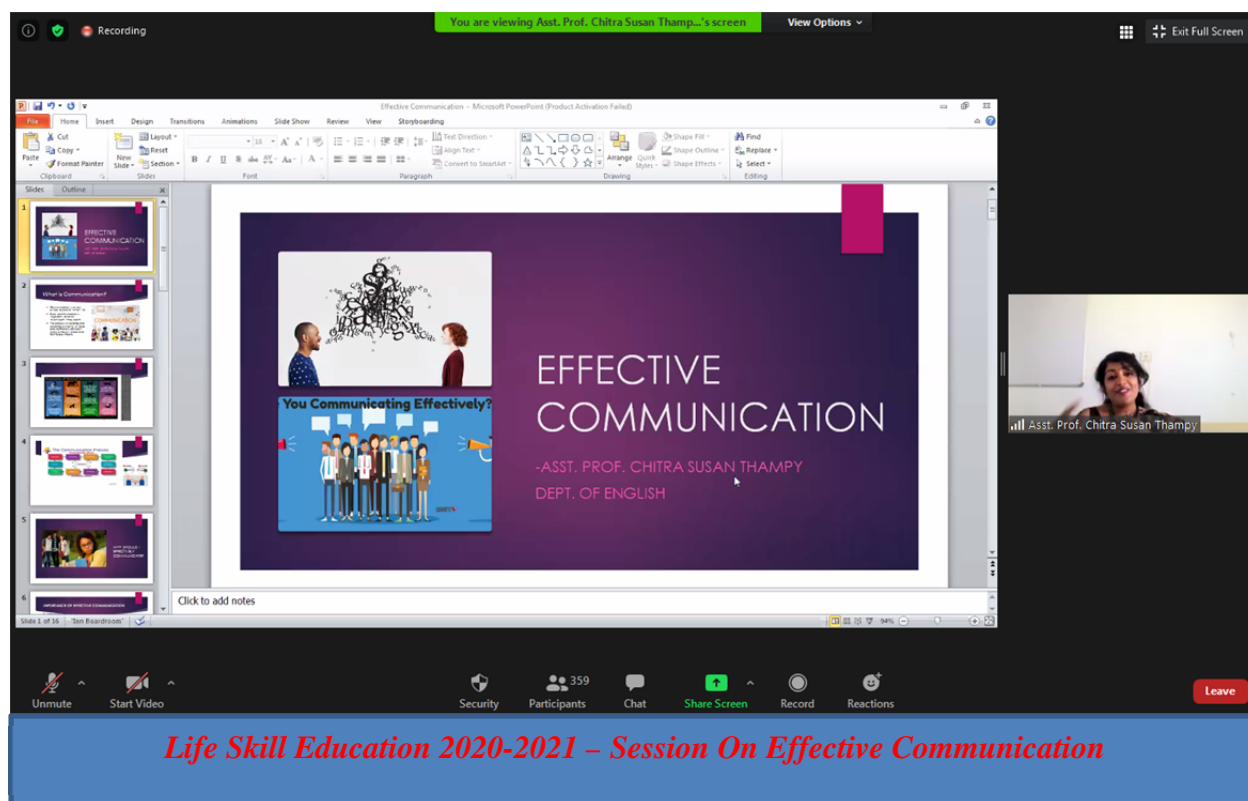
- Prof. Prathap G (Co-host, me)
- Kristu Jayanti College (Host)
- 18CS14A145RAHUL V
- 18CS14A145SRIKANTH V
- Dr. Ranjitha M (Co-host)
- Dr. Indira M N (Co-host)
- 19CS1A1080_Mark Correya
- 20CS1A1001_ABHIMANYU R
- 20CS1A1002_AKASH G PISSEY
- 20CS1A1003_ALBIN JOSEPH
- 20CS1A1004_ANKIT PAREEK
- 20CS1A1005_ANUJ CHAUHAN
- 20CS1A1006_APOORV SHARAT

03:30 Page 1

Prof. Mathiarasan

13-Jan-21

Life Skill Education 2020-2021 – Session On Creative Thinking



Outcome of the program - The students could understand the need of the life skill education and how they have to apply these skills in their day to day life to make a better living.

All the ten skills were taken according to the time table prepared. Students participated with enough enthusiasm and team spirit; they interacted well and shared their views in different sessions.

General comments about the program

- Life skill helped us to be aware of oneself
- Helped to discover opportunities
- I have learned how to react when I come across problems in my life
- It has strengthen my mind
- I learned to empathies



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DEPARTMENT OF COMPUTER SCIENCE [UG] ACADEMIC YEAR 2020-2021

REPORT ON LIFE SKILL EDUCATION

Title: Capacity Building Training on life Skills Education

Date: 12-01-2021 to 13-01-2021

Classes Attended & Number of beneficiaries: I Sem BSc [CSMS, CSME, PMCS, PME and MSE] and I BCA [A, B, C, D and E sections] and 428 beneficiaries.

Class	No. of Beneficiaries
I BSc CSMS	32
I BSc CSME	22
I BSc (PMCS-PME)	47
I BSc MSE	31
I BCA A	59
I BCA B	59
I BCA C	59
I BCA D	59
I BCA E	60
Total	428



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CENTER FOR LIFE SKILLS EDUCATION (CLSE)

Organizes

CAPACITY BUILDING TRAINING

on

LIFE SKILLS EDUCATION

for I Year UG & PG Students



Date: 12 to 13 January 2021

Timing: 9 AM to 4:30 PM

Platform
zoom



CENTER FOR LIFE SKILLS EDUCATION (CLSE)

Organizes
CAPACITY BUILDING TRAINING
on
LIFE SKILLS EDUCATION
for I Year UG & PG Students

Platform
zoom

Prepared by

G.Prathap

Signature of HOD



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DEPARTMENT OF LIFE SCIENCES

LIFE SCIENCES CLUB

WELLNESS WEBINAR ON “COMMIT TO QUIT TOBACCO”

Date: 30.05.2021

CIRCULAR

Department of Life Sciences is organizing a Wellness webinar entitled “**Commit to Quit Tobacco**”- **World No Tobacco day** being arranged for all UG & PG students on 31.05.2021 at 4.30 PM. through zoom platform. Resource person Dr. Punith Shetty currently working as Publication and External Opportunities Officer, Applied Global Health Initiative, New York, USA will be addressing the audience. All UG&PG students have to attend without fail. For queries kindly contact Dr. Sriram T

Head of the Department



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DEPARTMENT OF LIFE SCIENCES

REPORT ON SKILL ENRICHMENT PROGRAMME

Title: Wellness Webinar – Commit to Quit Tobacco

Date: 31-05-2021 (Through Zoom Platform)

Classes Attended & Number of beneficiaries:

Name and details of the Resource Person: Dr. Punith Shetty,
Publication and External
Opportunities Officer,
Applied Global Public Health Initiative, New York- USA

Objective: The main objective of this webinar was to spread awareness of the ill effects of tobacco and about the various sources available to help with the commitment of quitting the same.

Brief write up on the programme:

As a part of 'World No Tobacco Day', The Department of Life Sciences conducted a wellness webinar session through Zoom platform on 31st May, 2021. The resource person for the session was Dr. Punith Shetty, Publication and External Opportunities Officer, Applied Global Public Health Initiative, New York, USA. The objective of the session was to raise awareness about the ill effects of tobacco and to install the commitment to quit the same. The session was conducted for the wellness of all students of the department and was attended by the Dean of Science, Head of the Department and other faculty members of the Life Science Department.

The session was moderated by Dr. Sriram Thiruvengadam, Assistant Professor, and Department of Life Sciences. He welcomed the resource person, dignitaries and the audience. The ease of access to tobacco, along with corporations that encourage the sale of tobacco is one of the most challenging health issues of our generation. Banning tobacco and spreading awareness of the ill effects of its usage is something that many organizations and governments are striving towards. After a formal introduction of the resource person, Dr. Punith Shetty began the session by introducing the theme of the occasion- "Quitters are Winners". He carried the session forward with an insight on tobacco and the ill effects associated with it.

The speaker engrossed the audience in topics that involved the different approaches for people taking the stance to voluntarily quit tobacco. Approaches such as behavioural approach, pharmaceutical approach and approaches that used artificial intelligence were on the market, for a personalised guide towards reducing or refraining from tobacco completely. The speaker carried and demonstrated topics in a manner that all students could grasp and understand well. Besides his efficient articulation, the session was loaded with numerous queries from the



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audience. Dr Punith Shetty resolved all queries, along with additional suggestions on topics addressed.

The speaker concluded the academic part of the session with visual content that describe that in the case of tobacco, quitters were truly winners. The webinar session concluded with a vote of thanks from Nivetha K, MSc Biotechnology, that truly emphasised the content of the enriching session. The program ended with an overall awareness on tobacco and the ill effects of the same.

Flyer:

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Department of Life Sciences

WORLD
NO TOBACCO
DAY
31 MAY

WELLNESS WEBINAR

COMMIT TO QUIT TOBACCO



Resource Person
Dr. Punith Shetty
Publication and External
Opportunities Officer
Applied Global Public Health Initiative
New York- USA

 **31 May, 2021 | 4.30 P.M IST** 



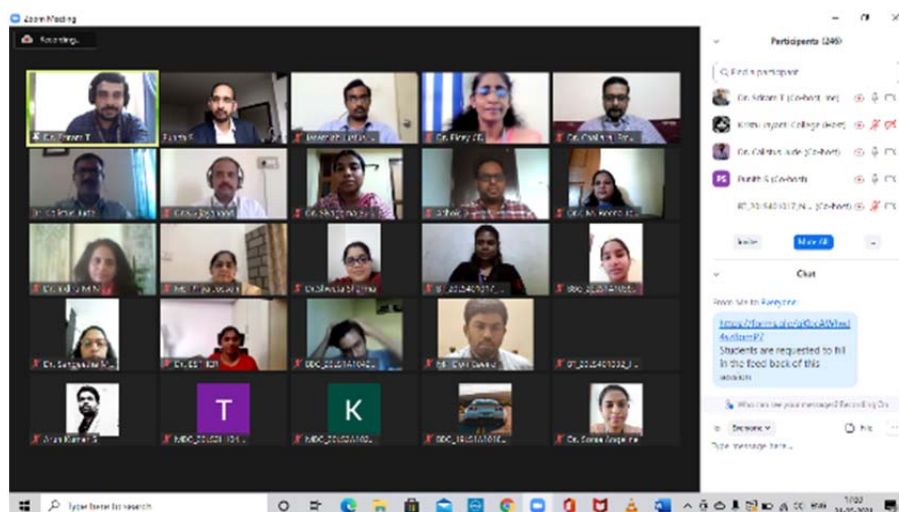
Kristu Jayanti College

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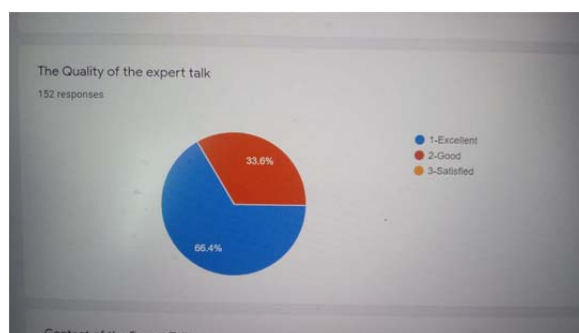
Bengaluru

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Photos:



Feedback analysis



List of participants

S No	Name of student	Reg. No.	Class
1.	SAI CHARAN REDDY K	19LS1A1001	BBG III Sem
2.	ABHISHEK SUNIL	19LS1A1002	BBG III Sem
3.	AKIL MURALI P .	19LS1A1003	BBG III Sem
4.	ANANTHU VINU	19LS1A1004	BBG III Sem
5.	ANGELA SAJI	19LS1A1005	BBG III Sem
6.	ARYA NAIR	19LS1A1006	BBG III Sem
7.	BLESSON VARGHESE	19LS1A1007	BBG III Sem
8.	CHRIS MELVINA M	19LS1A1008	BBG III Sem
9.	CHRISTINA ROSE GEORGE	19LS1A1009	BBG III Sem
10.	GIMAYA GILBERT	19LS1A1010	BBG III Sem
11.	GUVVALA VAIBHAV SAI	19LS1A1011	BBG III Sem
12.	GYAN PRAKASH	19LS1A1012	BBG III Sem
13.	JACKSON JOHN A	19LS1A1013	BBG III Sem
14.	JERIN RAJU VARGHESE	19LS1A1014	BBG III Sem
15.	JOSEPH BIJU	19LS1A1015	BBG III Sem
16.	AZZA RANIYA	19LS1A1016	BBG III Sem
17.	MEGAN TIA CARNEIRO	19LS1A1018	BBG III Sem



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18.	MEGHA MARIAM MATHEW	19LS1A1019	BBG III Sem
19.	MOHAMMAD YOONUS KHAN	19LS1A1020	BBG III Sem
20.	NANDHINI M	19LS1A1021	BBG III Sem
21.	NISHA JAIN	19LS1A1022	BBG III Sem
22.	NUKSHIMENLA JAMIR	19LS1A1023	BBG III Sem
23.	PRAGATHI B M	19LS1K1024	BBG III Sem
24.	YAJUSHI YASHITHA VINNAKOTA	19LS1A1025	BBG III Sem
25.	AISHWARYA R	19LS1H1026	BBG III Sem
26.	AKSA MARIYAM CHACKO	19LS1H1027	BBG III Sem
27.	AMALA MINT	19LS1H1028	BBG III Sem
28.	ANAGHA ANOOP	19LS1H1029	BBG III Sem
29.	ANUJA P V	19LS1H1030	BBG III Sem
30.	AVANTHIKA KURUP	19LS1H1031	BBG III Sem
31.	DIPIKA V	19LS1H1032	BBG III Sem
32.	HARSHITHA S P	19LS1H1033	BBG III Sem
33.	KEZIA ABIGAIL L	19LS1H1034	BBG III Sem
34.	NEHAA R	19LS1H1035	BBG III Sem
35.	S UMME RUMANA	19LS1H1036	BBG III Sem
36.	SHAISTHA NAAZ S A	19LS1H1037	BBG III Sem
37.	SHREYA PATRA	19LS1H1038	BBG III Sem
38.	STACEY L JACOB	19LS1H1039	BBG III Sem
39.	SUBHAM DAS	19LS1H1040	BBG III Sem
40.	THOUSIF M	19LS1H1041	BBG III Sem
41.	VAISHNAVI V	19LS1H1042	BBG III Sem
42.	VARSHINI ASHOK	19LS1H1043	BBG III Sem
43.	VISHAKHA YADUVANSHI	19LS1H1044	BBG III Sem
44.	AASRIITHA .	19LS1K1045	BBG III Sem
45.	BHAVYA T R	19LS1K1046	BBG III Sem
46.	CHANDANA S V	19LS1K1047	BBG III Sem
47.	DEEPA R	19LS1K1048	BBG III Sem
48.	JYOTHI N N	19LS1K1049	BBG III Sem
49.	MONISHA K	19LS1K1051	BBG III Sem
50.	NANDINI M	19LS1K1052	BBG III Sem
51.	PAVITHRA GIRI	19LS1K1053	BBG III Sem
52.	SANCY VINAYA	19LS1K1054	BBG III Sem
53.	SANJANA R SHINDE	19LS1K1055	BBG III Sem
54.	SKANDA ATHREYA DUTT	19LS1K1056	BBG III Sem
55.	SNEHA R	19LS1K1057	BBG III Sem
56.	SOWMYA S	19LS1K1058	BBG III Sem
57.	UJWAL REDDY K S	19LS1K1059	BBG III Sem
58.	LALRAMTHARI .	19LS1A1060	BBG III Sem
59.	ALISHA MARY THOMAS	19LS2A1001	MBG III Sem
60.	ANNA BENITTA	19LS2A1002	MBG III Sem
61.	ANTO MARTIN	19LS2A1003	MBG III Sem
62.	ASHLEY ELSA JOSELY	19LS2A1004	MBG III Sem
63.	AVINASH SEKHAR	19LS2A1005	MBG III Sem
64.	CAROLYN JENNIFER A	19LS2A1006	MBG III Sem
65.	CAROLYN MARIYA GEORGE	19LS2A1007	MBG III Sem



Kristu Jayanti College

AUTONOMOUS

Bengaluru

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66.	JISSA SUNNY	19LS2A1008	MBG III Sem
67.	NIJILA V THOMAS	19LS2A1009	MBG III Sem
68.	NIRMAL SHEEBHA I	19LS2A1010	MBG III Sem
69.	SHAZEYYA F	19LS2A1011	MBG III Sem
70.	SHIVANI SINGH	19LS2A1012	MBG III Sem
71.	SRUTHI P SURESH	19LS2A1013	MBG III Sem
72.	SWARAJ SUKESH	19LS2A1014	MBG III Sem
73.	ULLI VASUDHA	19LS2A1015	MBG III Sem
74.	VISHESH VAID	19LS2A1016	MBG III Sem
75.	VYSHAK V	19LS2A1017	MBG III Sem
76.	WAPANGIENLA M IMSONG	19LS2A1018	MBG III Sem
77.	JOHAR AFREEN I	19LS2H1019	MBG III Sem
78.	LAXMI DEVI K K	19LS2H1020	MBG III Sem
79.	MANSI SHAMRAO SUKHADEVE	19LS2H1021	MBG III Sem
80.	SATHYA PAVAN	19LS2H1022	MBG III Sem
81.	SONA SHAJI	19LS2H1023	MBG III Sem
82.	SOORAJ G	19LS2H1024	MBG III Sem
83.	VALIYAPURAYIL KAVYA MANOJ	19LS2H1025	MBG III Sem
84.	VISHNU RAI	19LS2H1026	MBG III Sem
85.	ADARSH V	19LS2A1027	MBG III Sem
86.	RITHIKSHA .	19LS2K1028	MBG III Sem
87.	SAHANA B S	19LS2K1029	MBG III Sem
88.	SARASWATHI K	19LS2K1030	MBG III Sem
89.	SHARON MARY P	19LS2K1031	MBG III Sem
90.	SREERAMKUMAR S K	19LS2K1032	MBG III Sem
91.	TEJA KARTHIK Y	19LS2K1033	MBG III Sem
92.	YESHASWINI N	19LS2K1034	MBG III Sem
93.	YUVARAJ S	19LS2K1035	MBG III Sem
94.	KRITHIKA JANATE A	19LS2K1036	MBG III Sem
95.	DEVI VAISHNAVI V	19LS2H1037	MBG III Sem
96.	M N ABHISHEK ANANTH KUMAR	19LS2H1038	MBG III Sem
97.	VEENA C S	19LS2K1040	MBG III Sem
98.	ANITHA G	19LS2H1041	MBG III Sem
99.	MADHESH NETAJI	19LS2H1042	MBG III Sem
100.	MARIA RINCY B	19LS2K1043	MBG III Sem
101.	POOJA V	19LS2A1044	MBG III Sem
102.	MEKALA LAKSMI KANTH	19LS2A1045	MBG III Sem
103.	KAMBADURU SAI LAHARI	19LS2A1046	MBG III Sem
104.	BIJIVEMULA SREENUVASULU REDDY	19LS2A1047	MBG III Sem
105.	RAYMOND JEROME R	19LS2A1048	MBG III Sem
106.	JUHI JAYAN	19LS2H1049	MBG III Sem
107.	ALLEN JOLLY	19LS4A1001	BBB III Sem
108.	PRUTHVITHA PRATHAP	19LS4A1002	BBB III Sem
109.	SAMUEL B MATHEW	19LS4A1003	BBB III Sem
110.	VARGHESE MATHEW	19LS4A1004	BBB III Sem
111.	DEVAYANI B PANDEY	19LS4H1005	BBB III Sem
112.	JYOLSNA MATHEW	19LS4H1006	BBB III Sem



Kristu Jayanti College

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Bengaluru

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113.	PAWAN KUMAR JANGID	19LS4H1007	BBB III Sem
114.	GAGAN VARSH M	19LS4K1008	BBB III Sem
115.	HARISH K	19LS4K1009	BBB III Sem
116.	KUCHARLAPATI HARSHITHA BHAVANI	19LS4A1010	BBB III Sem
117.	LIBIN V JOSEPH	19LS4H1011	BBB III Sem
118.	B M CHAITANYA RAI	19LS4A1012	BBB III Sem
119.	VIJAY C K	19LS4K1013	BBB III Sem
120.	MELODIA MARY REJI	19LS4A1014	BBB III Sem
121.	RASMINA A	19LS4K1015	BBB III Sem
122.	DAHUNLANGKI SWER	19LS4A1016	BBB III Sem
123.	ANUSREE V A	19LS4K1017	BBB III Sem
124.	PRUTHVIJA B	19LS4K1018	BBB III Sem
125.	RITHIK BHARTI	19LS4A1019	BBB III Sem
126.	ALISHA MARY THOMAS	19LS2A1001	MBG II Sem
127.	ANNA BENITTA	19LS2A1002	MBG II Sem
128.	ANTO MARTIN	19LS2A1003	MBG II Sem
129.	ASHLEY ELSA JOSELY	19LS2A1004	MBG II Sem
130.	AVINASH SEKHAR	19LS2A1005	MBG II Sem
131.	CAROLYN JENNIFER A	19LS2A1006	MBG II Sem
132.	CAROLYN MARIYA GEORGE	19LS2A1007	MBG II Sem
133.	JISSA SUNNY	19LS2A1008	MBG II Sem
134.	NIJILA V THOMAS	19LS2A1009	MBG II Sem
135.	NIRMAL SHEEBHA I	19LS2A1010	MBG II Sem
136.	SHAZEEYA F	19LS2A1011	MBG II Sem
137.	SHIVANI SINGH	19LS2A1012	MBG II Sem
138.	SRUTHI P SURESH	19LS2A1013	MBG II Sem
139.	SWARAJ SUKESH	19LS2A1014	MBG II Sem
140.	ULLI VASUDHA	19LS2A1015	MBG II Sem
141.	VISHESH VAID	19LS2A1016	MBG II Sem
142.	VYSHAK V	19LS2A1017	MBG II Sem
143.	WAPANGIENLA M IMSONG	19LS2A1018	MBG II Sem
144.	JOHAR AFREEN I	19LS2H1019	MBG II Sem
145.	LAXMI DEVI K K	19LS2H1020	MBG II Sem
146.	MANSI SHAMRAO SUKHADEVE	19LS2H1021	MBG II Sem
147.	SATHYA PAVAN	19LS2H1022	MBG II Sem
148.	SONA SHAJI	19LS2H1023	MBG II Sem
149.	SOORAJ G	19LS2H1024	MBG II Sem
150.	VALIYAPURAYIL KAVYA MANOJ	19LS2H1025	MBG II Sem
151.	VISHNU RAI	19LS2H1026	MBG II Sem
152.	ADARSH V	19LS2A1027	MBG II Sem
153.	RITHIKSHA .	19LS2K1028	MBG II Sem
154.	SAHANA B S	19LS2K1029	MBG II Sem
155.	SARASWATHI K	19LS2K1030	MBG II Sem
156.	SHARON MARY P	19LS2K1031	MBG II Sem
157.	SREERAMKUMAR S K	19LS2K1032	MBG II Sem
158.	TEJA KARTHIK Y	19LS2K1033	MBG II Sem
159.	YUVARAJ S	19LS2K1035	MBG II Sem



Kristu Jayanti College

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Bengaluru

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160.	DEVI VAISHNAVI V	19LS2H1037	MBG II Sem
161.	M N ABHISHEK ANANTH KUMAR	19LS2H1038	MBG II Sem
162.	VEENA C S	19LS2K1040	MBG II Sem
163.	ANITHA G	19LS2H1041	MBG II Sem
164.	MADHESH NETAJI	19LS2H1042	MBG II Sem
165.	MARIA RINCY B	19LS2K1043	MBG II Sem
166.	POOJA V	19LS2A1044	MBG II Sem
167.	MEKALA LAKSMI KANTH	19LS2A1045	MBG II Sem
168.	KAMBADURU SAI LAHARI	19LS2A1046	MBG II Sem
169.	BIJIVEMULA SREENUVASULU REDDY	19LS2A1047	MBG II Sem
170.	RAYMOND JEROME R	19LS2A1048	MBG II Sem
171.	JUHI JAYAN	19LS2H1049	MBG II Sem
172.	VARSHA ANGEL D	18LS1K1060	BBG V Sem
173.	TEJAS S URS	18LS1K1059	BBG V Sem
174.	SOWMYA REDDY B S	18LS1K1058	BBG V Sem
175.	SMRITHI M V	18LS1K1057	BBG V Sem
176.	SHINY EVANGELINE G	18LS1K1056	BBG V Sem
177.	PRIYANKA S	18LS1K1055	BBG V Sem
178.	PREETHI D	18LS1K1054	BBG V Sem
179.	PREETHA A	18LS1K1053	BBG V Sem
180.	NITHYA S	18LS1K1052	BBG V Sem
181.	MEGHA M	18LS1K1051	BBG V Sem
182.	MADHU KRISHNA H	18LS1K1050	BBG V Sem
183.	HARSHITHA B M	18LS1K1049	BBG V Sem
184.	GEETHA V	18LS1K1048	BBG V Sem
185.	CHRISTINA MARIA M	18LS1K1047	BBG V Sem
186.	CHRISTAL C	18LS1K1046	BBG V Sem
187.	ASHIKA G	18LS1K1045	BBG V Sem
188.	ANJU V	18LS1K1044	BBG V Sem
189.	AKSHAY B	18LS1K1043	BBG V Sem
190.	VIVIAN MATHEW EDWIN	18LS1H1041	BBG V Sem
191.	UMME KULSUM	18LS1H1040	BBG V Sem
192.	SUSHMITHA K	18LS1H1038	BBG V Sem
193.	SHEYA MARY VARGHESE	18LS1H1037	BBG V Sem
194.	SHETHANA P	18LS1H1036	BBG V Sem
195.	REHANA S	18LS1H1035	BBG V Sem
196.	PRIYADATHA M K	18LS1H1034	BBG V Sem
197.	NITHYASHREE R	18LS1H1033	BBG V Sem
198.	MINNU THOMAS	18LS1H1032	BBG V Sem
199.	MARK NELSON W	18LS1H1031	BBG V Sem
200.	MALAYEEKA KULUSM M	18LS1H1030	BBG V Sem
201.	ENGILA AKRAM KHAN	18LS1H1029	BBG V Sem
202.	ARUN RHEA MESHACH	18LS1H1028	BBG V Sem
203.	ANUP J	18LS1H1027	BBG V Sem
204.	ANJLIN VERONICA S	18LS1H1026	BBG V Sem
205.	ABIN VARGHESE	18LS1H1024	BBG V Sem
206.	VISHAKA RAI	18LS1A1023	BBG V Sem



Kristu Jayanti College

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Bengaluru

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207.	VARSHA MANOJ S	18LS1A1022	BBG V Sem
208.	SMRITI VIBHA TOPPO	18LS1A1020	BBG V Sem
209.	SHIVAPRIYA PUSHPARAJ	18LS1A1019	BBG V Sem
210.	SAKETH SUNDAR	18LS1A1017	BBG V Sem
211.	ROSMI PHILIP	18LS1A1016	BBG V Sem
212.	ROSE MARIA MATHEW	18LS1A1015	BBG V Sem
213.	PARVATHY MOHAN	18LS1A1014	BBG V Sem
214.	NIMMY PIOUS	18LS1A1013	BBG V Sem
215.	NIKHITHA JOSE	18LS1A1012	BBG V Sem
216.	MEHA THYAGARAJ	18LS1A1011	BBG V Sem
217.	KAVYA A K	18LS1A1010	BBG V Sem
218.	JOYCEE JOHN	18LS1A1009	BBG V Sem
219.	JONATHAN SAM RAVADA	18LS1A1008	BBG V Sem
220.	JHANYA BASKARAN	18LS1A1007	BBG V Sem
221.	ARUL J	18LS1A1004	BBG V Sem
222.	ANJANA BIJU	18LS1A1003	BBG V Sem
223.	ALEX A	18LS1A1002	BBG V Sem
224.	ABRAHAM VALAPPILA	18LS1A1001	BBG V Sem
225.	PRAGYA KUMARI	18LS2A1050	MBG V Sem
226.	YESHWANTH KUMAR L	18LS2K1049	MBG V Sem
227.	VATHSALYA S N	18LS2K1048	MBG V Sem
228.	SNEHA R	18LS2K1047	MBG V Sem
229.	SAGAR H M	18LS2K1046	MBG V Sem
230.	ROSHNI RAMESH	18LS2K1045	MBG V Sem
231.	POORNIMA RAJAN	18LS2K1044	MBG V Sem
232.	POOJITHA S M	18LS2K1043	MBG V Sem
233.	LIKHITHA K S	18LS2K1041	MBG V Sem
234.	JESTY ABRAHAM	18LS2K1040	MBG V Sem
235.	GLORIA RANJUSHA	18LS2K1039	MBG V Sem
236.	DIVYA R	18LS2K1038	MBG V Sem
237.	DINU DAVIS	18LS2K1037	MBG V Sem
238.	BENITA J H	18LS2K1036	MBG V Sem
239.	ASHWINI V	18LS2K1035	MBG V Sem
240.	TEEBIN M TEEMON	18LS2H1034	MBG V Sem
241.	SREEJA SURESH	18LS2H1033	MBG V Sem
242.	SHIVAM TIWARI	18LS2H1032	MBG V Sem
243.	POOJA B	18LS2H1031	MBG V Sem
244.	NAMRATHA RAMESH	18LS2H1030	MBG V Sem
245.	HARIHARAN B K	18LS2H1029	MBG V Sem
246.	CHAITRA P J	18LS2A1028	MBG V Sem
247.	CATHERINE LOVELLA	18LS2H1027	MBG V Sem
248.	ANNS MARIA ELIZ JOSE	18LS2H1026	MBG V Sem
249.	ANAHA SAJI	18LS2H1025	MBG V Sem
250.	ALEENA ALEX	18LS2H1024	MBG V Sem
251.	VINODHA E	18LS2A1023	MBG V Sem
252.	SUBHIKSHA D	18LS2A1022	MBG V Sem
253.	STAFY	18LS2A1021	MBG V Sem
254.	SNEHA SHAJU	18LS2A1020	MBG V Sem



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255.	RESHMA U R	18LS2A1019	MBG V Sem
256.	RAHUL ATUL KANETKAR	18LS2A1018	MBG V Sem
257.	RAHUL HARIKUMAR	18LS2A1017	MBG V Sem
258.	PRINCY P JOHN	18LS2A1016	MBG V Sem
259.	NAMITA MENON M	18LS2A1015	MBG V Sem
260.	MAYA SEBASTIAN	18LS2A1014	MBG V Sem
261.	MANISH GUPTA	18LS2A1013	MBG V Sem
262.	MADELINE FAUSTINA A	18LS2A1012	MBG V Sem
263.	LOIS VARGHESE	18LS2A1011	MBG V Sem
264.	KUNAL CHAKRABORTY	18LS2A1010	MBG V Sem
265.	JOSHNA SREEJI	18LS2A1009	MBG V Sem
266.	EBEY TOM	18LS2A1008	MBG V Sem
267.	CHRISTEENA FRANCIS	18LS2A1007	MBG V Sem
268.	ARCHANA RAJ	18LS2A1005	MBG V Sem
269.	ANUSHREE S KUMAR	18LS2A1004	MBG V Sem
270.	AISHWARYA K	18LS2A1002	MBG V Sem
271.	ABHISHEK K K	18LS2A1001	MBG V Sem
272.	SONA GEORGE	17LS2H1032	MBG V Sem
273.	SUNGTINA JAMIR	17LS2A1016	MBG V Sem
274.	AKSHITHA SURESH	19LS301001	BSc BT I Sem
275.	ANIKESH ANIL	19LS301002	BSc BT I Sem
276.	ANKITA SARKAR	19LS301003	BSc BT I Sem
277.	ANUGRAHA JOHNY THAYYIL	19LS301004	BSc BT I Sem
278.	ARBIYA BANU	19LS301005	BSc BT I Sem
279.	BHAGYA .	19LS301006	BSc BT I Sem
280.	CATHERINE SNEHA A	19LS301007	BSc BT I Sem
281.	CHRIS MATHEW	19LS301008	BSc BT I Sem
282.	DEBPARNA CHATTERJEE	19LS301009	BSc BT I Sem
283.	FEBY GEORGE	19LS301010	BSc BT I Sem
284.	HANNIE SANDRA J	19LS301011	BSc BT I Sem
285.	JUDITH ANN SABU	19LS301012	BSc BT I Sem
286.	KH MARTHA	19LS301013	BSc BT I Sem
287.	LIVIKA T AWOMI	19LS301014	BSc BT I Sem
288.	LOVIS S	19LS301015	BSc BT I Sem
289.	N VANLALCHAWILIANI	19LS301016	BSc BT I Sem
290.	NAZRA FATMA	19LS301017	BSc BT I Sem
291.	NISHA CHHETRI	19LS301018	BSc BT I Sem
292.	NITHISHKUMAR M	19LS301019	BSc BT I Sem
293.	PARVATHY K S	19LS301020	BSc BT I Sem
294.	POONAM PATIL	19LS301021	BSc BT I Sem
295.	PURSHOTTAM KUNWAR	19LS301022	BSc BT I Sem
296.	RADHA H	19LS301023	BSc BT I Sem
297.	RAJLAKSHMI P	19LS301024	BSc BT I Sem
298.	RAKSHA S	19LS301025	BSc BT I Sem
299.	RIA NANDI	19LS301026	BSc BT I Sem
300.	SABHA SAMREEN	19LS301027	BSc BT I Sem
301.	SAMUEL WESLEY JOSEPH	19LS301028	BSc BT I Sem
302.			BSc BT I Sem



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303.	SHAHI P ISMAIL	19LS301029	BSc BT I Sem
304.	SHIVPRIYA S NAIR	19LS301030	BSc BT I Sem
305.	SHIYON ANTO V	19LS301031	BSc BT I Sem
306.	SHWETA TOMAR	19LS301032	BSc BT I Sem
307.	THEKKINIETH NINSA BABY	19LS301033	BSc BT I Sem
308.	VAISHNAVI M	19LS301034	BSc BT I Sem
309.	WINNY WILSON	19LS301035	BSc BT I Sem
310.	ABINA K MATHEW	19LS401001	BSc MB I Sem
311.	AKHIL PIUS	19LS401002	BSc MB I Sem
312.	AKHIL PRASAD K	19LS401003	BSc MB I Sem
313.	ANALA JOSHI	19LS401004	BSc MB I Sem
314.	ANJUSHA ROSE MATHEW	19LS401005	BSc MB I Sem
315.	ATHUL M	19LS401006	BSc MB I Sem
316.	AVINASH S	19LS401007	BSc MB I Sem
317.	BRUNDA T S	19LS401008	BSc MB I Sem
318.	CALDEIRA JASMINE IDA	19LS401009	BSc MB I Sem
319.	CARDOZA SHARON BENJAMIN	19LS401010	BSc MB I Sem
320.	CHRISTA BIJU	19LS401011	BSc MB I Sem
321.	COELHO FREDA	19LS401012	BSc MB I Sem
322.	DA COSTA PRIYANKA BEVERLY	19LS401013	BSc MB I Sem
323.	GAHANASHREE RAJ KUMAR	19LS401014	BSc MB I Sem
324.	GRACY EVANGELINA RAO	19LS401015	BSc MB I Sem
325.	JOSHUA CLAMART A	19LS401016	BSc MB I Sem
326.	KARABI SARKAR	19LS401017	BSc MB I Sem
327.	KONDAPURE AARTI MAROTIREDDY	19LS401018	BSc MB I Sem
328.	KRISHNA PRIYA ARUN	19LS401019	BSc MB I Sem
329.	M BEULAH BESTILDA	19LS401020	BSc MB I Sem
330.	MANASWI	19LS401021	BSc MB I Sem
331.	MUHAMMED SAYYAN M P	19LS401022	BSc MB I Sem
332.	NIROJA P	19LS401023	BSc MB I Sem
333.	P SAI PRUDHVI	19LS401024	BSc MB I Sem
334.	PRISCILLA TOPNO	19LS401025	BSc MB I Sem
335.	PRITHIYASHA C	19LS401026	BSc MB I Sem
336.	PRIYADHARSHINI B	19LS401027	BSc MB I Sem
337.	PRIYANKA K	19LS401028	BSc MB I Sem
338.	RAHUL NEMANI	19LS401029	BSc MB I Sem
339.	ROSEMOL C J	19LS401030	BSc MB I Sem
340.	SAUMYA VYAS	19LS401031	BSc MB I Sem
341.	SHEBA THOMAS	19LS401032	BSc MB I Sem
342.	SIVARATRI KUSUMANJALI	19LS401033	BSc MB I Sem
343.	SNEHA REJI	19LS401034	BSc MB I Sem
344.	SOMA GREESHMAJA	19LS401035	BSc MB I Sem
345.	STEFFY ESTHER P	19LS401036	BSc MB I Sem
346.	SWAROOP C	19LS401037	BSc MB I Sem
347.	TERESA JOS	19LS401038	BSc MB I Sem
348.	THANMAYA U	19LS401039	BSc MB I Sem
349.	JENNY MARIAM JIJ	19LS401040	BSc MB I Sem



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Bengaluru

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350.	SAI CHARAN REDDY K	19LS1A1001	BBG III Sem
351.	ABHISHEK SUNIL	19LS1A1002	BBG III Sem
352.	AKIL MURALI P .	19LS1A1003	BBG III Sem
353.	ANANTHU VINU	19LS1A1004	BBG III Sem
354.	ANGELA SAJI	19LS1A1005	BBG III Sem
355.	ARYA NAIR	19LS1A1006	BBG III Sem
356.	BLESSON VARGHESE	19LS1A1007	BBG III Sem
357.	CHRIS MELVINA M	19LS1A1008	BBG III Sem
358.	CHRISTINA ROSE GEORGE	19LS1A1009	BBG III Sem
359.	GIMAYA GILBERT	19LS1A1010	BBG III Sem
360.	GUVVALA VAIBHAV SAI	19LS1A1011	BBG III Sem
361.	GYAN PRAKASH	19LS1A1012	BBG III Sem
362.	JACKSON JOHN A	19LS1A1013	BBG III Sem
363.	JERIN RAJU VARGHESE	19LS1A1014	BBG III Sem
364.	JOSEPH BIJU	19LS1A1015	BBG III Sem

Report prepared by Dr. Sriram T

Signature of HoD



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**School of Management
&
Department of Computer Science PG**

**CELEBRATION OF
INTERNATIONAL DAY OF YOGA – 2021 (IDY)**

(Be with Yoga and Be at Home)

An interaction with



Sanyasi Devanand

Atma Darshan Yogashram
Bengaluru

**June 21, 2021
10:00 a.m.**





SCHOOL OF MANAGEMENT

REPORT ON INTERNATIONAL YOGA DAY - 2021

Intra

Date: 21st June 2021

Beneficiaries: 30 MBA Students and 11 Teachers

Brief Report about the Programme:

Kristu Jayanti School of Management and Department of Computer and Science PG organized the International Yoga Day celebrations on June 21, 2021. The session was conducted virtually with a motive of to raise awareness on the many benefits of Yoga and to focus on the physical well-being. Sanyasi Devanand, Teacher at Atma Darshan Yogashram, Bengaluru was the guest speaker. Ms. Pavani, student from Atma Darshan Yogashram also joined the session to demonstrate various asanas.

The webinar started with a prayer song followed by the welcome speech which was given by Ms. Merlin Florida, 1st Year MBA. After the speech, Mr. Aaysh M Joe introduced the guest speaker to the audience. The speaker was able to give an in-depth knowledge on all the asanas basically focusing on the physical and mental health. Sanyasi Devanand made the students understand the importance of yoga in daily life especially to the people who were impacted by Covid-19.

Sanyasi Devanand concluded the session by reminding the audience to practice yoga especially in this current pandemic where people are staying home and also stressed on the importance of some asanas which are very useful in dealing with the infection and strengthening the immune system. He then asked the audience to switch on their camera and to follow Ms. Pavani in doing some basic asanas. Sanyasi Devanand first gave an introduction to the asana by explaining the importance and benefits of it. Then as per his commands, Ms. Pavani demonstrated the asana. Finally the audiences were asked to follow the demonstrator.

The speaker shared noteworthy insights which were truly enlightening. The platform was then opened for question and answer session. The vote of thanks was given by Jainy James 1st Year MCA. Then Dr Aloysius Edward, Dean, Kristu Jayanti School of Management gave his concluding remarks. The programme was coordinated by Faculty Coordinator, Dr Sheeja Krishnakumar and the session ended with Jayanthian Anthem.

Feedback:

The programme held by Kristu Jayanti School of Management and Department of Computer and Science PG faculty on Yoga were very informative and encouraging to all the students and other participants. The speakers were able to give us an in-depth knowledge on all the asanas and patiently cleared all the questions that was asked by the participants which gave us the hope for the physical and mental health. He made us understand on the importance of yoga in daily life especially to the people who were impacted by Covid-19. This helps us to prepare ourselves for good health in the future. I would like to thank the faculty of the School of Management for organizing the event and providing us with the opportunity to participate in the programme.

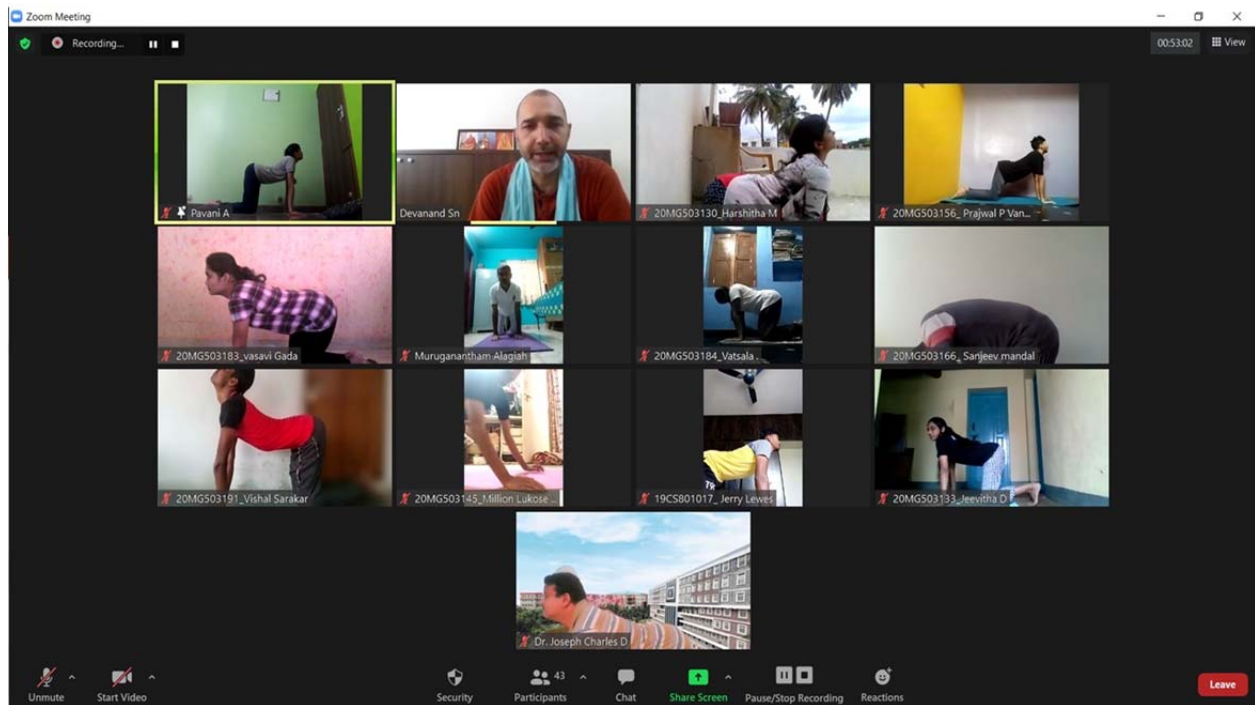
– Aayush M Joe, 1st Year MBA, Section B.

Web URL:

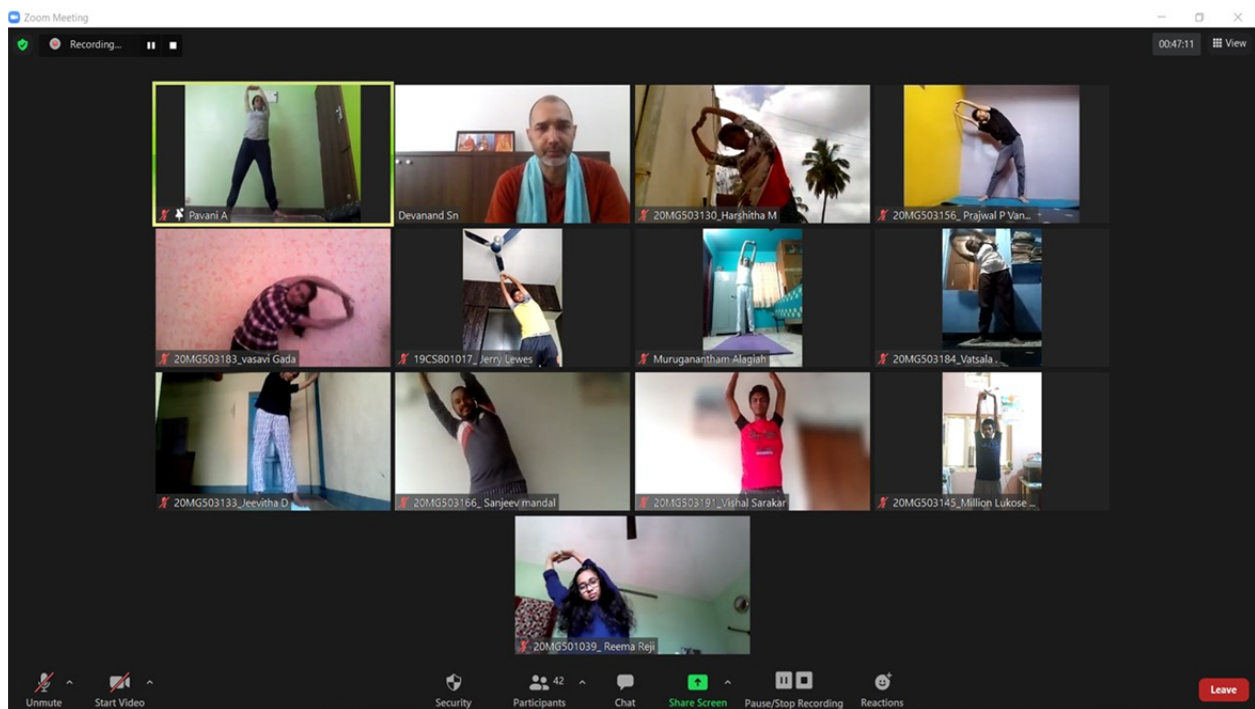
<https://www.kristujayantimba.edu.in/events/events.php?mode=openlink&year=2021&month=june&url=International-Yoga-Day-2021.php>



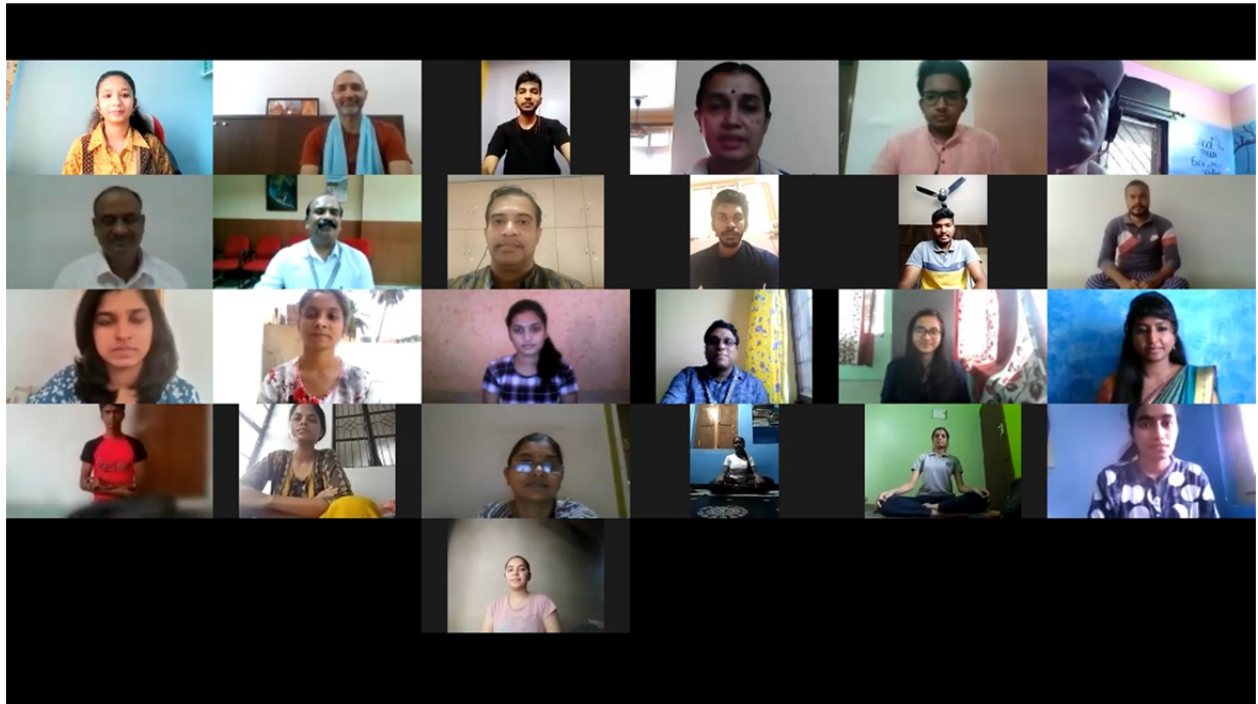
Mr. Sanyasi Devanand addressing the gathering



Participants performing Yoga



Participants performing Yoga



Group screenshot after Yoga session

Report prepared by: Prof. John Pradeep Kumar

Signature of HOD



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**School of Management
&
Department of Computer Science PG**

**CELEBRATION OF
INTERNATIONAL DAY OF YOGA – 2021 (IDY)
(Be with Yoga and Be at Home)**

An interaction with



Sanyasi Devanand
Atma Darshan Yogashram
Bengaluru

June 21, 2021

|

10:00 a.m.



Kristu Jayanti College
AUTONOMOUS Bengaluru
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DEPARTMENT OF LIFE SCIENCES

REPORT ON GUEST LECTURE / INVITED TALK

Title: Wellness Webinar on Postural Health

Date: 28.08.2021

Classes Attended: III Semester BBB, BBG, MBG & FS

Number of beneficiaries: 280

Name and details of the Resource Person: **Dr.D.M MANOJ**

Director, Physio Active -The Wellness Hub Gurgaon, Haryana

Co-founder of Mudra Physical Therapy, Orthopedic and Sports Injury Rehab Clinic in Gurgaon.

Objective: To educate students on the wellness of a good posture and to create awareness about the Fit India Movement.

Brief Write up on the Programme

This event was organized to commemorate the second anniversary of Fit India Movement. It was a one-hour program, which began with a welcome address and an invocation song. After a brief introduction of the resource person, the session was taken over by Dr. D M Manoj. During the session he put forward the impacts of good posture on the physical, mental and social wellbeing of an individual. He also highlighted the importance of making a conscious effort to maintain a good posture in the current scenario, particularly in view of the online classes taking place due to the ongoing pandemic. He also stressed on the influence of good posture on the quality of performance of athletes. The resource person could show many case studies where people complaining of bad physical health, poor mental health had come to him and he had identified issues in their posture and could help them correct it. Dr. Manoj was quite enthusiastic in suggesting a few exercises to improve our posture. The tips given to the students were very useful and easy to do. The session was open to questions, where students could get many of their

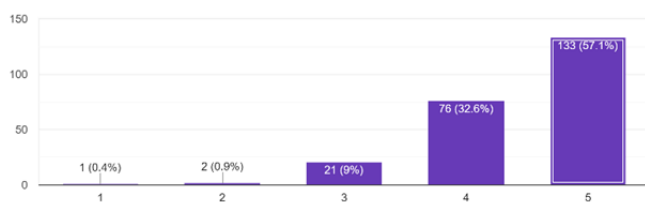
doubts answered. The resource person also came forward to share a few e-notes to the students with common tips. The session came to an end with a vote of thanks and the jayantian anthem.

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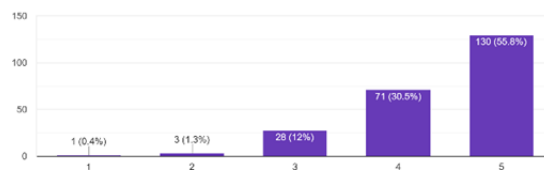
<https://glimpses.kristujayanti.edu.in/news/guest-lecture-on-wellness-webinar-on-postural-health>

Feedback:

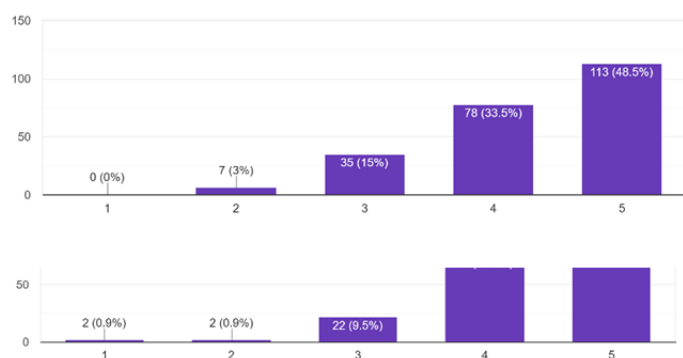
Lecture & presentation was enlightening
233 responses



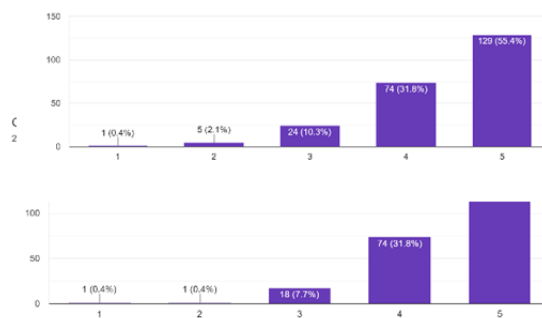
Information presented was new
233 responses



Audio / Visual was effective
233 responses



Discussions were interesting
233 responses



The overall feedback of the programme was positive and students conveyed that they found it to be an useful and worthwhile session.

Screenshots:



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Department of Life Sciences

Wellness Webinar on POSTURAL HEALTH



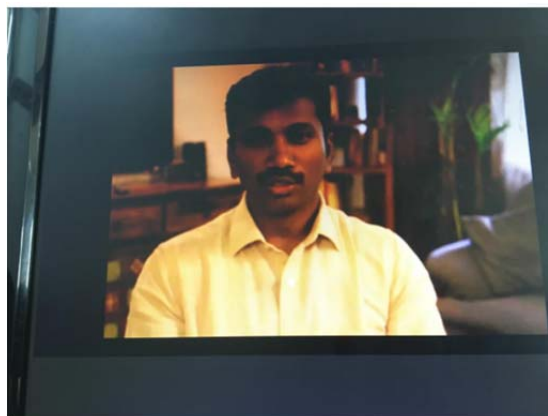
Resource Person

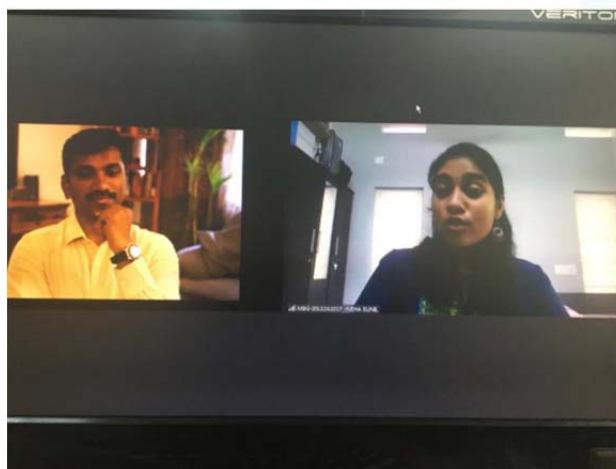
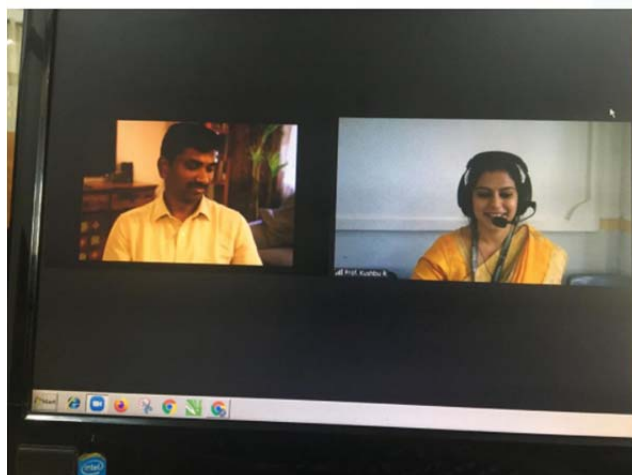
Dr. D. M. MANOJ

Director, Physio Active -The Wellness Hub
Gurgaon, Haryana



August 28, 2021 | 9.15 A.M.





List of participants

S No	Name of student	Reg. No.	Class
1.	SAI CHARAN REDDY K	19LS1A1001	BBG III Sem
2.	ABHISHEK SUNIL	19LS1A1002	BBG III Sem
3.	AKIL MURALI P .	19LS1A1003	BBG III Sem
4.	ANANTHU VINU	19LS1A1004	BBG III Sem
5.	ANGELA SAJI	19LS1A1005	BBG III Sem
6.	ARYA NAIR	19LS1A1006	BBG III Sem
7.	BLESSON VARGHESE	19LS1A1007	BBG III Sem
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10.	GIMAYA GILBERT	19LS1A1010	BBG III Sem
11.	GUVVALA VAIBHAV SAI	19LS1A1011	BBG III Sem
12.	GYAN PRAKASH	19LS1A1012	BBG III Sem
13.	JACKSON JOHN A	19LS1A1013	BBG III Sem
14.	JERIN RAJU VARGHESE	19LS1A1014	BBG III Sem
15.	JOSEPH BIJU	19LS1A1015	BBG III Sem
16.	AZZA RANIYA	19LS1A1016	BBG III Sem

17.	MEGAN TIA CARNEIRO	19LS1A1018	BBG III Sem
18.	MEGHA MARIAM MATHEW	19LS1A1019	BBG III Sem
19.	MOHAMMAD YOONUS KHAN	19LS1A1020	BBG III Sem
20.	NANDHINI M	19LS1A1021	BBG III Sem
21.	NISHA JAIN	19LS1A1022	BBG III Sem
22.	NUKSHIMENLA JAMIR	19LS1A1023	BBG III Sem
23.	PRAGATHI B M	19LS1K1024	BBG III Sem
24.	YAJUSHI YASHITHA VINNAKOTA	19LS1A1025	BBG III Sem
25.	AISHWARYA R	19LS1H1026	BBG III Sem
26.	AKSA MARIYAM CHACKO	19LS1H1027	BBG III Sem
27.	AMALA MINT	19LS1H1028	BBG III Sem
28.	ANAGHA ANOOP	19LS1H1029	BBG III Sem
29.	ANUJA P V	19LS1H1030	BBG III Sem
30.	AVANTHIKA KURUP	19LS1H1031	BBG III Sem
31.	DIPIKA V	19LS1H1032	BBG III Sem
32.	HARSHITHA S P	19LS1H1033	BBG III Sem
33.	KEZIA ABIGAIL L	19LS1H1034	BBG III Sem
34.	NEHAA R	19LS1H1035	BBG III Sem
35.	S UMME RUMANA	19LS1H1036	BBG III Sem
36.	SHAISTHA NAAZ S A	19LS1H1037	BBG III Sem
37.	SHREYA PATRA	19LS1H1038	BBG III Sem
38.	STACEY L JACOB	19LS1H1039	BBG III Sem
39.	SUBHAM DAS	19LS1H1040	BBG III Sem
40.	THOUSIF M	19LS1H1041	BBG III Sem

41.	VAISHNAVI V	19LS1H1042	BBG III Sem
42.	VARSHINI ASHOK	19LS1H1043	BBG III Sem
43.	VISHAKHA YADUVANSHI	19LS1H1044	BBG III Sem
44.	AASRIITHA .	19LS1K1045	BBG III Sem
45.	BHAVYA T R	19LS1K1046	BBG III Sem
46.	CHANDANA S V	19LS1K1047	BBG III Sem
47.	DEEPA R	19LS1K1048	BBG III Sem
48.	JYOTHI N N	19LS1K1049	BBG III Sem
49.	MONISHA K	19LS1K1051	BBG III Sem
50.	NANDINI M	19LS1K1052	BBG III Sem
51.	PAVITHRA GIRI	19LS1K1053	BBG III Sem
52.	SANCY VINAYA	19LS1K1054	BBG III Sem
53.	SANJANA R SHINDE	19LS1K1055	BBG III Sem
54.	SKANDA ATHREYA DUTT	19LS1K1056	BBG III Sem
55.	SNEHA R	19LS1K1057	BBG III Sem
56.	SOWMYA S	19LS1K1058	BBG III Sem
57.	UJWAL REDDY K S	19LS1K1059	BBG III Sem
58.	LALRAMTHARI .	19LS1A1060	BBG III Sem
59.	ALISHA MARY THOMAS	19LS2A1001	MBG III Sem
60.	ANNA BENITTA	19LS2A1002	MBG III Sem
61.	ANTO MARTIN	19LS2A1003	MBG III Sem
62.	ASHLEY ELSA JOSELY	19LS2A1004	MBG III Sem
63.	AVINASH SEKHAR	19LS2A1005	MBG III Sem
64.	CAROLYN JENNIFER A	19LS2A1006	MBG III Sem

65.	CAROLYN MARIYA GEORGE	19LS2A1007	MBG III Sem
66.	JISSA SUNNY	19LS2A1008	MBG III Sem
67.	NIJILA V THOMAS	19LS2A1009	MBG III Sem
68.	NIRMAL SHEEBHA I	19LS2A1010	MBG III Sem
69.	SHAZEEYA F	19LS2A1011	MBG III Sem
70.	SHIVANI SINGH	19LS2A1012	MBG III Sem
71.	SRUTHI P SURESH	19LS2A1013	MBG III Sem
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73.	ULLI VASUDHA	19LS2A1015	MBG III Sem
74.	VISHESH VAID	19LS2A1016	MBG III Sem
75.	VYSHAK V	19LS2A1017	MBG III Sem
76.	WAPANGIENLA M IMSONG	19LS2A1018	MBG III Sem
77.	JOHAR AFREEN I	19LS2H1019	MBG III Sem
78.	LAXMI DEVI K K	19LS2H1020	MBG III Sem
79.	MANSI SHAMRAO SUKHADEVE	19LS2H1021	MBG III Sem
80.	SATHYA PAVAN	19LS2H1022	MBG III Sem
81.	SONA SHAJI	19LS2H1023	MBG III Sem
82.	SOORAJ G	19LS2H1024	MBG III Sem
83.	VALIYAPURAYIL KAVYA MANOJ	19LS2H1025	MBG III Sem
84.	VISHNU RAI	19LS2H1026	MBG III Sem
85.	ADARSH V	19LS2A1027	MBG III Sem
86.	RITHIKSHA .	19LS2K1028	MBG III Sem
87.	SAHANA B S	19LS2K1029	MBG III Sem
88.	SARASWATHI K	19LS2K1030	MBG III Sem

89.	SHARON MARY P	19LS2K1031	MBG III Sem
90.	SREERAMKUMAR S K	19LS2K1032	MBG III Sem
91.	TEJA KARTHIK Y	19LS2K1033	MBG III Sem
92.	YESHASWINI N	19LS2K1034	MBG III Sem
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94.	KRITHIKA JANATE A	19LS2K1036	MBG III Sem
95.	DEVI VAISHNAVI V	19LS2H1037	MBG III Sem
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98.	ANITHA G	19LS2H1041	MBG III Sem
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102.	MEKALA LAKSMI KANTH	19LS2A1045	MBG III Sem
103.	KAMBADURU SAI LAHARI	19LS2A1046	MBG III Sem
104.	BIJIVEMULA SREENUVASULU REDDY	19LS2A1047	MBG III Sem
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106.	JUHI JAYAN	19LS2H1049	MBG III Sem
107.	ALLEN JOLLY	19LS4A1001	BBB III Sem
108.	PRUTHVITHA PRATHAP	19LS4A1002	BBB III Sem
109.	SAMUEL B MATHEW	19LS4A1003	BBB III Sem
110.	VARGHESE MATHEW	19LS4A1004	BBB III Sem
111.	DEVAYANI B PANDEY	19LS4H1005	BBB III Sem
112.	JYOLSNA MATHEW	19LS4H1006	BBB III Sem

113.	PAWAN KUMAR JANGID	19LS4H1007	BBB III Sem
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141.	AAKANKSHA SUNIL	19LS3A1001	BSc FS III Sem
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143.	ANN MARIYA THOMAS	19LS3A1003	BSc FS III Sem
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186.	Aarya Tharayil Arundas	20LS3A1001	BSc FS III Sem
187.	Alfymol Anto	20LS3A1002	BSc FS III Sem
188.	Anisha Mohammed	20LS3A1004	BSc FS III Sem
189.	Ann Rose Paul	20LS3A1005	BSc FS III Sem
190.	Annie Princess S	20LS3A1006	BSc FS III Sem
191.	Aravind M	20LS3A1007	BSc FS III Sem
192.	Arsha Sahadevan	20LS3A1008	BSc FS III Sem
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199.	Elizabeth Deepika Ponnuraj	20LS3A1015	BSc FS III Sem
200.	Feba Reji	20LS3A1016	BSc FS III Sem
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208.	Kailas Shankar P R	20LS3A1024	BSc FS III Sem

209.	Kaustav Ain	20LS3A1025	BSc FS III Sem
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211.	Neha Sunith	20LS3A1027	BSc FS III Sem
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214.	P Snehanjali	20LS3A1030	BSc FS III Sem
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216.	Rainelle Ross Dennesen	20LS3A1032	BSc FS III Sem
217.	Rakshita Daniel	20LS3A1033	BSc FS III Sem
218.	Santhosh Praburaj A	20LS3A1034	BSc FS III Sem
219.	Supriya P V	20LS3A1035	BSc FS III Sem
220.	Vismaya Shyam Arayadath	20LS3A1036	BSc FS III Sem
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224.	Anchal Ojha	20LS3H1040	BSc FS III Sem
225.	Dean Byju	20LS3H1041	BSc FS III Sem
226.	Natasha Jennifer Easu	20LS3H1043	BSc FS III Sem
227.	Nikitha Ann Geogy	20LS3H1044	BSc FS III Sem
228.	Ritu Prakash	20LS3H1045	BSc FS III Sem
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231.	Sreelakshmi N M	20LS3H1049	BSc FS III Sem
232.	Swetha Ann Mathew	20LS3H1050	BSc FS III Sem

233.	Tony Paulson	20LS3H1051	BSc FS III Sem
234.	Yadupriya P	20LS3H1052	BSc FS III Sem
235.	Blessy John K	20LS3K1053	BSc FS III Sem
236.	Jeslin Joseph	20LS3K1054	BSc FS III Sem
237.	Joshua Stephen D	20LS3K1055	BSc FS III Sem
238.	Lois M Girish	20LS3K1056	BSc FS III Sem
239.	Moulyagowda D N	20LS3K1057	BSc FS III Sem
240.	Rohan Mathew	20LS3K1058	BSc FS III Sem
241.	Sanjana Kasturi S	20LS3K1060	BSc FS III Sem
242.	Shreya N Rao	20LS3K1061	BSc FS III Sem
243.	Varshini S Kalyadi	20LS3K1062	BSc FS III Sem
244.	Shreejita Khanra	20LS3A1063	BSc FS III Sem
245.	Mohan Kumar H P	20LS3A1064	BSc FS III Sem
246.	Neha Elsa John	20LS3A1065	BSc FS III Sem
247.	Aparna S Dileep	20LS3A1066	BSc FS III Sem
248.	Bhoomika N	20LS3H1067	BSc FS III Sem
249.	Prarthana Nagesh	20LS3A1068	BSc FS III Sem
250.	Aradhya Mohan	20LS3A1069	BSc FS III Sem
251.	Priyanka V	20LS3H1070	BSc FS III Sem
252.	Girish B C	20LS3K1072	BSc FS III Sem
253.	Alex Joseph Varghese	20LS3A1073	BSc FS III Sem
254.	Shreya D G	20LS3A1074	BSc FS III Sem
255.	Manu H	20LS3K1075	BSc FS III Sem
256.	Pooja V	20LS3A1077	BSc FS III Sem

257.	Anjana Rose K J	20LS3A1078	BSc FS III Sem
258.	Abhishek B S	20LS3A1079	BSc FS III Sem
259.	Fiya Maria Santhosh	20LS3A1080	BSc FS III Sem
260.	Maibam Richa Devi	20LS3A1082	BSc FS III Sem
261.	Akshara B	20LS3A1083	BSc FS III Sem
262.	Kavya Priya L	20LS3A1084	BSc FS III Sem
263.	Mugdha Bhattacharyya	20LS3A1085	BSc FS III Sem
264.	Nisarga Lakshmi	20LS3K1086	BSc FS III Sem
265.	Mohamad Falah	20LS3A1087	BSc FS III Sem
266.	Vamshi K	20LS3H1088	BSc FS III Sem

Report prepared by: Prof. Kushbu. R



Signature of HOD



Kristu Jayanti College

AUTONOMOUS Bengaluru
Reaccredited 'A' Grade by NAAC | Affiliated to Bengaluru North University

DEPARTMENT OF COMPUTER SCIENCE

REPORT ON GUEST LECTURE

Title: Gender Sensitization in College Campus

Date: 18-9-2021

Classes Attended & Number of beneficiaries: III BCA (A, B, C & D) &
III CSME/CSMS/PME/PMCS/MSE (350 students)

Name and details of the Resource Person: **Prof. Anitha Kurup**
Head, Department of Education, School of Social Sciences, National Institute of Advanced Studies, Bengaluru.

Objective:

To provide an integrated and interdisciplinary approach to understand the social and cultural constructions of gender that shapes the experiences of women and men in society.

Brief Write up on the Programme: [min 10 lines]

An Expert Lecture on '**Gender sensitization in college campus**', was organized by the Computer Science Department and Women Empowerment Cell of Kristu Jayanti College on **18-09-2021, Saturday**. Offering thanks to God, the session started at 08:30 a.m. with a welcome address. After the address, **Prof. Anita Kurup (Head, Dept. of Education, NIAS, Bengaluru)**, the **resource person** for the day, was invited to lead with the lecture.

Being a very important and sensitive topic, all the students were very keen in knowing more. Prof. Anita Kurup started the lecture by defining what the correct meaning of sex and gender was, and their differences. She explained that child bearing, which includes pregnancy, birth and the early nursing period, along with child rearing - that is, the upbringing and caretaking of children - was often differently perceived in our society, and by women themselves. She instilled on the students, the thought and idea of gender equality, and the importance of men in rearing, and in bearing, although indirectly.

Next, she brought light into one of the major issues in our society, gender discrimination in the households. She explained why 2,40,000 girl children and women fell victim to it, every year, in India. Also, Prof. Anita Kurup introduced to us the common stereotype of women doing chores, and men not meant to be doing so. She stressed on, and reminded the students that it was very

important to keep in mind that no job is of less dignity, of less importance or restricted to a group.

The lecture ended with a discussion with the students, and Prof. Anita Kurup led the same, after which the vote of thanks was presented, and the meeting was ended.

Web URL:

https://kristujayanti.edu.in/academics/College-Arts-Science-Commerce/Faculty-Sciences/department-cs-ug/guest_lectures.php

Brochure:

Kristu Jayanti College
AUTONOMOUS Bengaluru
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Department of Computer Science (UG)
and
Women Empowerment Cell
Organize
Expert Lecture
on
Gender Sensitization in College Campus
For III Sem BCA & BSC Students

Resource Person

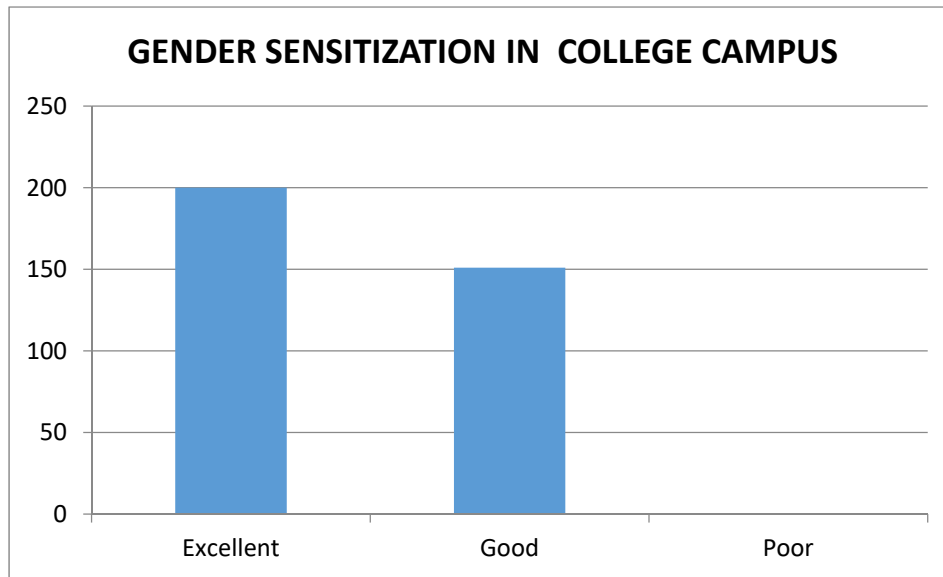


Prof. Anitha Kurup
Head, Department of Education
School of Social Sciences
National Institute of Advanced Studies
Bengaluru

Date: September 18, 2021 | Time: 8:30 - 9.30 AM

zoom

Feedback:



Photos

Responses to Challenges of gender inequality Age at marriage raising...?

- Family friendly policies- informed by more focused research
- More younger men willing to participate in running home and child rearing
- Men take responsibility to enable their wives to balance home and work.
- Negotiation happens before having children. Decision about children jointly taken
- More active and long-term mentoring by women

Participants (338)

Find a participant

- Rema (Co-host, me)
- Dr. Stephen R (Host)
- 613262 (Co-host)
- 19CS1A2136 SATAKSH...
- 19cs1a2140_ Sunidhi ...
- 19cs1a4251_ Seema K...
- KJ Kristu Jayanti College (Co-host)
- MG Mini Gopalakrishnan (Co-host)
- PS Prof. SEVUGA PANDIA...
- Ramya B (Co-host)
- 2R 20CS1A1001_ABHIMANYU R
- 2J 20CS1A1003_ALBIN JOSEPH
- 2P 20CS1A1004_ANKIT PAREEK
- A 20CS1A1005_ANJU CHAUHAN
- 20CS1A1006_APOORV SHARAT
- 2K 20CS1A1007_ARJIT KUMBHAKAR
- 20CS1A1008_BASKAR V

Figure - Prof. Anitha Kurup explaining Gender Sensitization in College Campus

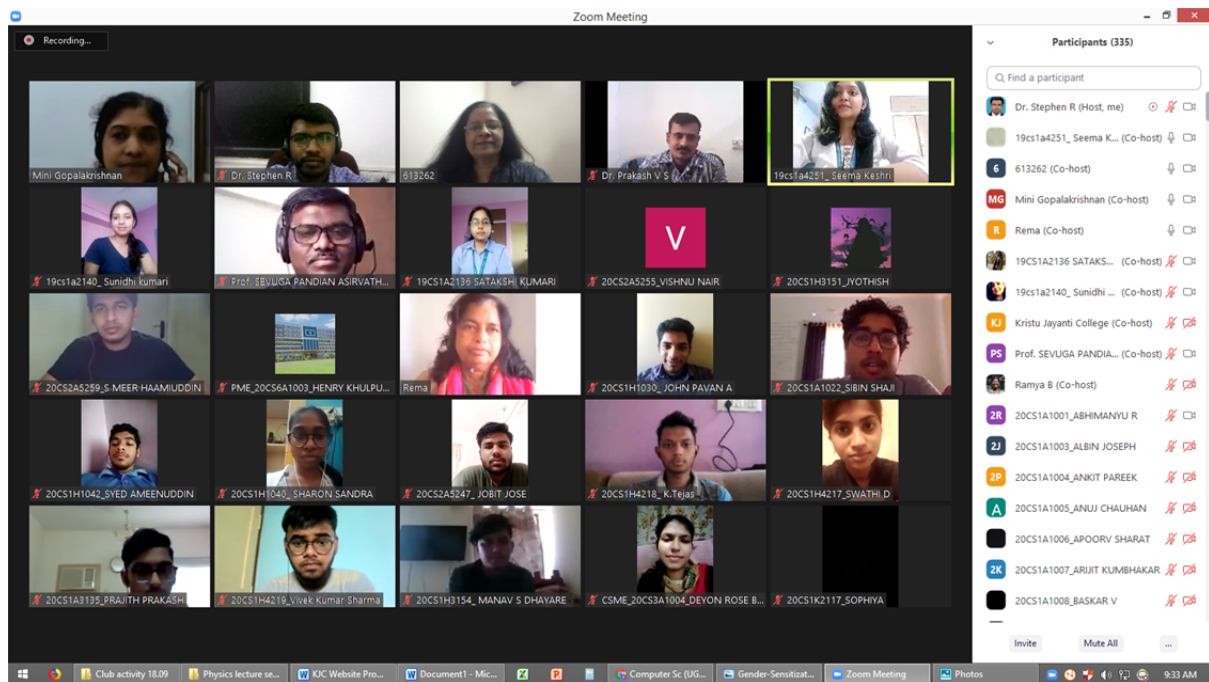


Figure -Students and faculty attending Gender Sensitization in College Campus by Prof. Anitha Kurup

Report prepared by

Mini G

Signature of HoD



Kristu Jayanti College
AUTONOMOUS Bengaluru
Reaccredited 'A' Grade by NAAC | Affiliated to Bengaluru North University

DEPARTMENT OF COMPUTER SCIENCE (UG)

Title: Gender Sensitization in College Campus

Date: 18-9-2021

Time: 8:30AM – 9:30 AM

List of Beneficiaries

Class	Number Of Students
III BCA A	52
III BCA B	53
III BCA C	51
III BCA D	51
III BCA E	52
III CSME/CSMS	45
III PMCS/PME/MSE	46
Total	350

Report prepared by:

Mini G

Signature of HoD



Kristu Jayanti College

AUTONOMOUS

Bengaluru

Reaccredited 'A' Grade by NAAC | Affiliated to Bengaluru North University

DEPARTMENT OF COMPUTER SCIENCE (UG)

Title: Gender Sensitization in College Campus

Participants List

S.No	Reg.No	Name
1	20CS1A1008	BASKAR V
2	20CS1A1009	CYRIL T JOSEPH
3	20CS1A1010	EMIMOUL E
4	20CS1H1011	GUFFRA NOOR MOHAMMED SHAIKH
5	20CS1A1012	VIKASH KUMAR
6	20CS1A1015	MEENA S
7	20CS1A1016	MHALI EZUNG
8	20CS1A1017	PAVITHRA R
9	20CS1K1018	PRAVEEN KUMAR S
10	20CS1A1019	R. SARATH DAS
11	20CS1A1020	ROSHAN DAHAL
12	20CS1A1021	SHUBHAM BARNWAL
13	20CS1A1022	SIBIN SHAJI
14	20CS1A1023	TERRY JOHN STEPHEN
15	20CS1A1024	VELAYUTHAM S
16	20CS1A1025	VISHNU VARDAN S
17	20CS1H1026	ALEN LORANCE
18	20CS1H1027	ANTONY BIJU EDAKKALATHOR
19	20CS1H1028	DEEPAK KUMAR CHOUDHARY
20	20CS1H1029	DINESH R BALAJI
21	20CS1H1030	JOHN PAVAN A
22	20CS1H1031	KAVYA SUNDER
23	20CS1H1032	LAZIO LEO
24	20CS1H1033	LIKITHA R
25	20CS1H1034	MAHESH O P
26	20CS1H1035	MOHAMMED JUNAID
27	20CS1H1036	MOHAMMED ZAIDH SAIT
28	20CS1H1037	PATLE GAGAN CHANDRASHEKHAR
29	20CS1H1038	R HITESH

30	20CS1H1039	ROHIT RAJ
31	20CS1H1040	S SHARON SANDRA
32	20CS1H1041	SOHA ANJUM
33	20CS1H1042	SYED AMEENUDDIN
34	20CS1H1043	ZOYA KHANUM
35	20CS1K1044	AKSHAYA S
36	20CS1K1045	ARUN KUMAR S
37	20CS1K1046	DHANUSH S
38	20CS1K1047	FRANKLIN ASHICK A
39	20CS1K1048	JAYANTHI S
40	20CS1K1049	JULIET R
41	20CS1K1050	KRITHIKA M
42	20CS1K1051	MADHUMITHA E
43	20CS1K1052	MEGHANA M
44	20CS1K1053	NANDHIKA SRI G
45	20CS1K1054	NANDISH V
46	20CS1K1055	PADMANABHA S
47	20CS1K1056	SARANYA P
48	20CS1K1057	SIRISHA REDDY N
49	20CS1K1058	SUNIL KUMAR V
50	20CS1K1059	V NAVEEN
51	20CS1A2061	A ANTO KELVIN PRABHU
52	20CS1A2062	ABHINAV K SHIBU
53	20CS1A2063	ALAN GEORGE
54	20CS1A2064	ALEN ANTONY
55	20CS1A2065	AMAN KUMAR
56	20CS1A2066	ANDREW GEORGE ISSAC
57	20CS1A2067	ANUSHA P JACOB
58	20CS1A2068	AYUSH DAS PURKAYASTHA
59	20CS1A2069	CHOYING DOJEE LACHENPA
60	20CS1A2070	DEV DIVYANSHU
61	20CS1A2071	EPHRAIM GODFREY
62	20CS1A2072	FEBIN BINCY
63	20CS1A2073	HARINANDHAN H
64	20CS1A2074	JOEL MATHEW THOMAS
65	20CS1A2075	KOUSHIK KALYAN SAHOO
66	20CS1A2076	MERLIN MARIYA W
67	20CS1A2077	MOHAMMED REAYAN IQBAL
68	20CS1A2078	MOHIT AGARWAL
69	20CS1A2079	NASREEN ANJUM
70	20CS1A2080	OMANSH SRIVASTAV

71	20CS1A2081	R LEKHA
72	20CS1A2082	REEMA VARGHESE
73	20CS1A2083	SAIFULLAH KHAN
74	20CS1A2084	SNEHA L
75	20CS1A2085	SRI LOKITH RAJA K
76	20CS1H2086	A N DAFNI MARY
77	20CS1H2087	ALWIN SANJO A W
78	20CS1H2088	ARPITH P A
79	20CS1H2089	ARSHITH A
80	20CS1H2090	DEVIKA CHANDRAN
81	20CS1A3121	AASIF KHAN
82	20CS1A3122	AKASH RAVI
83	20CS1A3123	AMRITHESH N
84	20CS1A3124	ANTO TOM ABRAHAM
85	20CS1A3125	BALAPRAGADEESWARAN A
86	20CS1H3126	DURGESH KUMAR JHA
87	20CS1A3127	FEBIN FRANCIS
88	20CS1A3128	FRANKLIN J
89	20CS1A3129	HARSHA R
90	20CS1A3130	HARSHIT PATHAK
91	20CS1H3131	HIMANSHU KUMAR
92	20CS1A3132	MAGESH NARAYANAN B
93	20CS1A3134	NAOMI B BRITTO
94	20CS1A3135	PRAJITH PRAKASH
95	20CS1A3136	RAVI YADAV
96	20CS1A3137	RENIL JOBBY
97	20CS1A3138	S SHYAM
98	20CS1A3139	SAMUEL BENITA
99	20CS1A3141	SAYAN GHOSH
100	20CS1A3142	SNEHA THOMAS
101	20CS1H3144	ABHISHEK CHACKO
102	20CS1H3145	AJAY KUMAR B
103	20CS1H3146	ANCILINE MATHEW
104	20CS1H3147	BENSON K B
105	20CS1H3148	DHANUSH S
106	20CS1H3149	GANESH OLI
107	20CS1H3151	JYOTHISH
108	20CS1H3152	KEERTHANA P
109	20CS1H3153	MADHUBALA E
110	20CS1H3154	MANAV S DHAYARE
111	20CS1H3155	MOHAMMED SAIF L

112	20CS1H3156	NITHIN K
113	20CS1H3157	ROSHAN REGI
114	20CS1H3158	SANDEEP S
115	20CS1H3160	SREECHAND S
116	20CS1H3161	T VIVEK KUMAR
117	20CS1K3162	ABHISHEK M
118	20CS1K3163	ANDREW ANTONY
119	20CS1K3164	CHARAN R
120	20CS1K3165	DINAKARAN R
121	20CS1A4179	ABISHEK ANSEL T M
122	20CS1A4180	AKSHAT KUMAR
123	20CS1A4181	ALAN THOMAS
124	20CS1A4182	AVINASH RAVICHANDRAN
125	20CS1A4183	COLIN JOY
126	20CS1A4184	DHANUSH KRISHNA U
127	20CS1A4185	E PRAVEEN KUMAR
128	20CS1A4186	GABRIEL MATHEW
129	20CS1A4187	HARSHIT ADITYA
130	20CS1A4188	IMMANUEL JOSEPH
131	20CS1A4189	JEFFRY M JOSHUA
132	20CS1A4190	JOEL K
133	20CS1A4191	MANNA ANN CHERIYAN
134	20CS1A4192	MANOJ KUMAR D
135	20CS1A4193	MAXWELL REX S
136	20CS1A4194	P PRANAV
137	20CS1A4195	SANGEETH V MATHEWS
138	20CS1A4196	SHAWN BIJU THOMAS
139	20CS1A4197	SURUTHIKA B
140	20CS1A4198	SURYANSH SINGH
141	20CS1A4199	SUYASH ANURAG
142	20CS1A4200	THARUN R
143	20CS1H4201	AKASH BABU
144	20CS1H4202	AKHIL VENKAT REDDY M
145	20CS1H4203	BINAY UPPEN SHARMA
146	20CS1H4204	DHARSHINI B
147	20CS1H4205	HAROOR MOHAMED RAYAN
148	20CS1H4206	JAYANTH KISHORE M
149	20CS1H4207	JEEVA GEORGE
150	20CS1H4208	KRISHNA RAJ A
151	20CS1H4209	MADHUMITHA S
152	20CS1H4210	MATHEWS M ROY

153	20CS1H4211	MOHAMMED UMAR KHAN
154	20CS1H4212	NITHYA DAS P V
155	20CS1H4213	RAHUL KUMAR RAY
156	20CS1H4214	SHALVIN ISACC DIAS
157	20CS1H4215	SHARAF BABU N
158	20CS1H4216	SNEHA MANDIRA R
159	20CS1H4217	SWATHI D
160	20CS1H4218	TEJAS K
161	20CS2A5238	A ARUN PREETHI
162	20CS2A5239	ADHIL K
163	20CS2A5240	ALEN C VARGHESE
164	20CS2A5241	ASHWIN RAJAN
165	20CS2A5243	ATHUL RAJA
166	20CS2A5244	GEBRIN BIJU
167	20CS2A5245	HABEL ABRAHAM JOHNSON
168	20CS2A5246	JANICE JOHN
169	20CS2A5247	JOBIT JOSE
170	20CS2A5248	JOVANNA ELIMULLIL MATHEW
171	20CS2A5249	JUSTIN GEJO
172	20CS2A5250	K RATAN SUDHAKAR
173	20CS2A5251	MANJU THAMPAN
174	20CS2A5252	MAXILA SABU V
175	20CS2A5253	MOHAMMAD RIHAN SHAHZAD
176	20CS2A5254	MOHAMMED AMAAN K S
177	20CS2A5255	NAIR VISHNU MURALEEDHARAN
178	20CS2A5256	NANDAKRISHNAN U
179	20CS2A5257	R SURESH
180	20CS2A5258	ROMAL THOMAS
181	20CS2A5259	S MEER HAAMIUDDIN
182	20CS2A5260	SAIRAM A
183	20CS2A5261	SAISANKAR
184	20CS2A5262	SHAIK THAMIM HASAN
185	20CS2A5263	THUSHAR T K
186	20CS2A5264	VENKATANARAYANA SUBRAMANYAM
187	20CS2H5265	AJITH SABU
188	20CS2H5266	AMAN P JOY
189	20CS2H5267	ANCY JOSEPH
190	20CS2H5268	BENISON V S
191	20CS2H5269	EMMANUEL
192	20CS2H5270	H JOHN JOSHUA
193	20CS2H5271	K VISALINI

194	20CS2H5272	KEVIN H SAMUEL
195	20CS2H5273	KRISHNA PRASATH S
196	20CS2H5275	MUHAMMED NASAL
197	20CS2H5276	NAVEEN J
198	20CS2H5277	NIRMAL NANCY J
199	20CS2H5283	SHINU CHERIAN MATHEW
200	20CS2H5284	SHIVAM CHETRY
201	20CS2H5285	SWETHA M A
202	20CS2H5286	VIGNESH K
203	20CS2K5287	ANIRUDH U
204	20CS2K5288	CHRIS ALISTER
205	20CS2K5289	DHANUSH V S
206	20CS2K5290	GOWTHAM M
207	20CS2K5291	KEVIN RICHARDS S
208	20CS2K5292	MADHUSHREE S G
209	20CS2K5293	RAVI M
210	20CS2K5295	SANDHYA M
211	20CS2K5296	SHYAM KUMAR S
212	20CS2K5297	SOUNDARYA S
213	20CS2K5298	SUSAN CHRISTINA V
214	20CS2K5299	VIDHYA SHREE M
215	20CS2K5300	VINITH M
216	20CS1A1003	ALBIN JOSEPH
217	20CS1A1004	ANKIT PAREEK
218	20CS1A1005	ANUJ CHAUHAN
219	20CS3A1001	NAVEEN RAJ D
220	20CS3A1002	TONNY GEORGE
221	20CS3A1003	ABHIJITH R V
222	20CS3A1004	ABHISHEK RAJU
223	20CS3A1005	DAVID THANG SIAN PIANG
224	20CS3A1006	DEYON ROSE BABU THOMAS
225	20CS3A1008	FLINTO GEORGE
226	20CS3A1009	GIFTSON MATHEW E
227	20CS3A1010	JERIT BENNY
228	20CS3A1011	LEONARD LAWRENCE
229	20CS3A1012	N THANGSANGLIAN
230	20CS3A1014	N NAVEEN REDDY
231	20CS3H1015	PRANESWARI K S
232	20CS3K1017	V VEERA RAGHAVAN
233	20CS3K1018	HANOK ANTONY
234	20CS3K1019	AISHVITHA K

235	20CS3K1020	DEEPAK
236	20CS3K1021	KARTHIK D
237	20CS3A1022	KISHORE K S
238	20CS4A1001	PRAJWAL S
239	20CS4A1002	ASHMAAN MAINALI
240	20CS4A1003	ABHIRAM S NAIR
241	20CS4A1004	AISWARYA PRAKASH
242	20CS4A1005	ALEX SAJI TOM
243	20CS4A1006	AMALNATH T K
244	20CS4A1007	ANN ELZA VARGHESE
245	20CS4A1008	ASHWIN JOSH Y
246	20CS4A1009	ASHWIN N HEBBAR
247	20CS4A1010	CYRIL BABY
248	20CS4A1011	GUTTAPALEM ESWAR SAI ADARSH
249	20CS4A1012	GANESAM SUNOJ REDDY
250	20CS4A1013	MALAVIKA K B
251	20CS4A1014	MARIA RANI MATHEW
252	20CS4A1015	MEGHA SAJI
253	20CS4A1016	MUHAMMED FARAS M
254	20CS4A1017	POGALLA SREEJA
255	20CS4A1018	PURANI SWETHA J
256	20CS4H1019	SHERIN REJI
257	20CS4H1021	ABDUL HAMEEM A
258	20CS4H1022	ABHISHEK V
259	20CS4H1023	ANCHAL YADAV
260	20CS4H1024	BHANUMATHI U
261	20CS4H1025	JOSHWIN ISAC SHAJY
262	20CS4H1026	MOHAMMED YASIR KHATTIB
263	20CS4H1027	NIRALI MOKARIYA
264	20CS4K1028	ASHWINI M
265	20CS4K1029	S HARSHA
266	20CS4K1030	SANDHYA R
267	20CS4A1031	SAYANTH SREENA RAJITH
268	20CS4A1032	PAVULURI HARSHITHA SESHU
269	20CS5A1001	ABHAY M S
270	20CS5A1003	KEZIYA JINS
271	20CS5A1004	MAYANA AYESHA RUMAN KHAN
272	20CS5A1005	SEBIN CHACKO MATHEW
273	20CS5A1007	THENTRAL S
274	20CS5H1008	AKTHAR HUSSAIN
275	20CS5H1009	ALEN THOMAS

276	20CS5H1010	BLESS MERRIN GEORGE
277	20CS5H1011	CHRIS BENJAMIN JOSEPH
278	20CS5H1012	K VENEET
279	20CS5H1013	N SHEENA
280	20CS5H1014	NEHA SAHANI
281	20CS5H1015	PRIYANKA N DAS
282	20CS5H1016	S JOHN PRAKASH
283	20CS5K1017	ADITHYA V
284	20CS5K1018	ANIL KUMAR H
285	20CS5K1019	ANTONY ABHISHEK A
286	20CS5K1020	ARUN KUMAR M
287	20CS5K1021	HEMA G
288	20CS5K1022	JAYA PRAKASH REDDY M
289	20CS5K1023	MARIA NELSON
290	20CS5K1024	MATHEW MICHAEL S
291	20CS5K1025	MEGHANA M
292	20CS5K1026	SANDHYA R
293	20CS5K1027	SAVITHRA R
294	20CS5K1028	UDAYANIDHI S
295	20CS5H1029	ASHISH KUMAR C
296	20CS5H1030	JEPHIN JAMES
297	20CS5H1032	SIDDHANTH K
298	20CS5A1033	NIJOHNS K J
299	20CS6A1001	ADON BIJU
300	20CS6A1002	ANTREENA GEORGE
301	20CS6A1003	HENRY KHULPUWA MARING
302	20CS6A1004	LOHITH VISHAL B
303	20CS6A1005	NANCY BENITA
304	20CS6A1006	PRENITH R
305	20CS6A1007	RANJITH K
306	20CS6H1008	AMRITHA P
307	20CS6H1009	ANITHA VICTOR
308	20CS6H1010	AUGUSTIN C ABRAHAM
309	20CS6H1011	KEVIN JOSE
310	20CS6H1012	NAJIYA NASRIN A
311	20CS6H1013	SABITHA SHARMA
312	20CS6H1014	SHAFFIN FAROOQUI
313	20CS6K1016	RAVI KIRAN A
314	20CS7A1001	ANANDU P S
315	20CS7A1002	AYUSH RAJ M C
316	20CS7A1003	DEEPANJALI GUPTA

317	20CS7A1005	FATHIMA RUBA SHAMNAD
318	20CS7A1006	HASHITA NALLAMANI
319	20CS7A1010	PRATHAM RATHI
320	20CS7A1011	PRESHYA J
321	20CS7A1012	PRIYANSHU SPEHIYA
322	20CS7A1013	RAUT VIPIN CHANDRASHEKHAR
323	20CS7A1014	RIYA RAIFERSON POULINE
324	20CS7A1015	SHIBIL KP
325	20CS7A1016	TONY SWETHA J
326	20CS7H1017	ALBIN SAJI
327	20CS7H1018	ANMARY P R
328	20CS7A1019	SOURABH KUMAR SINGH
329	20CS7H1020	BHARANI VEL KARTHIK
330	20CS7H1021	ERIK JONATHAN
331	20CS7H1022	GAUTHAM G
332	20CS7H1023	PRASANNA BHOOPATHY S
333	20CS7H1024	ROHAN CYRIL G T
334	20CS7H1025	SANGANBASAVA MATH
335	20CS7H1027	VAISHNAVI
336	20CS7K1028	ANKITA ANIL SIDDAVAGOL
337	20CS7K1029	BENJAMIN M
338	20CS7K1030	MEGHANA K
339	20CS7K1031	PAVITHRA S
340	20CS7K1032	SUPRIYA AJIT BURSHI
341	20CS7A1033	CHRISTY THOMAS
342	20CS1A1001	ABHIMANYU R
343	20CS1A1002	AKASH G PISSEY
344	20CS1A1003	ALBIN JOSEPH
345	20CS1A1004	ANKIT PAREEK
346	20CS1A1005	ANUJ CHAUHAN
347	20CS1A1006	APOORV SHARAT
348	20CS1A1007	ARIJIT KUMBHAKAR
349	20CS1A1008	BASKAR V
350	20CS1A1009	CYRIL T JOSEPH

Report prepared by: Mini G



Signature of HoD



Kristu Jayanti College

AUTONOMOUS

Bengaluru

Reaccredited 'A' Grade by NAAC | Affiliated to Bengaluru North University

DEPARTMENT OF COMMERCE (PG) AN EXPERT TALK ON WHOLESOME WELLBEING & LEADERSHIP

Date: 30th September, 2021

Intra

Venue: Zoom Platform

Number of beneficiaries: 157 students (Internal: 157 External: Nil)

Classes Attended: I & II Year M.Com & M.Com FA

Name and details of the Resource Person:

Dr. Capt. U. Thanesh, Associate NCC Officer & Assistant Professor, Department of English, RKM Vivekananda College, Chennai.

Objective:

The aim of this expert talk was to inculcate students with the various professional qualities which are required by commerce students to prepare for wholesome wellbeing.

Brief Report about the Programme:

Department of Commerce PG conducted an Expert Talk on Wholesome Wellbeing & Leadership on 30th September, 2021 via Zoom Application from 4 pm to 5 pm for the benefits of I & III Semester M.Com & M.Com FA Students. The resource person for the session was Dr. Capt. U. Thanesh, Associate NCC Officer & Assistant Professor, Department of English, RKM Vivekananda College, Chennai. The main objective of this session is to acquaint the students with the skills and knowledge required for enhancing one's organic growth and wholesome wellbeing. The resource person threw a light on time management, stress management, leadership qualities, spiritual wellbeing, emotional intelligence, etc.

The students are the leaders of the next generation of any nation. Hence, they have to be groomed and trained to be people with excellent professional qualities. Dr. U. Thanesh provided a very practical approach in his delivery as he included live examples, and famous personalities that exhibit these required traits and qualities. It was a very interactive and lively session which provided a vast learning experience for the students. The Guest Speaker covered various qualities and their prominence in today's world. They are highlighted below:

- Physical wellbeing
- Spiritual wellbeing
- Emotional wellbeing
- Career development
- Professionalism
- Self-branding

Web URL:

Feedback:

This online expert lecture witnessed a positive response from 157 students from I Year & II Year M.Com & M.Com FA programmes. The expert lecture provided the students an enriching platform for acquiring professional qualities a commerce graduate must possess. The participants felt that this online expert lecture has supplemented them with an enriching learning experience where students could learn professional qualities and apply those qualities in real business environment. Thus an hour of informative and motivating talk on professional qualities of commerce was very much the need of the hour.

Photo

Dr. U. Thanesh threw a light on Wholesome Wellbeing

The screenshot shows a Zoom meeting interface. The main screen displays a presentation slide for Kristu Jayanti College, Bengaluru. The slide includes the college's logo, name, and accreditation details. The title of the talk is "An Expert Talk on Wholesome Wellbeing & Leadership" by Dr. Capt. U. Thanesh, who is identified as an Associate NCC Officer & Assistant Professor in the Department of English at RKM Vivekananda College, Chennai. The date and time of the event are listed as 30th September 2021, from 4 pm to 5 pm. On the right side of the interface, there is a vertical strip of video thumbnails showing participants, including Dr. Krishnamoorthi M., Prof. Madhu Dravakumar, and Dr. U. Thanesh. The bottom of the screen shows the Zoom control bar with icons for mute, stop video, participants, chat, share screen, record, reactions, and a leave button.

Dr. U. Thanesh is speaking about Leadership through Career Growth

The screenshot shows a Zoom meeting window. At the top, a status bar indicates "You are viewing Dr. Muhammad Asif AM's screen" and a "View Options" button. Below this is a gallery of participants: Dr. Krishnamoorti M., Commerce & Managem..., Prof. Madhu Druvaku..., Commerce & Manag..., Dr. U. Thanesh, and 20CM201014_rane Li... The main content area displays a presentation slide for Kristu Jayanti College, an autonomous institution in Bengaluru, affiliated with Bengaluru North University. The slide is for the Department of Commerce (PG) and features a portrait of Dr. Capt. U. Thanesh, Associate NCC Officer & Assistant Professor, Department of English, RKM Vivekananda College, Chennai. The slide title is "An Expert Talk on Wholesome Wellbeing & Leadership". The date "30th September 2021" is visible at the bottom of the slide. The Zoom interface includes controls for Unmute, Stop Video, Participants (132), Chat, Share Screen, Record, Reactions, and a Leave button. The system taskbar at the bottom shows the Windows logo, Edge, Firefox, File Explorer, Chrome, and Word, along with the date and time "04:01 PM 30/09/2021".

Report prepared by:
Ms. Indra S, II Year M.Com

Verified by:
Dr.T.K.Murugesan

Coordinator – Commerce PG



Kristu Jayanti College

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Bengaluru

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DEPARTMENT OF COMMERCE (PG)

AN EXPERT TALK ON WHOLESOME WELLBEING & LEADERSHIP



Dr. Capt. U. Thanesh

Associate NCC Officer & Assistant
Professor, Department of English,
RKM Vivekananda College, Chennai



30th September 2021



4 pm - 5 pm



zoom

DEPARTMENT OF COMMERCE (PG)
AN EXPERT TALK ON WHOLESOME WELLBEING & LEADERSHIP
DATE: 30th SEPTEMBER, 2021
III M.COM FA

SL. NO	REG NO	NAME
1	20CM201001	ABIN SREEDHARAN KUTTY
2	20CM201002	ABITHA VIJAYAKUMAR
3	20CM201003	AMAL THOMAS
4	20CM201004	ANANDHU PRADEEP
5	20CM201005	ANISHA ANN RAJU
6	20CM201006	ANITTA THOMAS
7	20CM201007	ANJANA K P
8	20CM201008	ANN MARIYA JOSEPH
9	20CM201009	ANSON VARGHESE PHILIP
10	20CM201010	ASHLEY T ALIAS
11	20CM201011	DEVI B
12	20CM201012	GAYATHRI MENON
13	20CM201013	HEENA EKKA
14	20CM201014	IRENE LISS CHAMMANY
15	20CM201015	JINU MATHEW
16	20CM201016	JOYEL JOHN
17	20CM201017	KELVIN VARGHESE
18	20CM201018	LEONA STANLEY
19	20CM201019	MADHUMITHA M
20	20CM201020	NIMISHA S
21	20CM201021	OMKAR THAPA
22	20CM201022	PAVITHRA V
23	20CM201023	POTHULA SUDEESH KUMAR
24	20CM201024	PRIYANKA C P
25	20CM201025	RICHY GEO CHERIYAN
26	20CM201026	RITU SINHA
27	20CM201027	ROSE JAMES
28	20CM201028	RUPALEE R
29	20CM201029	SHARON REJI
30	20CM201030	SHERIN MERIN SAJEESH
31	20CM201031	SUBHAM GUPTA
32	20CM201032	TEESA SHAJU
33	20CM201033	THOMAS PETER
34	20CM201034	TONY J SAM
35	20CM201035	TWINKLE ROSE VINOD
36	20CM201036	UPAMA BASKEY
37	20CM201037	VISMAYA VIJAYAN
38	20CM201038	YESHASHWINI B
39	20CM201039	P PAUL ARON
40	20CM201040	ALEENA JACOB

DEPARTMENT OF COMMERCE (PG)
AN EXPERT TALK ON WHOLESOME WELLBEING & LEADERSHIP
DATE: 30th SEPTEMBER, 2021

III M.COM

SL. NO	REG NO	NAME	SL. NO	REG NO	NAME
1	20CM11001	ABEL JOHN	24	20CM11025	RONEY PHILIP THOMAS
2	20CM11002	ADHIPA K	25	20CM11026	SHARIN ANTONY
3	20CM11003	AJAY KUMAR	26	20CM11027	SHASHANK S
4	20CM11004	ASHA T	27	20CM11028	SHIVIYA DAVIS
5	20CM11005	ASHBIN GEORGE	28	20CM11029	SOFI S
6	20CM11006	ATHIRA P R	29	20CM11031	SWATHI B R
7	20CM11008	D SHREE DURGA	30	20CM11032	SYED AHMED FARAAZ
8	20CM11009	HEMALATHA .R	31	20CM11033	VASUDHA NAGAR
9	20CM11010	INDRA S	32	20CM11034	YASHWANTH LOKESH REDDY
10	20CM11011	JACOB KURIAN	33	20CM11035	JUSTIN JOSEPH
11	20CM11012	JEEVAN JOTHI Y	34	20CM11036	STEPHY P SANTHOSH
12	20CM11013	KARAN KHADKA G	35	20CM11037	PHEBE J
13	20CM11014	KENNETH WILSON BAVACHAN	36	20CM11038	AMRUTHA NARAYAN N
14	20CM11015	MERIN MARIA JOSH Y	37	20CM11039	IRENE PRISCILLA
15	20CM11016	MILAN FRANCIS	38	20CM11040	RACHEL MARIA G
16	20CM11017	NISHCHITHA N	39	20CM11041	ASHWATHI P KUMAR
17	20CM11018	RABEES RASHEED	40	20CM11042	PRAGATI GAUR
18	20CM11019	RACHEL MARINA	41	20CM11043	KANNAN G
19	20CM11020	RAJESH R	42	20CM11044	SACHIN SUNIL
20	20CM11021	RANDOLF LEISHANGTHEM	43	20CM11045	STEEPHEN P GEORGE
21	20CM11022	RASHMI KN	44	20CM11046	NEDHYA K
22	20CM11023	RINSU M DANIEL	45	20CM11047	RAMITHA RAJEEV
23	20CM11024	RONA JOSEPH	46	20CM11048	TIKSHA K PATEL

DEPARTMENT OF COMMERCE (PG)
AN EXPERT TALK ON WHOLESOME WELLBEING & LEADERSHIP
DATE: 30th SEPTEMBER, 2021
I M.COM FA

SL.NO.	ROLL NO.	STUDENT NAME
1	21MCFA01	ADOLF S JOY
2	21MCFA02	AHNA RAICHEL VARGHESE
3	21MCFA03	ALEN SUNNY
4	21MCFA04	ANGEL THERESE KAVUNGAL
5	21MCFA05	ANUKRITHI V S
6	21MCFA06	ARATHI KRISHNA S P
7	21MCFA07	ASHA R
8	21MCFA08	CHAITRA DEVI R
9	21MCFA09	DONA BINU
10	21MCFA10	FEBIN PAUL DEVID
11	21MCFA11	GAYATHRI R
12	21MCFA12	GOUTHAMI S
13	21MCFA13	HARINIE R
14	21MCFA14	JERIN VARUGHESE GEORGE
15	21MCFA15	JEWEL SARA JAYAN
16	21MCFA16	JOEL B SHAJI
17	21MCFA18	KARISHMA KAVERI K S
18	21MCFA19	LIBIN KURIAKOSE
19	21MCFA20	MELVIN THOMAS KURIEN
20	21MCFA21	MERLEY MICHAEL XAVIER
21	21MCFA22	MERRYLIN TERISHIA M
22	21MCFA23	MOHAMED SATHICK A
23	21MCFA24	NAVYA SHAJU
24	21MCFA25	PRAICY M
25	21MCFA26	RINI MARY BIJU
26	21MCFA27	RIYA MARIA JOSEPH
27	21MCFA28	ROHITH REDDY B S
28	21MCFA29	SANDHYA R
29	21MCFA30	SANDRA SUSAN JOHN
30	21MCFA31	SANGHAMITRA BHARDHAN ROY
31	21MCFA32	SHARON V THOMAS
32	21MCFA33	SHASHANK P
33	21MCFA34	SNEHA YOHANNAN
34	21MCFA35	SNEHAVALLI R
35	21MCFA36	SONIYA R
36	21MCFA37	SONY MATHEW SAM
37	21MCFA38	TIMYA S ABRAHAM
38	21MCFA39	UMME HANI HAROON
39	21MCFA40	VIJAY
40	21MCFA41	JOEL TOM

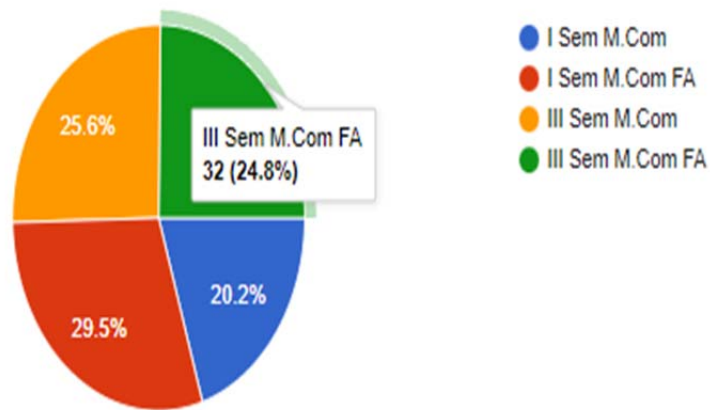
DEPARTMENT OF COMMERCE (PG)
AN EXPERT TALK ON WHOLESOME WELLBEING & LEADERSHIP
DATE: 30th SEPTEMBER, 2021
I M.COM

SL.NO.	ROLL NO.	STUDENT NAME
1	21MCOM01	AMALU SHAJU
2	21MCOM02	AMRITA KUMARI
3	21MCOM03	ANN MARY JOHNS
4	21MCOM04	ANNAMARIYA
5	21MCOM05	ANUSHA MURRLI
6	21MCOM06	B V N SRILALITHA
7	21MCOM07	M R BHAVANI
8	21MCOM08	DOLLY BORUAH
9	21MCOM09	FREEDA SHEEBA
10	21MCOM10	GAGANA R
11	21MCOM11	H MURALIDHARA
12	21MCOM12	HARSHITA KUMARI
13	21MCOM13	HARSHITH U
14	21MCOM14	JINU JOSE
15	21MCOM15	JOSE M GEORGE
16	21MCOM16	LALREM RUATI F
17	21MCOM17	LITTY MARY THOMAS
18	21MCOM18	MERIN MATHEW
19	21MCOM19	NAYANA SHREE B
20	21MCOM20	NIVON MARIAM KURUVILLA
21	21MCOM21	P R SAMHITA
22	21MCOM22	PRADEEP NATHAN P
23	21MCOM23	RASHMITHA I
24	21MCOM24	RESHMA ELSA SABU
25	21MCOM25	ROSE P SAJU
26	21MCOM26	SHARON V J
27	21MCOM27	SHREYAS GOWDA R
28	21MCOM28	SINDHU K
29	21MCOM29	SOBHA GAUTAM
30	21MCOM30	SONY N
31	21MCOM31	STANES D ALMEIDA

DEPARTMENT OF COMMERCE (PG)
AN EXPERT TALK ON WHOLESOME WELLBEING & LEADERSHIP
DATE: 30th SEPTEMBER, 2021
FEEDBACK REPORT

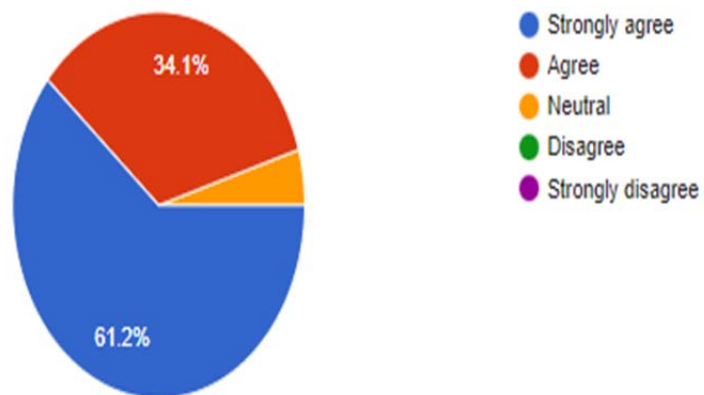
Class:

129 responses



1. Lecture & presentation was enlightening

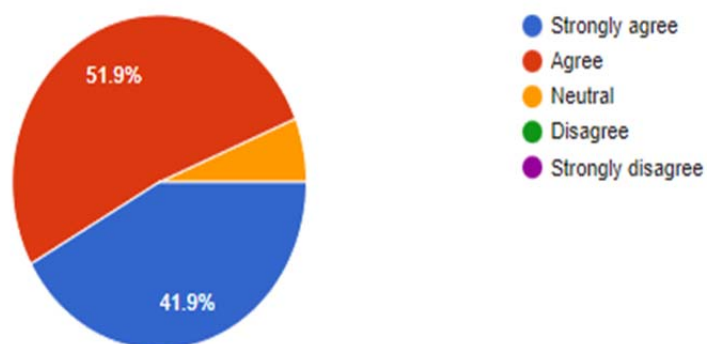
129 responses



2. Information presented was new

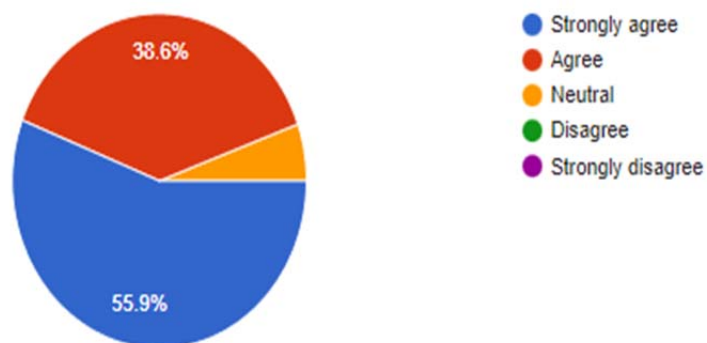


129 responses



3. Presentation was relevant

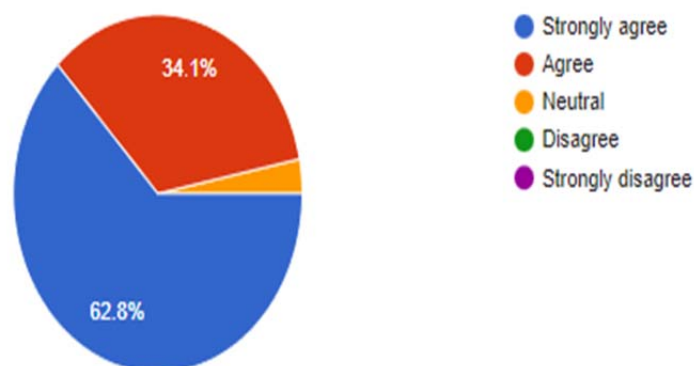
127 responses



4. Content was delivered efficiently

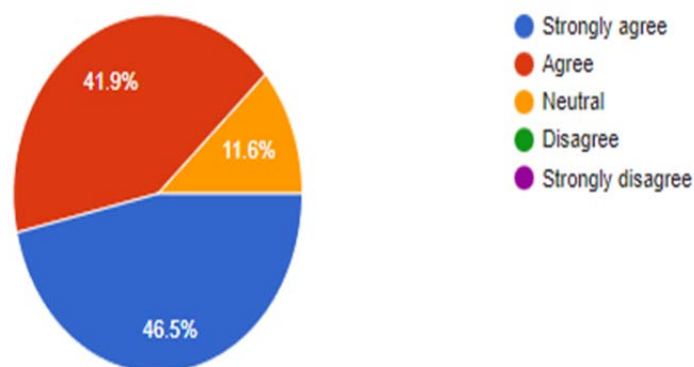


129 responses



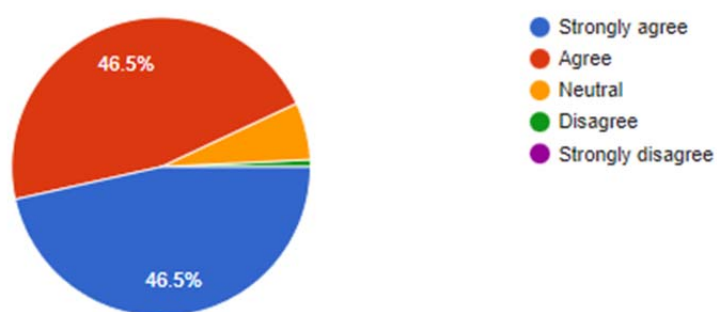
5. Audio / Visual / Overall Quality of Zoom was effective

129 responses



6. Discussions were interesting

129 responses



7. According to you, what were the strengths of the presentation?

75 responses

Informative

Good

Videos Made the presentation more interesting and understandable

Valid points

Good Content.

Everything was presented clearly and there was no lag in the topics. Sir has cleared explained the topics.

Thinking skills are very important for leadership

Language and knowledge



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DEPARTMENT OF SOCIAL WORK

World Mental Health Day 2021

Title: Expert Lecture on Emotional Hygiene: Key to Hope and Happiness

Date: 8th of October, 2021

Number of Beneficiaries: 70 (1st & 2nd Year MSW students, Kristu Jayanti College Bangalore)

Resource Person: Ms. Yogeeta Kadian, Founder and Director, Manosamvaad; Psychologist and Hypnotherapist.

Objective: The objective of the lecture was to provide the social work trainees with information and knowledge about mental health, its importance and how one can maintain mental wellbeing. The lecture served to provide insight on the various aspects of mental and emotional health, and how it is very important at all stages of an individual's life.

The conference began with invoking the blessings of God Almighty with an Invocation Song by the Department choir. **Dr. Jonas Richard A**, Head, Department of Social Work, delivered the introductory remark, giving the participants an overview of the session. Sir spoke about how physical health of human beings is much spoken about but emotional health is just as vital for overall wellbeing of the individual. Sir emphasised about how emotions are invisible to the eye but has much involvement in the decisions that we make. **Ms. Tanya Vats** (social work trainee) introduced the resource person of the session.

Ms. Yogeeta Kadian started the session by introducing herself, giving the background of her organization, what the organization does and how it functions as well its activities during the uncertain times of COVID-19 pandemic. Ma'am then spoke about how when we ask people how they are doing, they tend to often give a general answer of they are fine and don't talk about how they are really feeling or going through, how that is the way that we have been taught or that is what we see. Ma'am then went on to ask the participants how they take care

of themselves, and then pointed out how almost everyone related taking care of themselves with their physical wellbeing.

Ma'am then spoke about emotional and physical pain, the differences between them, about how physical pain is visible, validated and treatment and emotional pain is invisible, invalidated and untreated. She then spoke about physical hygiene such as taking bath regularly, keeping our surroundings clean, etc. and about emotional hygiene, to question our emotions, to keep away from negative thoughts and maintaining a balance. Ma'am then emphasized on the different types of emotional injuries, failure, rumination, rejection, loneliness, fear, anxiety, depression, etc. which is something that one might have experienced at any point of their lives. Ma'am went on to explain each type of emotional injury in detail.

Ms. Yogeeta Kadian gave insight on how to practice emotional hygiene. She spoke about being aware of emotional pain, to stop emotional bleeding by not rethinking about things that are hurting us again and again, by protecting one's self-esteem, by challenging negative thoughts and by seeking help or practicing self-help. Ma'am answered various questions and doubts that the attendees had and kept the session very interactive and interesting.

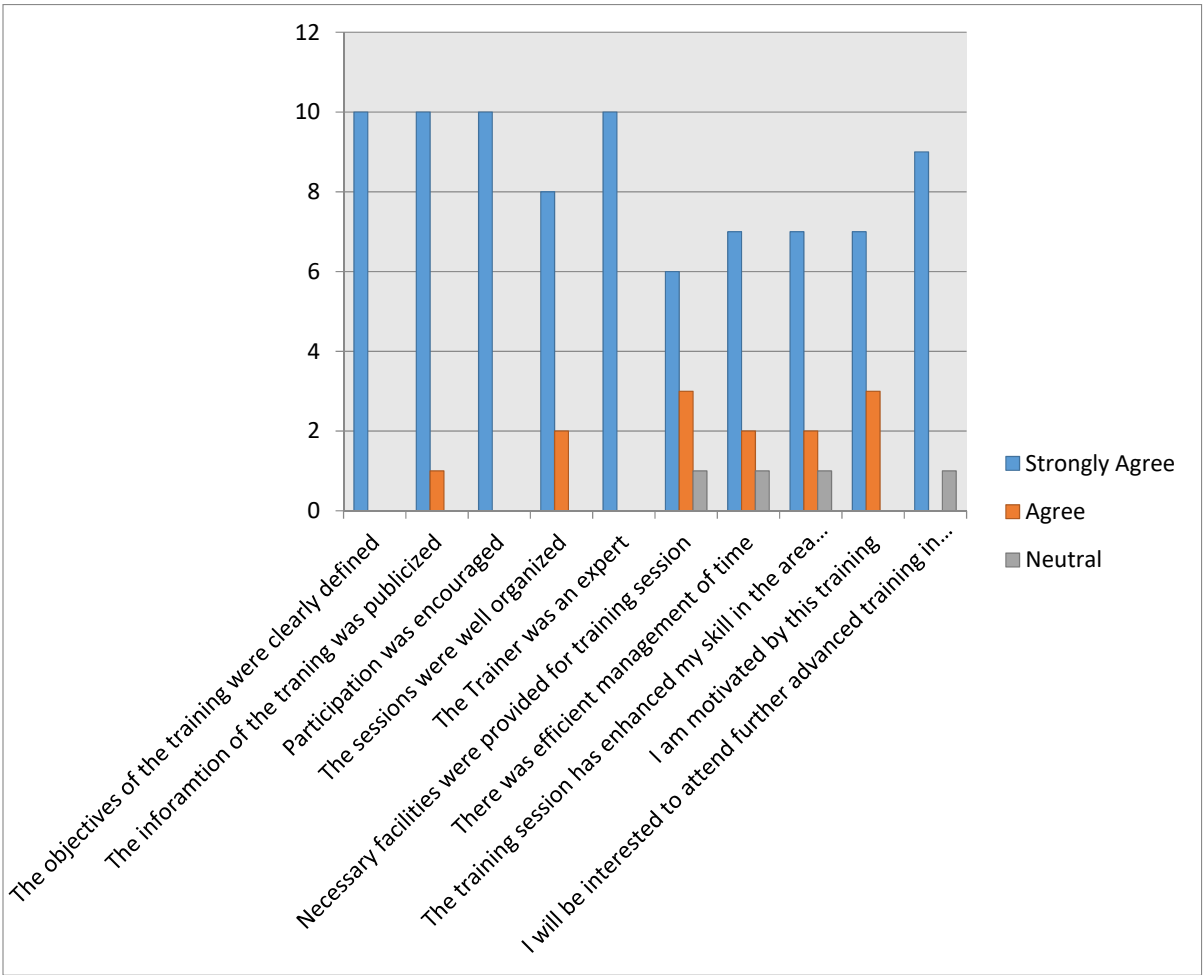
The lecture was formally concluded with a vote of thanks by **Mr. Allen A. Marattil**(social work trainee).

Outcome: The trainees were grateful for having the opportunity to be a part of such an informative and interesting lecture that would help them to get a better understanding of themselves and how to practice emotional wellbeing.

Feedback: The participants are grateful to the department for organizing such an educative and interactive lecture as it helped them in gaining expert guidance on emotional hygiene, it's importance in an individual's life and helped them understand the various types of emotional injuries and how to practice emotional hygiene.

Link- <https://glimpses.kristujayanti.edu.in/news/expert-lecture-on-emotional-hygiene-key-to-hope-and-happiness>

Feedback Chart:





Kristu Jayanti College
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DEPARTMENT OF PROFESSIONAL ACCOUNTING AND FINANCE

Awareness Programme on

“Menstrual Health and Hygiene”

Date: 26/10/2021

Time: 10.00am

Classes Attended & Number of beneficiaries: 278 (Ist Sem and 2nd Sem B.Com Girl Students)

Name and details of the Resource Person: Ms. Roshnee Bhowmick , CSR Executive, Unicharm India.

Objective: The importance of gender specific awareness about ‘Menstrual Health and Personal Hygiene’.

Brief Write up on the Programme: The Women Empowerment Cell in collaboration with the Department of Professional Accounting and Finance, Kristu Jayanti College (Autonomous) Bangalore, organized an awareness programme on “Menstrual Health and Hygiene” exclusively for the first and second year undergraduate girl students of the department on 26th October 2021 at 10:00 am via Zoom Video conferencing portal. Ms. Theertha , the student coordinator, welcomed the gathering. The resource person for the session was Ms. Roshnee Bhowmick, CSR Executive, Unicharm India. She enlightened the students about the importance of personal hygiene and the menstrual Health.

In her talk, Ms. Roshnee Bhowmick, mentioned the significance of regular exercise, proper diet and stress-free environment for proper reproductive health and highlighted on the

inevitability of being aware of personal growth and changes and irregularities in the menstrual cycle that could be indicators of serious health issues. The speaker shared insights on the biological aspects of growth and changes in women and gave tips on how to improve on their personal hygiene. Ms. Roshnee Bhowmick, harped on the necessity to practice yoga especially vajrasana, shaahnkasana and Ma

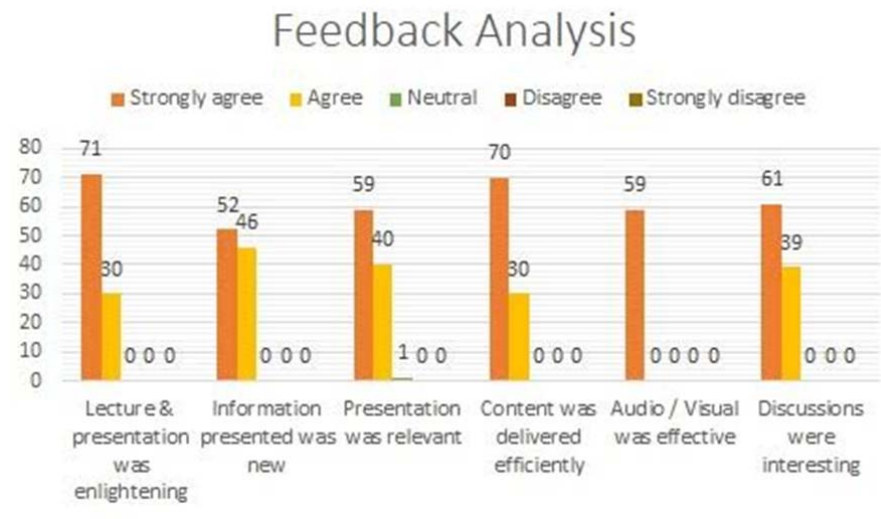
rjariasana and regular exercises for student's personal well-being and also shared tips on how to prepare and deal with stress and mood-swings on the days of menstruation. She spoke about hormonal changes that lead to emotional and behavioural changes during puberty. Around 300 participants attended the session with great enthusiasm. The session was interactive and several queries were raised by the students and all the queries were addressed by the speaker. The session ended with a Vote of Thanks.

Web URL: <https://kristujayanti.edu.in/academics/College-Arts-Science-Commerce/faculty-commerce-management/Professional-Accounting-Finance/Guest-Lectures.php>

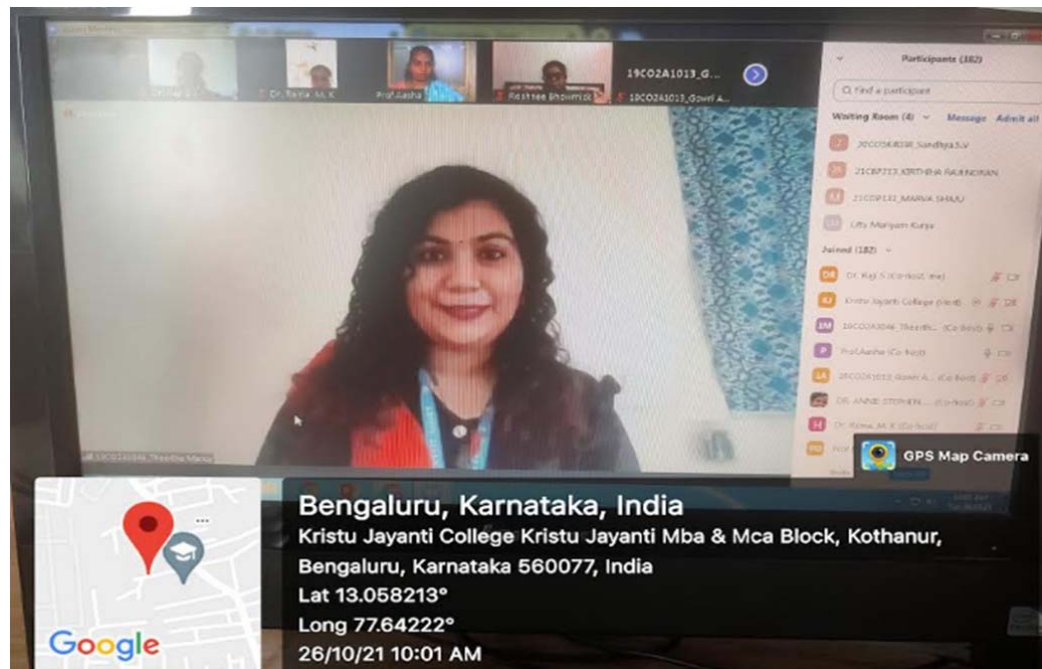
Feedback:

How were these areas addressed	Strongly agree 5	Agree 4	Neutral 3	Disagree 2	Strongly disagree 1
Lecture & presentation was enlightening	70.4	29.6	-	0	0
Information presented was new	52	46	2	0	0
Presentation was relevant	59	40	1	0	0
Content was delivered efficiently	70	30	-	0	0
Audio / Visual was effective	59	41	-	0	0
Discussions were interesting	61	39	-	0	0

Graph:



Photos



Welcoming the Resource Person

Digital Signage



List of Participants –Awareness Programme on “Menstrual Health and Hygiene”

Sl.NO	Name	Reg, No
1.	M.Sandhya	21CHP316
2.	Maria Rachitha	20CO2H8424
3.	Merin	21CMP732
4.	Dhrashti Shetty	21ACP614
5.	Sonia Kar)	21CBP223
6.	Jyothika Krishna	21ACP522
7.	Shadiya Zubair U	19HU6H2110
8.	Avi Vijay	20CO3H7346
9.	Lalrothangi	21CHP315
10.	Likitha	21CHP415
11.	Ann Mariya Sony	20CO2A8387
12.	Sandra Francis	20CO3A7336

Sl.NO	Name	Reg, No
13.	Deblinabar	21ACP613
14.	Anuritha C	21CBP305
15.	Sharika V	20CO3K7375
16.	Devika Chandran	21CMP719
17.	Rose Theresa Cyril	21CMP741
18.	Bhoomika.M	21CBP406
19.	Theres Ann Roy	21CBP229
20.	Anakhatr	21CMP707
21.	Sneha Jagadheesh	20CO3A7338
22.	Saatvika	21CMP716
23.	Sarah. Bragança	20CO3A733
24.	Pooja Shri	21ACP639
25.	Theertha Manoj	19CO2A1046
26.	Shwetha Sugathan	20CO5A4021
27.	Nikitha	21CHP421
28.	Thanuja S M	21CMP750
29.	Anu Rosita.B	21CHP404
30.	Rinta (Rinta Susan Reni)	21CMP740
31.	G.Sandhya	20CO2H9481
32.	Lena Ann Thomas	21CMP730
33.	Nandanakrishna	21CBP419
34.	Darshana R	21COP112
35.	Teresa Wilson	21ACP555
36.	Jia Susan Joseph	20CO4A5050
37.	Sneha Deena Sunny	20CO2A8415
38.	Gowri Alanchery Sajeesh	19CO2A1013
39.	Janhavi	21CBP408
40.	Amreen Taj.S	20CO2H8420
41.	P U Shreya	21CHP320
42.	Shruthi S	20CO2H8430
43.	Aswathy .	20CO2A8390

Sl.NO	Name	Reg, No
44.	Julia Maria Siby	21ACP627
45.	Pavitra S	20CO3K7371
46.	Anjali Sreejith	21CHP402
47.	Priyanka.S	20CO3K7372
48.	Wethajs	21CBP409
49.	Blessy Vinu	21CMP714
50.	Riya Elizabeth Abey	21CMP701
51.	Smriti	21CMP748
52.	Ananya Suku Mathews	20CO2A9444
53.	Ann Maria	21CMP710
54.	Hridya H	21CHP216
55.	Jb Monisha	21ACP624
56.	Punyashree S	21CHP226
57.	Dhruthi K	20CO5A5047
58.	Neya Susan Varghese	20CO2A9464
59.	Acxa Susan Thomas	21CMP701
60.	Shindushreep	21CBP221
61.	Tinarani Biswas	21ACP557
62.	Mounika B R	21CBP316
63.	Navyabai L	21CBP318
64.	_Irine	21CBP210
65.	Navya D R (Navya D R)	21CBP420
66.	Ranjini.M (21chp325)	21CHP325
67.	Yashoda M	21CBP334
68.	Devika Venugopal	20CO2A9451
69.	R Parvathipriya	20CO4H4028
70.	Nandini Iyer	21CHP420
71.	Swethajs	21CHP332
72.	Sammata Bhargavi	20CO5H5060
73.	Gayathri Dev (Gayathri Dev)	21ACP619
74.	Sruthi Suresh	20CO5A5059

Sl.NO	Name	Reg, No
75.	Sowmya.S	21CBP225
76.	Sharanya S	21CBP323
77.	Nayanendu Biju	20CO2A9463
78.	Rn Harshitha	21CHP323
79.	Samiksha Srivastava	21CHP328
80.	Garima Prasad	20CO5A6082
81.	Meenakshius	21CHP221
82.	Gohar	21CHP214
83.	Chennel Coutinho	21CBP206
84.	Gowri Shreya	20CO3H7349
85.	Rithika Rajkumar	20CO3H7354
86.	Aishwarya.V (Aishwarya V)	21CBP302
87.	Agnus Elizabeth Biju	20CO2A9442
88.	Preeti Sharma	20CO3A7335
89.	_Angela Erin	20CO2A9445
90.	Pooja Cs (20co4k5072 Pooja Cs)	20CO4K5072
91.	Fiona Mary Wilson	21ACP618
92.	Sheethal Alakkadan Veetil	21ACP548
93.	Anitta Thomas	21CBP203
94.	Trushelle	21CBP230
95.	_Jyotsna R	21CBP311
96.	Naomi Susan Ajith	20CO2A8405
97.	21chp422_Piyusha Latheesh	21CHP422
98.	20co2h9484 _ Leela Lakshmi A	20CO2H9484
99.	21CBP426_SANDHYA V (Sandhya V)	21CBP426
100.	20co5h5069_Sruti Sn	20CO5H5069
101.	21cbp411_Hanna	21CBP411
102.	20co3a7326_Ashika Xaviour A	20CO3A7326
103.	20co4k6099_Rithu Varna	20CO4K6099
104.	21CBP423_Ritta	21CBP423
105.	Sreenandhana	21ACP542

Sl.NO	Name	Reg, No
106.	Asna.V	21ACP509
107.	Aysha Zareena K	20CO3A7327
108.	Gayathri Rajan	20CO3K7366
109.	Madhavi.U (Madhavi U)	21CHP219
110.	Jenifer Basilica A	20CO4H4023
111.	P Saakshi	20CO3A7333
112.	Sneha S	20CO2H9490
113.	Poovamma N	21CBP322
114.	Sarmista Dey	21CBP219
115.	Prachi Prabina	20CO5A6088
116.	Johanna Susan Eapen	20CO5A6085
117.	Triphosa.V	21CBP432
118.	Rakshitha R (Rakshitha R)	21CBP218
119.	Serene Deborah	21CBP427
120.	Rafat Taliya	21ACP537
121.	Aditi Reghunath	21CBP301
122.	Priyatharseni D	21CHP322
123.	Keerthana Anilkumar (Keerthana Anilkumar)	21ACP628
124.	Sheeba R	21CBP220
125.	Ananyad	21ACP506
126.	Archana G	20CO6H6308
127.	Almo Tom	21CHP302
128.	Neha	21CBP319
129.	Nandana A R	20CO2H9487
130.	Pooja.D	20CO3H7353
131.	Sreeshnarajanak	21ACP653
132.	Merin Susan Kurian	21ACP529
133.	Shreevidhya (Shreevidhya)	21CHP428
134.	Sreevardhini.R	20CO2A9473
135.	Chandrika Kumari Khadka	21ACP511
136.	Nakshatra Ns	21CHP319

Sl.NO	Name	Reg, No
137.	Annmaria	21CBP304
138.	Maria Sara Paul	20CO3A7331
139.	Remyasree K R)	21ACP641
140.	Nandini R	21ACP635
141.	Amrutha C Arun	20CO3A7325
142.	Sandra	21CHP329
143.	Hanna	21ACP622
144.	Soniya Kumari	21ACP652
145.	Sarah Mohiuddin	21ACP545
146.	Teresarajeshambooken	21CMP749
147.	Grace Mariam Johnson	21ACP518
148.	Aleena T Raymond	20CO2A9443
149.	Aksa (Aksa Angel Thomas)	21CMP704
150.	Daita Moukthika (Daita Moukthika)	21CHP308
151.	Priya T (Priya T)	
152.	Adithya P (Adithya P)	21CHP301
153.	Malathi R (Malathi R)	21CHP417
154.	Angel Laurance	20CO2H9480
155.	Arunima C Emmanuel	20CO4A6083
156.	Sreeshma Nair	21CHP232
157.	Negha Prakash	20CO5K6094
158.	Preethi Yadav M (Preethi Yadav M)	21COP138
159.	Supreetha.P	21CHP331
160.	Savithakumar	20CO3H7355
161.	Maria Annette Alisha	21CHP220
162.	Anamika	21CBP402
163.	B N Ramya	21CHP305
164.	Anna David	20CO5A5042
165.	Sheryll Ann Chacko	21ACP650
166.	Binil Elza Benny	20CO3A7328
167.	Lisha. V	21ACP647

Sl.NO	Name	Reg, No
168.	Megha Mohan	20CO5A4013
169.	Jyoti Bhadouria	21CMP728
170.	Archana.K	20CO3K7362
171.	Negha Prakash	21CHP331
172.	Dona Elizabeth Joy	20CO2A9452
173.	Harshitha SK	20CO4K5075
174.	Bency Chacko	20CO5A5046
175.	Varsha	21CBP231
176.	Sreelakshmi	21CBP226
177.	Sandhyarani Jena	21ACP647
178.	Alina Jomy	21CBP401
179.	Carol Sunny	21CHP307
180.	Nimisha Shaji	20CO2H9488
181.	Sarannyavijith	21ACP648
182.	Jeevitha D	20CO5K4034
183.	Keerthana.J	21CHP412
184.	Shalini Singh	21CBP227
185.	Sowmya	21CBP425
186.	Veena S Nair	21CHP307
187.	Lena Theresa Danty	21CBP402
188.	Nandhanaa.B	21ACP534
189.	Greeshma G	20CO6H6312
190.	Suba Raveena D	20CO3K7377
191.	Malissa Rachel Saji	20CO2A9458
192.	Sheethal M Nair	21ACP649
193.	Durga M.	20CO3H7348
194.	Vinutha Shinde R	20CO4H6095
195.	Bhavya A A	20CO2A9438
196.	Harsha S	21CBP412
197.	Erinemaryjoe	21CHP212
198.	Ribi Sabu Mathew	21CBP401

Sl.NO	Name	Reg, No
199.	Ezrela	21ACP516
200.	Kirthiha Rajendran	21CBP213
201.	Sandhya.S.V	20CO5K4038
202.	Litty Mariyam Kunju	21CBP422
203.	Marva Shaju	21COP131
204.	Nidhi K T (Nidhi K T)	21CBP444
205.	SREELAKSHMI K	21COP150
206.	Ashwathy A Nair	21ACP610
207.	Ritika	21COP140
208.	Nitya Chaudhary	21CBP415
209.	Vandana	20CO4A5051
210.	Stenniethomas	21ACP552
211.	Riya Pandey	21CHP22821
212.	Ann Maria Xavier	21CHP205
213.	Srivarshini J P	20CO4A6090
214.	Varshini R	20CO4H5069
215.	Komathi N	20CO5K5073
216.	Sameera Khanum	21CBP325
217.	Monalika	21ACP530
218.	Anjana Michael (Anjana Michael)	21CHP403
219.	Nanditha R	20CO2K9493
220.	Veena S Nair	20CO4K5074
221.	Kavyashree R	20CO2K8434
222.	Rene	21ACP623
223.	Bindhu V	20CO3K7364
224.	Sanjana S	20CO3K7374
225.	Jophi Wilson	20CO2H9483
226.	Anusree S	20CO3H7343
227.	Kavya J	21ACP525
228.	Alene Samuel	21CBP402
229.	Renu Abraham	20CO5H5067

Sl.NO	Name	Reg, No
230.	Nandana K	21COP135
231.	Annapoorneshwari R	20CO4K5071
232.	Aan Maria	20CO3A7322
233.	Nisarga H R (Nisarga H R)	21ACP535
234.	Divya Shree M	20CO5K4033
235.	Devu Sreelal	20CO3H7347
236.	S S Ashwathy	21CHP230
237.	21acp519	21ACP519
238.	Thrisha S	21COP153
239.	Shreya R Kanchan	20CO5K6096
240.	Chinmayi	21CBP416
241.	Lydia Meriam Joseph	20CO4A608
242.	Harshitha	21CBP424
243.	Sejalssarvade	21ACP547
244.	Sanskriti Gupta (Sanskriti Gupta)	21ACP544
245.	Sowmya Subash (Sowmya Subash)	21ACP551
246.	Sharanya Iyengar	20CO2A9471
247.	Meghana Chauhan	21CBP416
248.	Pooja V	20CO5K5076
249.	Dhiksha S	20CO5K4032
250.	Bhumika M	20CO3K7363
251.	Shalini.S	20CO4H4029
252.	Geethika R	21ACP620
253.	Tessia Elsa Baiju	21ACP654
254.	Ashwini . A	20CO5K5070
255.	S.Harshitha	20CO5A609
256.	Alice Rethi	21CBP416
257.	Merlin John.C	20CO5K5074
258.	Mathivadhani J	21COP132
259.	Gulshan 19co3h1096_Gulshan	19CO3H1096
260.	Sneha Anna Shaji	20CO5A6091

Sl.NO	Name	Reg, No
261.	Apphia Susan Mathew	21COP131
262.	Nikitha Sajan	21CBP320
263.	Jahnavi	20CO4K6096
264.	Pooja S	20CO2K9494
265.	Sonia N	20CO3H7359
266.	Shita Gupta (Ishita Gupta)	21CMP722
267.	Arundhathy Sankar	20CO2H8421
268.	Nupurjain	21COP125
269.	Lena Merin Biju	21CMP731
270.	Christy Joseph	20CO5A4007
271.	Isiri N	21CBP211
272.	Dhrti Bhavesh Rathod	21CHP211
273.	Maahi Pal	20CO5A4012
274.	Shifa Mariam A	21ACP651
275.	Reevetomy	21CHP423
276.	Sheryl M	21CBP327
277.	Kavya Jangir	21CBP322
278.	Divya R	20CO4K5073

Prepared By Dr.S.RAJI



Department Coordinator

Dr. Annie Stephen



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Capability Enhancement Programme on Mental Well-being **Organised by the Department of English (UG)**

Date: 12-11-2021

Time: 10:30- 11:40 AM

Venue: Zoom platform

Attendees: III JPENG A, JPENG-B and BA English (Hons) students

Resource person: Dr. Nalini, Assistant Professor, VIT,Vellore

Objective

The main objectives of the programme were to

- raise awareness about the mental health,
- reduce stigma associated with mental illness, and
- promote help seeking behaviors and emotional well-being practices.

Brief report:

A session on *Capability Enhancement Programme on Mental Well-being* was convened to make students aware of their mental health and wellbeing. The session began with a welcome note by Ms. Diya Susan, second year student. Followed by a concise introduction of the resource person, Dr. Nalini by Dr. Samjaila.

Dr. Nalini commenced the session with an introduction on the necessity of well-being for mankind. She proceeded to show how that could be attained through a balanced co-existence between the self and the body by qualitative and quantitative processes. She stressed on the fact that the needs of the body cannot be fulfilled neither by right understanding and feelings alone

nor by physio-chemical factors. Harmony of the self can be attained only by the correct understanding of our desire, thought and expectation in accordance with natural acceptance.

Dr. Nalini proceeded to guide the students towards the process of Right Understanding by showing them the steps to self-exploration. She clearly expressed the importance of Verification and Experiential Validation before acceptance of any form of Proposal. To reach the full capacity of good mental well-being, it is imperative to learn to live with other human beings to achieve mutual happiness and also to work with the rest of nature accordingly.

The session concluded with an open discussion, and question and answer. After which, Ms. Diya Susan thanked the management, the resource person, organizers and the participants.

Organizers:

Dr. Masilamani C, Dr. Samjaila TH, Dr. Lalmalsawmi Ralte and Dr. Ruth Magdalene T

Recording

20HUSA2055 Nimi entered the waiting room

Admit View

6

Human Being मानव	Self मैं	Co-existence सहअस्तित्व	Body शरीर
Need आवश्यकता	Happiness (e.g. Respect) सुख (जैसे सम्मान)		Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
In Time काल में	Continuous निरन्तर		Temporary सामयिक
In Quantity मात्रा में	Qualitative (is Feeling) गुणात्मक (भाव है)		Quantitative (Required in Limited Quantity) मात्रात्मक (सीमित मात्रा में)
Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव		Physio-chemical Things भौतिक-रासायनिक वस्तु
Activity क्रिया	Desire, Thought, Expectation... इच्छा, विचार, आशा...		Eating, Walking... खाना, चलना...
In Time काल में	Continuous निरन्तर		Temporary सामयिक

Dr. Samjalia TH

Dr. Samjalia TH




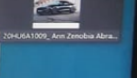
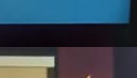
Dr. E. Nadei

20HUSA1009_Diya Susan John

Dr. Maslamani C

Dr. Maslamani C

20HUSA1009_Ann Zenebia Abre...

Recording

20HUSA2055 Nimi entered the waiting room

Admit View


4

Human Being मानव	Self मैं	Co-existence सहअस्तित्व	Body शरीर
Need आवश्यकता	Happiness (e.g. Respect) सुख (जैसे सम्मान)		Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
In Time काल में	Continuous निरन्तर		Temporary सामयिक
In Quantity मात्रा में	Qualitative (is Feeling) गुणात्मक (भाव है)		Quantitative (Required in Limited Quantity) मात्रात्मक (सीमित मात्रा में)
Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव		Physio-chemical Things भौतिक-रासायनिक वस्तु

The needs of the Body can not be fulfilled by Right Understanding, Right Feelings alone
The needs of the Self can not be fulfilled by Physio-Chemical Things

Both type of needs have to be understood separately
Both type of needs have to be fulfilled separately

In living, what is the priority?
How much time & effort is spent for right understanding & right feelings?
How much time & effort is spent for physical facility?



Dr. Samjalia TH






Dr. E. Nadei

20HUSA1009_Diya Susan John

Dr. Maslamani C

Dr. Maslamani C

20HUSA1009_Ann Zenebia Abre...

Harmony in Self = D, T, E in accordance with Natural Acceptance

	Force / Power बल / शक्ति	Activity क्रिया
1.		
2.		
3. Desire इच्छा		
4. Thought विचार		
5. Expectation आशा		

Information
Body शरीर

Behaviour व्यवहार

Work कार्य

Natural Acceptance INTENTION

↓

COMPETENCE What You Are

Happiness = To be in a state of Harmony

14

Dr. Samjalla TH

Dr. Samjalla TH

Dr. E. Nalin

20HJ4A1009_Diya Susan John

Dr. Masilamani C

Dr. Masilamani C

20HJ4A1009_Ann Zenobia Abra...

Process for Right Understanding: Self-exploration

Whatever is stated is a **Proposal** (Do not assume it to be true/ false)
Verify it on your own right

1 Verify
on the basis
Of
your
Natural
Acceptance

2 Experiential Validation

Live according to it

2a

Behaviour with
Human Beings

Mutual Happiness

2b

Work with
Rest of Nature

Mutual Prosperity

Right Understanding

Which process is Naturally Acceptable to you?

A process of self-exploration, self-verification on your own right, leading to understanding in yourself
or
A process of do's & don'ts, in which you assume what is said, without verification

5

Dr. Samjalla TH

Dr. E. Nalin

20HJ4A1009_Diya Susan John

Dr. Masilamani C

Dr. Masilamani C

20HJ4A1009_Ann Zenobia Abra...

LIST OF PARTICIPANTS

20HU6A2093	SRUTHY NANDANA SURAJ
19HU6A1034	RHEA ANNA VARKEY
19HU6K1018	SHREEHARI
20HM1A1001	ALEENA FRANCIS
20HM1A1002	ALFA THANGTHIANLIAN
20HM1A1003	ANAGHA PARVATHI
20HM1A1004	ANANYA DEB
20HM1A1005	ANANYA SONTALIYA
20HM1A1006	ARCHANA S
20HM1A1008	EVELYN GEORGE
20HM1A1010	ATONTHEI LUIKHAM
20HM1A1015	SEJAL VIJAYVERGIYA
20HM1A1016	SENJUTI GHOSH
20HM1A1019	NIYATI SHARMA
20HM1A1020	SHREYA SAJITH
20HM1A1022	SOHA ANWAR
20HM1A1023	SONALI MIDHA
20HM1A1026	WONMACHUI LUIKHAM
20HM1A1032	SHOMBIT DAS
20HM1H1029	SHAYESTA TASKEEN HOQUE
20HM1H1034	MOUMITA DAS
20HU4A1003	DIYA SUSAN JOHN
20HU4H1028	JENFA P JOHN
20HU4H1032	PRATHAM BASU
20HU6A1001	AARON
20HU6A1002	ABISHA SHARON
20HU6A1003	ACHSAH MATHEW
20HU6A1004	ADITEE
20HU6A1005	ALANSIA AJAY
20HU6A1006	AMALA JOSEPH
20HU6A1007	ANAGHA S
20HU6A1009	ANN ZENOBIA ABRAHAM
20HU6A1015	CLAIRE NOBLE
20HU6A1016	DAKSHINA ARUN SANKAR
20HU6A1019	DONA SUSAN SHIJU
20HU6A1022	FIONA GLORIA VAZ
20HU6A1024	JONATHAN ELIMULLIL
20HU6A1025	K LAKSHMI VENUGOPAL
20HU6A1027	KRIKA GURUNG

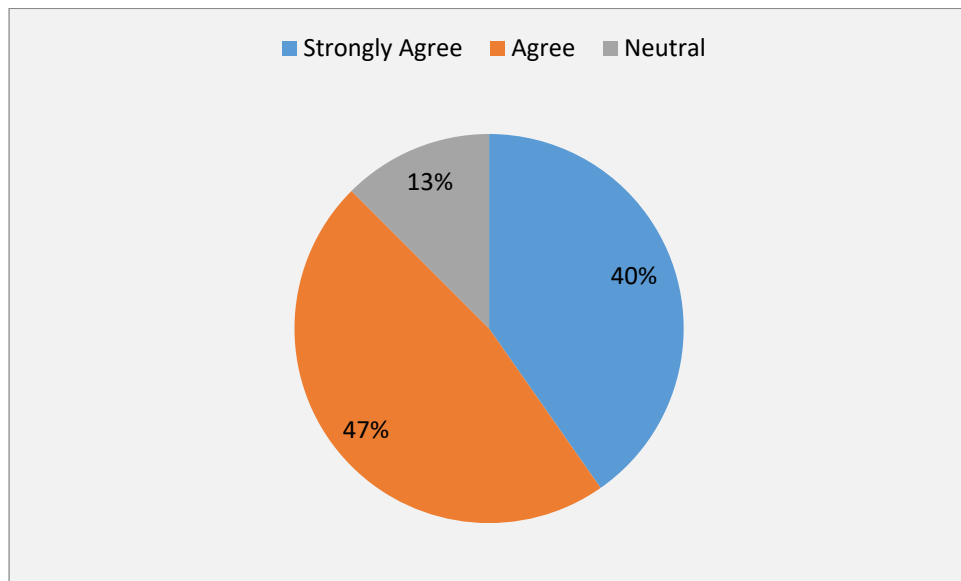
20HU6A1029	MONISHA
20HU6A1030	NGAWANG SALDON
20HU6A1031	NIVEDITHA
20HU6A1032	RACHEL LALRINHLUI
20HU6A1033	RACHEL BETHLENE ROZARIO
20HU6A1035	SANDRA SARA SALMON
20HU6A1036	SHAN KARIYIL SAJI
20HU6A1039	SONIA SHALET. T
20HU6A1044	TANVI STELLA BALMUCHU
20HU6A1045	VAIBHAVI SINGH
20HU6A1046	YACHANA GOYAL
20HU6A2057	ABISHA.V (HELAN.V)
20HU6A2058	ALAN REJI
20HU6A2060	ANDREAH MATHEWS
20HU6A2061	ANGEL ANDREA D
20HU6A2062	ANGEL ANNA ANI
20HU6A2063	ANJANA R MENON
20HU6A2064	ANNIE MOL N
20HU6A2065	ANUSHA JOSH Y
20HU6A2067	ARYAANNLAZAR
20HU6A2068	ATHENA JOPHY
20HU6A2069	CHANDRIKA TUMMALAPENTA
20HU6A2070	CHOEKYI DOLMA
20HU6A2071	DIYA ANN ANIL
20HU6A2072	EVANGELIN MARIAM
20HU6A2073	FAHEEM HYDER
20HU6A2074	FAIZA ANJUM
20HU6A2075	GEO ANN TOM
20HU6A2076	HARSHA ANN BIJU
20HU6A2077	JANICE DAISY
20HU6A2078	JEMIMAH JOHNSON
20HU6A2079	JOEL SHAJAN MATHEW
20HU6A2080	JONATHAN R S
20HU6A2082	LIKHA RIZA
20HU6A2085	NICOLE MARY VARGHESE
20HU6A2085	NICOLE MARY VARGHESE
20HU6A2086	NIMIR
20HU6A2088	OMSANGMU LAMA TAMANG
20HU6A2089	PARVATHY S
20HU6A2090	SAMUEL S
20HU6A2091	SHARON SINGH

20HU6A2092	SONA ELSA SUNNY
20HU6A2094	SULAKCHANA GURUNG
20HU6A2095	TAMANNA DWIVEDY
20HU6A2096	TREESA JOSEPH
20HU6A2097	YASHIKAMPANDEY
20HU6A2113	DIYA DANIEL
20HU6A2113	DIYA DANIEL
20HU6A2114	MARY DOMINICA NARZARY
20HU6A2956	ABHAY C ABRAHAM
20HU6H1034	ISHWARYA KT
20HU6H1048	ANGELIN AKKARA
20HU6H1049	ANKITA GANGULY
20HU6H1050	ANU PRIYA.M
20HU6H1051	FREDRICK EDWIN
20HU6H1052	KRIPA MARY SAM
20HU6H1053	NANDITA NAIR
20HU6H2099	ANJU MATHEW
20HU6H2101	FREYA CHRISTIAN
20HU6H2103	LYDIAHAOKIP
20HU6H2105	PREETI BISHT
20HU6H2106	RIYA ATTRISH
20HU6H2107	TREESA JOSEPH CHEERAN
20HU6K2110	SRUSTI S YADAV
21PYEN61	SANJANA MERIN ROY
21PYEN62	SAYEDA UMME KULSUM
21PYEN64	SHARAYU CHANDAK
21PYEN66	SNEHA ROSE
21PYEN68	SOUMYA SALOMI SAMUEL
21PYEN69	SREE NAVAMI S
21PYEN71	TANUSHRI VISHNU NAYAKA
21PYEN74	TULIKASHARMA
21PYEN75	VAISHNAVI.M
21PYEN78	AMINA S
21PYEN79	PRANUTHI JOHANNA
21PYJO75	STEFFY STEPHEN

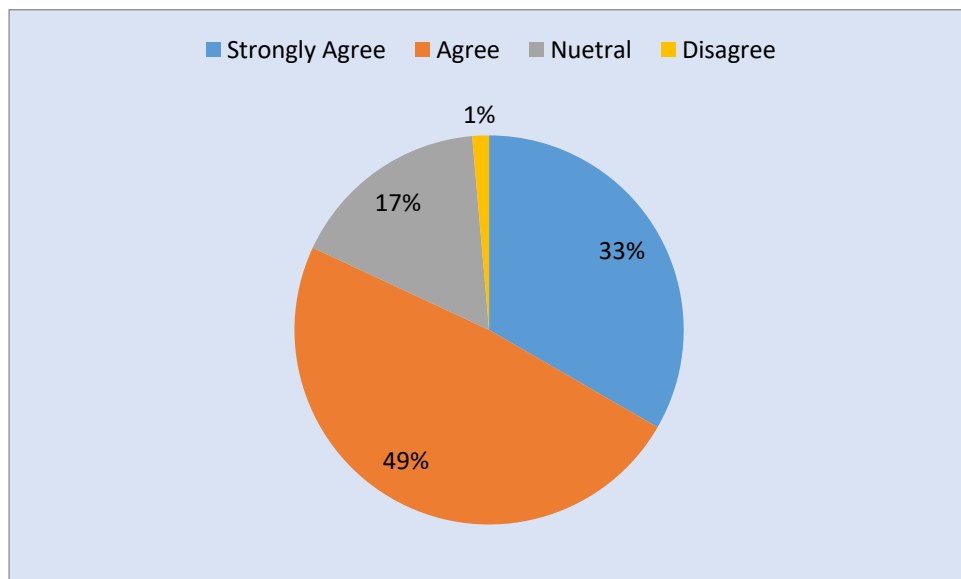
FEEDBACK

Towards the end of the programme, the feedback link was shared to the participants to get their valuable feedback and comments. The responses are as follow:

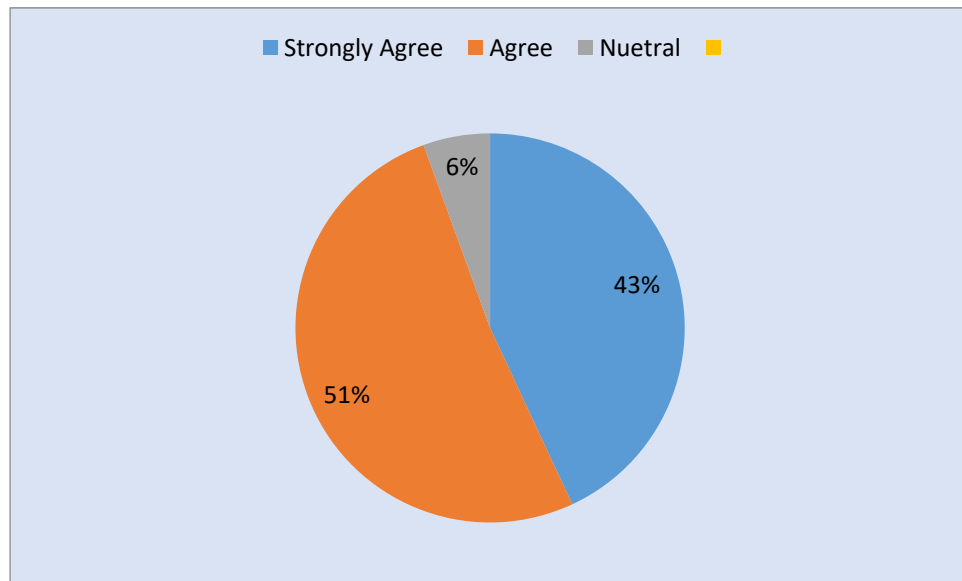
Lectures and the presentation were enlightening



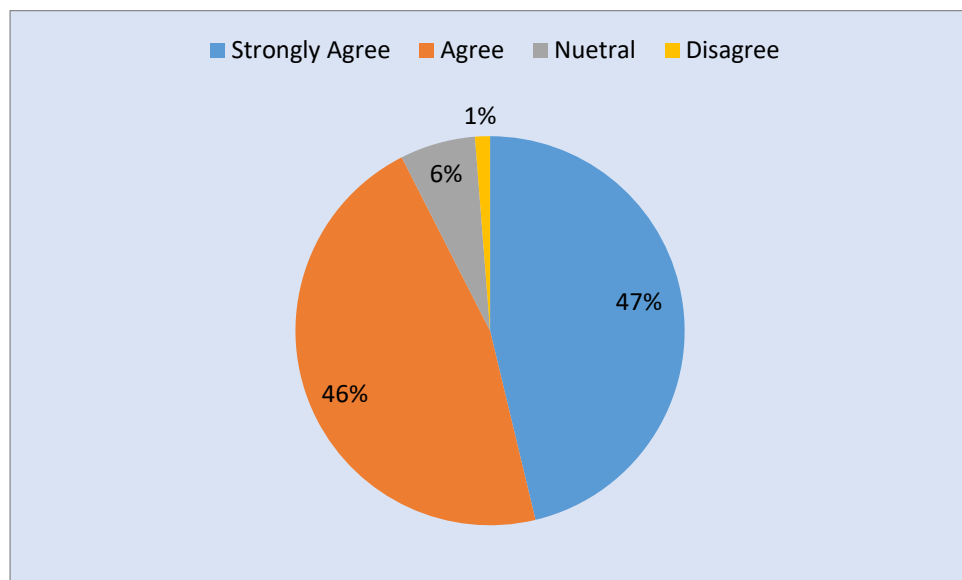
Information presented was new



Topics were relevant



Content and Audio-Visual aids used effectively





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DEPARTMENT OF MANAGEMENT (BBA)

REPORT ON INTERNATIONAL WEBINAR ON REMARKABLE POWER OF SMALL HABITS

Title: “REMARKABLE POWER OF SMALL HABITS”

Date: 25/11/2021

Number of beneficiaries: 305 (III BBA – All Section)

In-house: Webinar

External: Nil

Resource Persons with details:

- **M.Indumathi**, Quality Consultant & Soft Skill Trainer, Solidsoft Reply Group, U.K.

Objective:

- To focus on importance of habits and its impact on individual personality.

Brief Write Up:

Department of Management in association with Center for Soft Skills & Aptitude training of Kristu Jayanti College, Bengaluru organized an International webinar entitled “Remarkable Power of Small Habits” for the second year BBA students on 24th November 2021 at 2.00 pm through Zoom platform. The aim of this webinar is to focus on importance of habits and its impact on individual personality. The session started with a silent prayer and a brief introduction by Ms.Jahnavi V.P. about the Resource person Ms.Indumathi, Quality Consultant & Soft Skill Trainer, Solidsoft Reply Group, UK. Our Resource Person Ms.Indumathi addressed the gathering and started the session by interacting with the students and discussing about the different habits followed on regular basis by each and every individual. She talked about the identity of habits based on the person and stated the way to identify and prove to be part of your life. She explained the way of scoring the habits followed by every individual and how for

importance in deciding the life style. The session was well organized and it focuses on the four laws of behavioral change.

- (i) Make it Obvious
- (ii) Make it Attractive
- (iii) Make it easy
- (iv) Make it Satisfying

Learning Outcome:

Students learned how different habits stabilize our lifestyle and its impact on career growth and development. From this session, students got to know various habits followed during the young age and how its shape them in their endeavor by following those habits. Every student realized that habits initiates a good change in individual personality.

Website URL:

<https://kristujayanti.edu.in/academics/College-Arts-Science-Commerce/faculty-commerce-management/management/Guest-Lecture.php>

Zoom id Details:

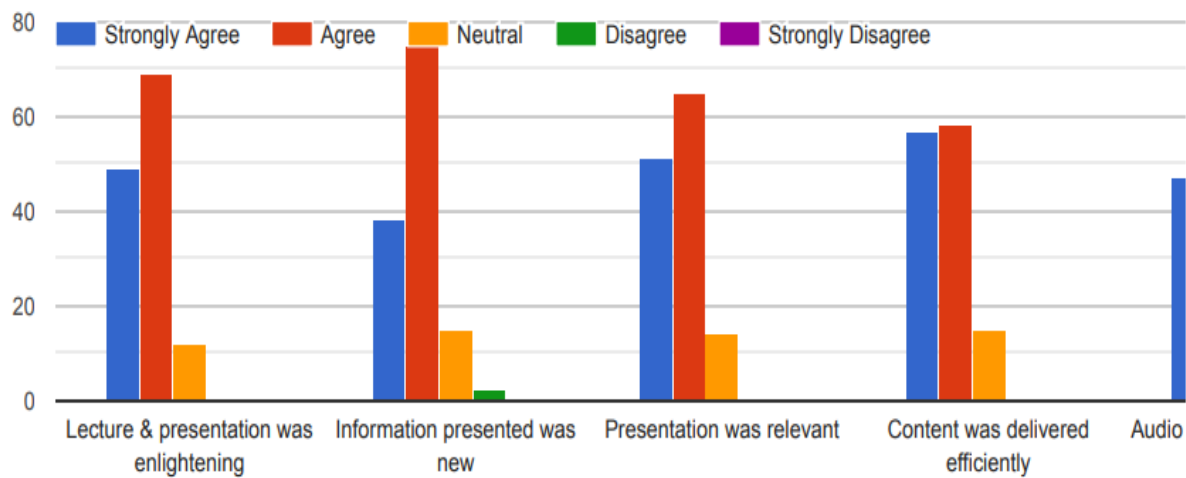
<https://zoom.us/j/97046120069?pwd=dEZ1WUN6S0U2MmloOWNLNvVHUVBmdz09>

Meeting ID: 970 4612 0069

Passcode: 848731

Feedback Report from the participants:

How were these areas addressed?



According to you, what were the strengths of the presentation?

130 responses

.

-

Good

Content

2 mins rule

The guest

Coordination

New ideas

Great knowledge about the topic

Yes

What did you learn from the session?

130 responses

.

Power of small habits

Remarkable power of small habits

-

How to grow efficiently

New information

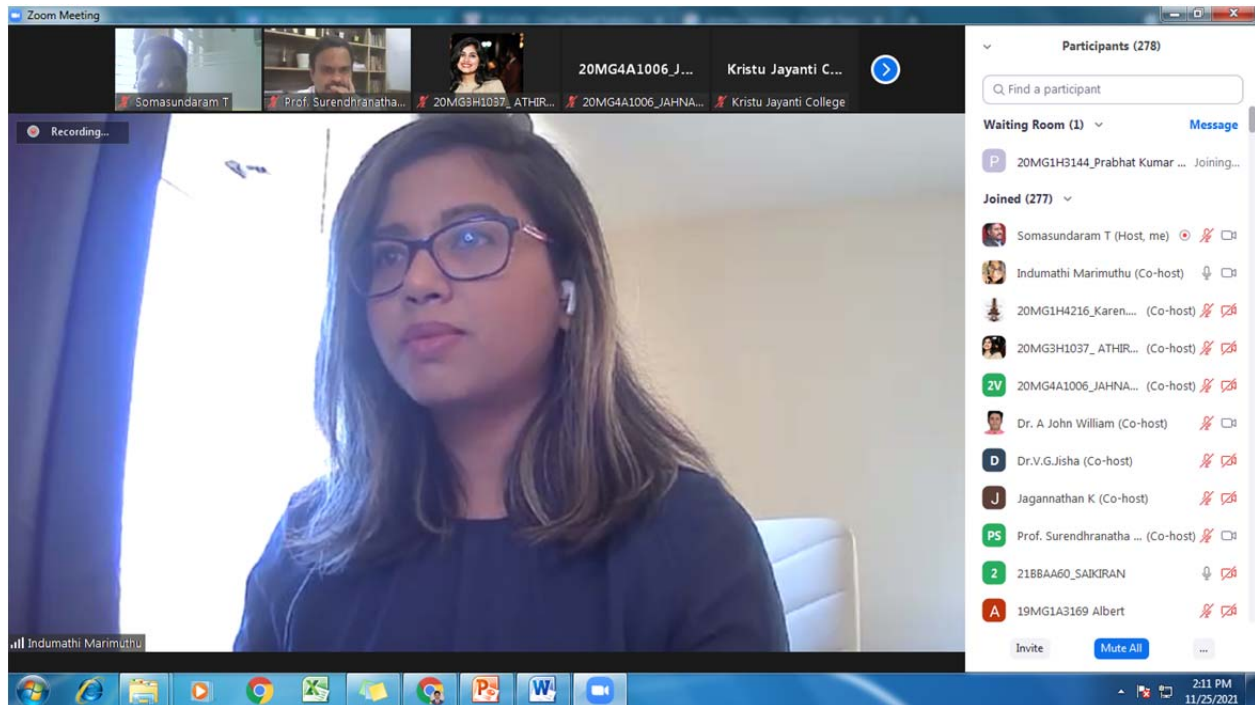
Gained knowledge

Soft skills

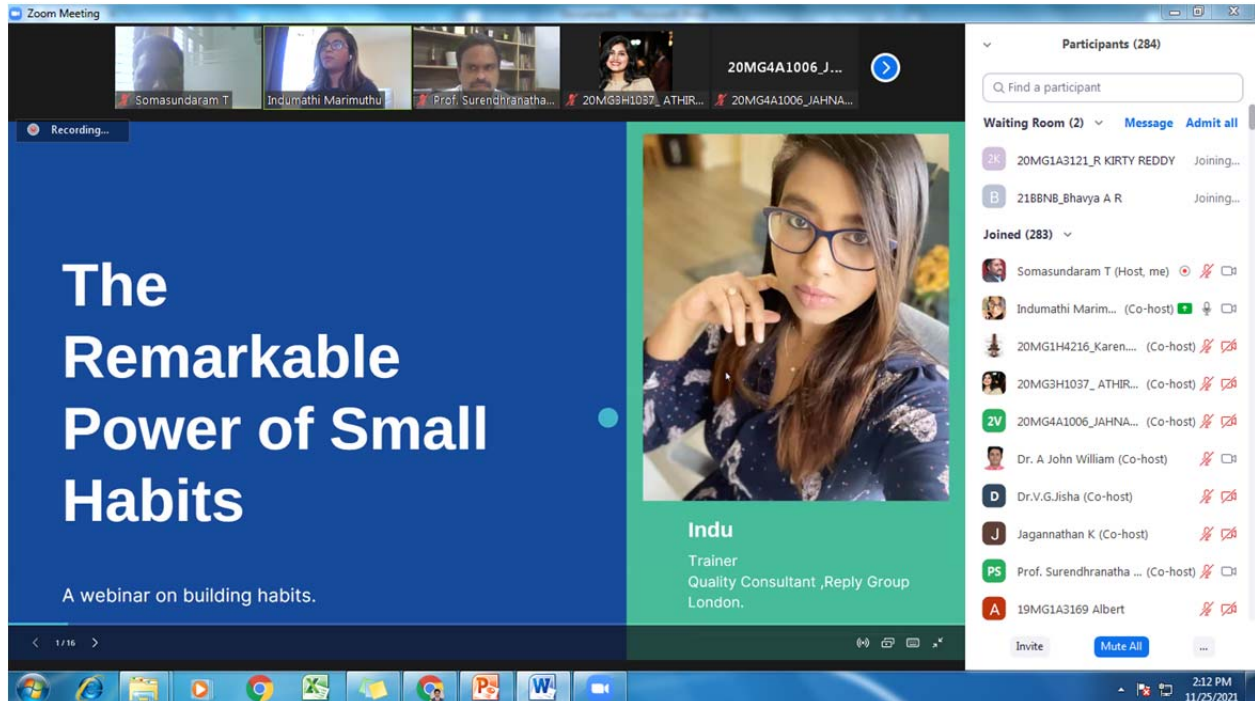
Yes

Photos:

The screenshot displays a Zoom meeting window. At the top, a row of participant video thumbnails is visible, including Somasundaram T., 20MG3H1037_ATHIRA V., Prof. Surendhranatha..., Kristu Jayanti C..., and Indumathi Marimuthu. The main content area shows a presentation slide with a purple and pink geometric background. The slide text reads: 'DEPARTMENT OF MANAGEMENT In association with CENTRE FOR SOFT SKILLS & APTITUDE TRAINING (CSSAT) Organises INTERNATIONAL WEBINAR ON "REMARKABLE POWER OF SMALL HABITS"'. It identifies the 'RESOURCE PERSON' as 'M. Indumathi', a 'Quality Counsellor & Soft Skills Trainer' at 'Siddhant Reply Group, UK'. A small circular inset shows a person meditating. The slide also specifies 'For Second Year BBA Students (All Sections)' and provides the 'DATE: 25th NOVEMBER, 2021 | TIME: 2.00 PM'. A 'Platform zoom' logo is in the bottom right of the slide. On the right side of the Zoom window, the 'Participants (272)' list is shown, with a search bar and a list of names and IDs, many with status icons. At the bottom of the Zoom window, the system taskbar is visible with various application icons and a clock showing 2:09 PM on 11/25/2021.



Inauguration of International Webinar on Remarkable Power of Small Habits organized by Department of Management, Kristu Jayanti College (Autonomous), Bengaluru



The remarkable power of small habits

- 1.value of making small improvements on a daily basis.
- 2.massive success does not require massive action.
- 3.if you can get 1% better each day for 1 year , you'll end up 37% better.

What would happen if you improved by
1% Daily?

Habits are the compound interest of self-improvement.
Mastery requires patience.

Participants (296)

Find a participant

- Somasundaram T (Host, me)
- Indumathi Marimuthu (Co-host)
- 20MG1H4216_Karen... (Co-host)
- 20MG3H1037_ATHIR... (Co-host)
- 20MG4A1006_JAHNA... (Co-host)
- Dr. A John William (Co-host)
- Dr.V.G.Jisha (Co-host)
- Jagannathan K (Co-host)
- Prof. Surendhranatha ... (Co-host)
- 19MG1A3169 Albert
- 19MG1A3184 Kynsai pachiang
- 19MG1H3225 SHEHZAD HASSAN
- 20mg1a2018_Harsh pandey
- 20mg1a2020_ abhinav kumar

2:16 PM 11/25/2021

M.Indumathi, Quality Consultant & Soft Skills Trainer, Solidsoft Reply Group, U.K.
delivering the session on power of small habits followed in our daily life

Four Laws

- 01 Make it obvious
- 02 Make it attractive
- 03 Make it easy
- 04 Make it satisfying

James clear* four laws of behavior change.

Participants (304)

Find a participant

Chat

From 20MG1H3151_SUSAN GE... to Everyone:
fulfill the requirements to get good marks

From 21BBAA66Shreyas P to Everyone:
badly wanted

Who can see your messages? Recording On

To: Everyone

Type message here...

2:40 PM 11/25/2021

M.Indumathi, Quality Consultant & Soft Skills Trainer, Solidsoft Reply Group, U.K.
delivering the session on four laws on power of small habits

Report prepared by Dr.A.John Williams



Head of the Departme

Prof.C.Surendranath Reddy