

REF: MSRCASC/VSC/2024/06

Date: 03/08/2024

CIRCULAR

VIVEKANANDA STUDY CENTER

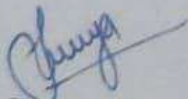
Personality Development Program for Students

This is to inform all the HOD's and the faculty members of all the departments that the Vivekananda Study Center (VSC) in association with Ramakrishna Mutt, Bengaluru is organizing Personality Development Program for Students of First Year Autonomous batch. The resource person for this event is Revered Pravrajika Divyanandaprana, Monastic Member of Sri Sarada Math & Ramakrishna Sarada Mission, New Delhi. The theme of this session is "Mind Management".

PDP Schedule:

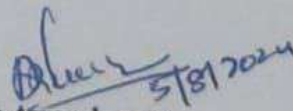
Speaker	Date and Time	Venue
Pravrajika Divyanandaprana Mataji	13 th August, Tuesday, 3.00pm to 4.30pm	APJ Abdul Kalam Auditorium

This programme is compulsory for all the first-year students.



Mrs. Soumya S Shanbhag

Convenor, VSC



5/8/2024

Dr Anandappa

Registrar-Academics



Dr. Pushpa

Principal



Vivekananda Study Center, MSRCASC
First Anniversary Talk
Student Personality Development Program

Talk on

Mind Management



Pravrajika Divyanandaprana
(Monastic Member of Sri Sarada Math
& Ramakrishna Sarada Mission)

Venue: Abdul Kalam Auditorium
Date: Tue, 13 Aug, 2024
Time: 3:00 PM - 4:30 PM

VIVEKANANDA STUDY CENTER

M S Ramaiah College for Arts, Science and Commerce, Bengaluru

PERSONALITY DEVELOPMENT PROGRAM FOR STUDENTS

Talk on

MIND MANAGEMENT

Program schedule

Program sequence	In-Charge
Anchor	Ms. Monisha Achari Volunteer - VSC
Ramaiah anthem	
Welcome Address	Dr Sathish Babu Coordinator-VSC
Annual report presentation	Mrs. Swapna Sahoo, Volunteer - VSC
Introducing Speaker	Ms. Sreeyashee Basu, Volunteer - VSC
Felicitation to the guest of honor	Vice Principal Prof Jayaram & Mrs Sowmya Shanbhag
Resource Person Talk	Pravrajika Divyanandaprana Monastic Member of Sri Sarada Math & Ramakrishna Sarada Mission, New Delhi.
Question and Answer Session	
Vote of Thanks	Mr. Deb Sharma,
Students Feedback (online)	

Venue: Abdul Kalam Auditorium

Date: August 13, 2024

Time: 03.00 pm- 04.30 pm

Vivekananda Study Center

Report on the First Anniversary of Vivekananda Study Center (VSC)

Date: Tuesday, 13th August 2024

Venue: Abdul Kalam Auditorium

Event: First anniversary talk on "Mind Management" by Pravrajika Divyanandaprana

Coordinated by: Dr Sathish Babu

On the auspicious occasion of the first anniversary of the Vivekananda Study Center of M.S. Ramaiah College of Arts, Science, and Commerce, a distinguished talk on "Mind Management" was conducted by Pravrajika Divyanandaprana, a revered monastic member of Sri Sarada Math, New Delhi. The event took place on Tuesday, 13th August 2024, in the Abdul Kalam Auditorium.

The Event:

Ms. Monisha Achari of final year MSc student and a core volunteer of VSC took on the role of the anchor for the event, guiding the audience through the program seamlessly. The program commenced with a warm welcome address by Dr. Sathish Babu, setting a tone of reverence and enthusiasm for the proceedings. He emphasized the significance of the Vivekananda Study Center's role in fostering intellectual and spiritual growth among students and faculty alike.

Following the welcome address, the annual report was read by Swapna Sahoo, final year BSc student and a core volunteer of VSC who outlined the VSC's achievements over the past year, including various events, seminars, and activities that have contributed to its growth and impact.

The introduction of the esteemed speaker, Pravrajika Divyanandaprana, was conducted by Sreyashi Basu, final year BSc student and a core volunteer of VSC. Her introduction highlighted the speaker's profound knowledge and her contributions to the field of mind management and spiritual well-being.

Keynote Address:

Pravrajika Divyanandaprana delivered an enlightening lecture on "Mind Management," covering a range of topics that explored the intricate science of managing one's mind. The following were the core areas addressed:

- 1. Fundamentals of Mind Management – The Science of It:** Pravrajika Divyanandaprana began with an exploration of the fundamental principles behind mind management, detailing its scientific underpinnings and importance in achieving mental clarity and balance.
- 2. Memory – Recycled Thought:** The discussion moved to memory, emphasizing how our thoughts recycle and influence our mental patterns and overall cognitive functioning.
- 3. Samskaras Explained Neurologically:** The speaker provided insights into samskaras, or mental impressions, and explained their neurological basis, shedding light on how they shape our behaviors and thought processes.
- 4. Factors Affecting Neural Pathways:** The talk delved into various factors that influence neural pathways, including lifestyle, habits, and emotional states, highlighting their impact on mental health.

5. **Re-Wiring the Brain – Yogic Insights:** Pravrajika Divyanandaprana shared valuable yogic insights into the process of re-wiring the brain, offering practical approaches to foster positive mental transformations.
6. **Techniques for Mind Management:** A series of effective techniques for managing the mind were discussed, providing the audience with practical tools to enhance their mental well-being.
7. **Quest for Self-Identity:** The address concluded with a discussion on the quest for self-identity, emphasizing the importance of self-awareness and personal growth in the journey of mind management.
8. **Organised & Disorganized Mind:** The address concluded with emphasis towards organized mind which will take ones life towards desired goals.

Q&A Session

After the talk, there was an engaging interactive session where students raised questions about specific concerns about mind management and their problems. Pravrajika Divyanandaprana patiently answered all queries, providing clear and actionable advice.

Closing:

The event concluded with a heartfelt vote of thanks delivered by Deb Sharma, who expressed gratitude to the speaker, the attendees, and everyone involved in making the anniversary celebration a success.

Conclusion:

The first anniversary of the Vivekananda Study Center was marked by an insightful and engaging talk by Pravrajika Divyanandaprana, which left a lasting impact on all participants. The event not only celebrated the Center's accomplishments but also provided valuable knowledge and practical strategies for managing the mind. The successful organization and execution of the event underscored the Center's commitment to promoting intellectual and spiritual development within the college community.

Shreya H

Glimpse of the event



Ms Swapna reading the Annual report of VSC



Pravrajika Divyanandaprana delivering the talk

Glimpse of the event



Audience of the talk



Audience of the talk

Glimpse of the event



Q&A session



Q&A session



Vote of thanks by Mr Deb Sharma

ATTENDANCE SHEET





Vivekananda Study Center, MSRCASC
First Anniversary Talk
Student Personality Development Program

Talk on
Mind Management



Pravrajika Divyanandaprana
 (Monastic Member of Sri Sarada Math
 & Ramakrishna Sarada Mission)

Venue: Abdul Kalam Auditorium
 Date: Tue, 13 Aug, 2024
 Time: 3:00 PM - 4:30 PM

Sl No	Name	Course/Sem	Signature		
1	Praveen.T	EMCS			
2	Javaleshwar - A	BSC BT			
3	Goutham Yadhav.Y	BT sem I			
4	T.vijaya vardhan	BSC-Genetics			
5	Rambh Kumar Dalai	BSC-GN			
6	Smaran K.S	BSC Genetics			
7	Chethan Kumar S.B	BSC. Biotech			
8	Balaji Gowda S.K	BSC genetics			
9	Yashika	- " -			
10	Maithri	- " -			
11	Smriti	- " -			
12	Shambhavi	- " -			
13	Charan BS	BSC.BT.			
14	Ankita.	BSC BT			
15	Ankita	BSC BT			
16	Bhagwati	BSC BT.			
17	C.Akshay	BSC BT			
18	Yashwanth BB	BSC BT			
19	Korisisiddigouda	BSC BT			
20	Nikhil.S.Jain	BSC BT			
21	Manasa.M.	BSC BT.			
22	Mahalakshmi.P	BSC BT.			
23	Balaji.T.M	BSC BT			
24	Shetrin.jennifen	BSC-Genetics			
25	Sayanthika.G	BSC-Genetics			
26	Adarna.Priya	BSC-Genetics			
27	Smetha.Gondle	BSC-Genetics			
28	Aishwarya.H.Kelly	BSC BT			
29	Akriti Sinha	BSC BT			
30	Manjish Dey	BSC BT			

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Sl No	Name	Course/Sem	Signature		
1	Ananya S	Gen/Microbiology	Ananya S		
2	Ashita Bhat	Gen/MB/BC	Ashita		
3	Madhumitha A	Gen/MB/BC	Madhu		
4	Hannah Suresh	Gen/MB/BC	Hannah		
5	Sneha Sridhar	Gen/BC/MB	Sneha		
6	Muttahira Noorwan	Gen/BC/MB	Muttahira		
7	NITHYA RAVI	Gen/BC/MB	Nithya		
8	Andishree V Mudakar	Gen/BC/MB	Andishree		
9	Shruthi K.H	Gen/BC/MB	Shruthi		
10	Sanchitha N	Gen/BC/MB	Sanchitha		
11	Sandhya Gury Nayak	Gen/BC/MB	Sandhya		
12	Prachi Pandey	Gen/BC/MB	Prachi		
13	Poojalakshmi K. S	Gen/BC/MB	Pooja		
14	Pooja Sagarika G	Gen/BC/MB	Sagarika		
15	Sneha Gonal	Gen/BC/MB	Sneha		
16	Sherein Jennifer	Gen/BC/MB	Sherein		
17	Aastha Praya	Gen/BC/MB	Aastha		
18	Namitha M	EMCS	Namitha		
19	Samyama B	EMCS	Samyama		
20	Lochana B	EMCS	Lochana		
21	Hanini V	EMCS	Hanini		
22	Soha Khan	Bt/chem/MB	Soha Khan		
23	Tanziya Khanum	EMCS	Tanziya		
24	Harshita Mandel	B.COM./I	Harshita		
25	Ankita Paul	B.COM/I	Ankita Paul		
26	Diya T. Joshi	B.COM / I	Diya		
27	Ahna Ahmed	B.COM / I	Ahna		
28	S.VARSHAA	B.com / I	Sura		
29	SHRAVANI V	B.com / I	Shravani		
30	Thilak Gowda	B.com / I	Thilak		

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Sl No	Name	Course/Sem	Signature		
1	Kavana.S	BAC 1st	Kava		
2	chasmitha.MS	BAC 1st	chasm		
3	krupa.R	BAC 1st	Krupa		
4	Yojana.	BAC 1st	Yojana		
5	Jeevitha	BAC 1st	Jeevitha		
6	Varsha - V	BAC 1st	Varsha V		
7	Manogna S Rao	BAC 1st	MSR		
8	Aswathi P.V	BAC 1st	Aswathi		
9	Thirisha.R.	BAC 1st	Thirisha		
10	Renuka.C	BAC 1st	Renuka		
11	Spandhana	BAC 1st	Spandhana		
12	Devi.S.Meron	BBA 1st	Devi		
13	Bipasha Dey	BBA 1st	Bipasha Dey		
14	M.Mishra.Rao	BBA 1st	M.Mishra.Rao		
15	Akshatha Sreelax	BBA 1st	Akshatha		
16	Maria Khan	BBA 1st	Maria		
17	Niranga Jagadeesh	BBA 1st	Niranga		
18	Jandvi.M	BBA 1st	Jandvi		
19	Manasa.N	BBA 1st	Manasa		
20	Jashitha Reddy K	BBA 1st	Jashitha		
21	Harsitha.	BBA 1st	Harsitha		
22	Pooja.	BBA 1st	Pooja		
23	Bindu.M	BBA 1st	Bindu		
24	H.Manasvi	BBA 1st	H.Manasvi		
25	Thiyawini.C.N	BSC 1st Bsec.	Thiyawini		
26	Deepa.R	BSC 1st Bsec	Deepa		
27	Tannayee.S	BSC 1st Bsec	Tannayee		
28	Pratiksha.G.P.	BSC 1st Bsec.	Pratiksha		
29	Hemal.L	BSC 1st Bsec	Hemal		
30					

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ATTENDANCE SHEET



Sl No	Name	Course/Sem	Signature		
1	K. M. SUGANTHA	BSc EMCs / 1st	K.M. Suganth	KESHAN	BBA (B)
2	Anisuddh	BSc EMCs / 1st	Anisuddh	Pranjal Bhushan	BBA (B)
3	Priyashi	BSc EMCs / 1st	Priyashi	Piyush Raj	BBA (B)
4	Madhuresh	BSc Genetics / 1st	Madhuresh	Syed Farhan	BBA (C)
5	Anekh N Chandrak	BSc Genetics / 1st	Anekh	Ramesh Satyavani	BBA (B)
6	Shashidhar T.M	BSc - BT	Shashidhar	Sudhanshu	BBA (C)
7	Chandrakant	BBA 'A'	Chandrakant	Ahman K	BBA (A)
8	Ankush choudhary	BBA 'A'	Ankush	SHUBH SOUMYA	BBA (C)
9	Vikas	BBA 'C'	Vikas	YASHWANT.G.	BBA (C)
10	Prem.A	BBA 'B'	Prem.A	SONU	BBA (C)
11	Antonio Patrick	BBA 'A'	Antonio	Abhishat B.T	B.Com (A)
12	Manish S	BBA 'B'	Manish S	Charan Gupta	B.Com (A)
13	Manigandan S	BBA 'B'	Manigandan	Jeevan.A.	B.Com (A)
14	M.Naga Sumanth	BBA 'B'	M.N.S	Chandrab	B.Com (A)
15	Aarshath	BBA 'A'	Aarshath	Kushal Prasad	B.Com (C)
16	S. Jeevan Nandan Reddy	BBA (C)	S. Jeevan	Shashank M	B.Com (C)
17	L. Leangam	BBA (B)	L. Leangam	Vinay MR.	B.Com (C)
18	Nishan Basumatary	BBA (B)	Nishan	Pavan Gowda	B.Com (B)
19	Malaswameela Pachian	BBA (B)	Malaswameela	Harshil M	B.Com (A)
20	M. Megha V	BBA (B)	M. Megha	Thilak Gowda	B.Com (C)
21	Hemant patil	BBA (B)	Hemant	Hemant K	B.Com (A)
22	Rohit V.A	BBA (C)	Rohit	Akshay B.S	B.Com (A)
23	Ameenuddin	BSc EMCs	Ameenuddin	Akash M	B.COM (A)
24	Vorshita N	BSc B	Vorshita	Seekeshan	B.COM (C)
25	Nehali	BSc B	Nehali	Dinesh Gowda	B.COM (A)
26	Pratiksha Sinha	BSc B	Pratiksha	Manish Satyavani	BBA (C)
27	Ruposhree	BSc B	Ruposhree	Manish Satyavani	BBA (C)
28	Ketan Ag	BSc B	Ketan	Manish Satyavani	BBA (C)
29	Syed Farhan	BSc B	Syed Farhan	Manish Satyavani	BBA (C)
30	Warren	BSc EMC	Warren	Manish Satyavani	BBA (C)
31	Emmanuel SHAW	BSc EMC	Emmanuel		
32	Pranjwal R	BBA (B)	Pranjwal		
33	Akash S	BBA (A)	Akash		
34	PAVAN D	BBA (B)	Pavan		
35	Ram Siddhat	BBA (B)	Ram		
36	M. Sai Charan Reddy	BBA (B)	M. Sai Charan		

Kfa
 Pranjal
 Piyush
 Syed
 Ramesh
 Sudhanshu
 Ahman K
 Shubh
 Yashwanth
 Sonu
 Abhishat
 Charan
 Jeevan
 Chandrab
 Kushal
 Shashank
 Vinay
 Pavan
 Harshil
 Thilak
 Hemant
 Akshay
 Akash
 Seekeshan
 Dinesh
 Manish
 Manish
 Manish

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Sl No	Name	Course/Sem	Signature		
1	Keerthana H	B.Sc/BT	Keerthana H		
2	smruthi N.	B.Sc/gen	smruthi N.		
3	Varshitha Naha ^{4th}	B.sc/gen	Varshitha N		
4	Harini S	BSc/B.T	Harini S		
5	Douuti	BSc/B.T	Douuti		
6	Divya	BSc/B.T	Divya		
7	Disha N	BSc/B.T	Disha N		
8	Hush A.K.F	BSC BT/micro/chem	Hush A.K.F		
9	Deeksha N	BSC B.T/MB/chem	Deeksha N		
10	Akshaya N	B.Sc BT/MB/chem	Akshaya N		
11	Sumedha S. Marathe	B-sc BT/MB/chem	Sumedha S		
12	Sharon Paul	Bsc. BT/MB/chem	Sharon Paul		
13	Shruthika R	Bsc BT/MB/chem	Shruthika R		
14	Soha Khan	BSc BT/MB/chem	Soha Khan		
15	Hemal L	BSc BT/MB/chem	Hemal L		
16	JANHAVI GOWDA	BSC BT/MB/CH	JanHAVI GOWDA		
17	THRUPHTI LAAD	BSc BT/MB/CH	Thruphti Laad		
18	PRIVANKA K.M	BSc BT/MB/CH	Privanka K.M.		
19	Vibhava P	BSC BT/MB/CH	Vibhava P		
20	Kansika	"	Kansika		
21	Anucha	"	Anucha		
22	harshika	"	harshika		
23	Naradha	"	Naradha		
24	Deeksha M	BSc/BC/MB/GN	Deeksha M		
25	Lekhana C.	BSc/BC/MB/GN	Lekhana C.		
26	Kavya V	BSc GN/MB/BC	Kavya V		
27	Syed Ishaat	BSc MB/om/BC	Syed Ishaat		
28	Amrita Kumar	BBA / 1.Sem	Amrita Kumar		
29					
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Sl No	Name	Course/Sem	Signature
1	Lokendra Rao	BSC EMCs 2 nd	
2	Ankit Bahani	B.Sc BT/MB 1 st	
3	AKASH MISHRA	BSC BT/MB/chem	
4	Aman Raj	BSC/BT.MB.chem	
5	Nishikanta Singh	BSC/BT.MB.chem	
6	Mayur Raj T.S	BSC/BT/MB/che	
7	Jigar K	BSC/BT/MB/che	
8	Rohit Sharma	BSC/BT/MB/CH	
9	Sefan Ali	BSC/BT/MB/CH	
10	Sudarsan Babu	BSC/BT/MB/CH	
11	Rishi C	BCom 1 st Sem	
12	Sharafudun S	BSC/EMC'S	
13	R.S. Shekhar	BSC/EMC'S	
14	Chirantan Gowda.V.R	B.Sc (EMCS)	
15	SUMESH S. HALADAM	B.Sc (EMCS)	
16	Hemant Gouda.S	B.Sc (EMCS)	
17	Ankit Patel	B.Sc (EMCS)	
18	Ajeay KB	BSC (EMCS)	
19	Sumeet S. Thoralli	BBA 'C'	
20	Rudra Prathap Singh	BBA 'C'	
21	M. Saadh Yousuf Mir	BBA (B)	
22	Abrar Taher	BBA (A)	
23	Md. Hakeem Khan	BBA (B)	
24	Kristin Nischaf	BBA (B)	
25	Himanshu Mishra	BBA (B)	
26	Prabhu der Pali	BBA (B)	
27	Aditya Raj	BBA (A)	
28	S Hamza	BBA (C)	
29	Shubank.A.S	BBA (C)	
30	Satyam	BBA (C)	
31	Gagan M.A	BBA (A)	
32	RAJATH P.S	BBA (C)	
33	Nithin Krishna R.M	BBA (B)	
34	Vishwas G.Y	BBA (C)	

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Sl No	Name	Course/Sem	Signature		
1	Sachith S	I B. com	Sachith		
2	Lucky Chauhan	I. B. Com	Lucky		
3	Punya M Shetty	I. B. Com	Punya		
4	Lakshitha G	I. B. Com	Lakshitha		
5	Hadiya wari	I. BA	Hadiya		
6	Jera Sameez	I. BA	Jera		
7	Ananya G. Acharya	I. BA	Ananya		
8	Mahalakshmi. R	I. BA	Mahalakshmi		
9	Bhumi Bakshi	I. BA	Bhumi		
10	Pavani SM	I. BA	Pavani		
11	MARZI. A	I. BA	Marzi		
12	Pooja M	I. BA	Pooja		
13	Kishore. C	I. BA	Kishore		
14	Disha D	I Bcom	Disha		
15	Pruthvika. M	I Bcom	Pruthvika		
16	Chinmayee R Ghatke	I Bcom	Chinmayee		
17	Chandak Gowda N	I Bcom	Chandak		
18	Shashank M	I Bcom	Shashank		
19	Likith Gowda L	I Bcom	Likith		
20	Pragathi R	I Bcom	Pragathi		
21	Kesha. MD	I Bcom	Kesha		
22	Mansa S	I Bcom	Mansa		
23	P. cheethan	I Bcom	P. cheethan		
24	Rameshsee	I Bcom	Rameshsee		
25	Menal Swamy	I Bcom	Menal		
26	Chintan Chandana	I Bcom	Chintan		
27	Zaira Fak	I B. Com	Zaira		
28	Farika Mariyam	I B. Com	Farika		
29	Saya Fareeha	I B. Com	Saya		
30					

Pravrajika Divyanandaprana

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Sl No	Name	Course/Sem	Signature		
1	Avandhika .m.	BBA 1st	Avandhika		
2	Aiswarya Mohan	BBA 1st	Aish		
3	Deb Sharma	BSC 1st	Deb Sharma		
4	Jahani R	BSC 1st	Jahani R		
5	KV Shree Lakshmi	BSC 1st	Shree		
6	Dedeyyamar Gogoi	BSC 1st	Dedee Gogoi		
7	Sukthi Vabushini	BSC 1st	Sukthi B		
8	Yuktham P	Bsc 1st	yuktham		
9	Nandana G	BSc 5th	Nandana G		
10	Sinchana K	BSc 5th	Sinchana K		
11	Neha Kiran	BSc 5th	Neha B		
12	Swapna Sahoo	BSc 5th	Swapna		
13	Pooja	BSC 1st	Pooja		
14	Vaishnavi K.	BSC 1st	Vaish		
15	Kushmitha M	BSC 1st	Kushmitta		
16	Chaitanya G	BSC 1st	Chaitanya G		
17	Niharika S.S	Bsc 5th	Niharika		
18	Hastha D	Bsc 5th	Hastha D		
19	Sri Vidya KK	Bsc 5th	Sri Vidya		
20	Rithika V	BSc 1st	Rithika		
21	Shreya R	Bsc 1st	Shreya		
22	RACHANA.S	BSc 1st	Rachana		
23	S. SHREE VARSHA	BSc 1st	Shree Varsha		
24	Nikita Sagal	BSC 1st	Nikita Sagal		
25	Rikisha J	BSC 1st	Rikisha J		
26	Salome Kisku	BSC 1st	Salome Kisku		
27	Sanjukta Pattanayak	Bsc 1st	Sanjukta		
28	Ranjitha Suresh	BSC 1st	Ranjitha Suresh		
29	AHOKH SIWANI	B.B.A 1st	Ahokh Siwani		
30	Dasari Kusuma	B.B.A 1st	Dasari Kusuma		

Pravrajika Divyanandaprana

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Venue: Abdul Kalam Auditorium
 Date: Tue. 13 Aug. 2024
 Time: 3:00 PM - 4:30 PM

Sl No	Name	Course/Sem	Signature		
1	Rasim	B.Lom (I)	<i>[Signature]</i>		
2	Shuani/Rashan	B.Lom (I)	<i>[Signature]</i>		
3	Tejas	B.COM (C)	<i>[Signature]</i>		
4	Aadash.K.S	B.com (A)	<i>[Signature]</i>		
5	AKASH.V	B.com (A)	<i>[Signature]</i>		
6	AJAYNS	B.com (A)	<i>[Signature]</i>		
7	Adesh	B.com (A)	<i>[Signature]</i>		
8	Laksh.M	BBA (B)	<i>[Signature]</i>		
9	NIKHIL.P	B.COM (B)	<i>[Signature]</i>		
10	Mithun.D	B.COM (B)	<i>[Signature]</i>		
11	Shambhavi.K.C	B.Sc (Gen/MB)	<i>[Signature]</i>		
12	Smriti Nagesh	BSc (Gen/MB) (C)	<i>[Signature]</i>		
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ATTENDANCE SHEET

Vivekananda Study Center, MSRCASC
First Anniversary Talk
Student Personality Development Program

Talk on
Mind Management



Pravrjika Divyanandaprana
 (Monastic Member of Sri Sarada Math
 & Ramakrishna Sarada Mission)

Venue: Abdul Kalam Auditorium
 Date: Tue, 13 Aug, 2024
 Time: 3:00 PM - 4:30 PM

Sl No	Name	Course/Sem	Signature		
1	Anuadha, K	B. Com 1 st sem	Anuadha.K		
2	Chandushree, A	B. com 1 st sem	Chandushree.A		
3	Yeshaswini, S	B. com 1 st sem	Yeshaswini.S		
4	V. sai Prathiksha	B. Com 1 st sem	VSP		
5	Aishwarya - B	B. Com 1 st sem	Aishwarya.B		
6	Rakshita Badi	B. com 1 st sem	R.Badi		
7	Tejashwini Anand	B. Com 1 st sem	Tejashwini.A		
8	Chethara, B	B. com 1 st sem	Chethara.B		
9	Bhoomika, N	B. Com 1 st sem	Bhoomika.N		
10	Jaanvi, B. R	B. Com 1 st sem	Jaanvi		
11	Pallavi DR	B. Com 1 st sem	Pallavi		
12	Anulya, G	B. Com 1 st sem	Anulya.G		
13	Karshitha, N	B. Com 1 st sem	Karshitha.N		
14	Druthi URS, S	B. Com 1 st sem	Druthi		
15	Bhavana, B	B. com 1 st Sem	Bhavana		
16	Theju, V	B. com 1 st sem	Theju		
17	Shree Raksha	B. com 1 st sem	Raksha		
18	Tejas, K	B. com 1 st Sem	Tejas.K		
19	Poo, Samveda	B. com 1 st Sem	P.Samveda		
20	Ujjwal, R	B. com 1 st Sem	Ujjwal.R		
21	Pratik Bhandwaj	B. Com 1 st Sem	Pratik		
22	Tanya, Sumi	B. Com 1 st Sem	Tanya		
23	Nurayan, P.S	B. Com 1 st Sem	Nurayan		
24	Rahul Bist	B. Com 1 st Sem	Rahul		
25	Nehal	B. Com 1 st Sem	Nehal		
26	Prothviraj, Vreddy	B. Com 1 st Sem	Prothviraj		
27	Kartik, Kumar	B. Com 1 st Sem	Kartik		
28	Chandrabhan	B. Com 1 st Sem	Chandrabhan		
29	Anand, H	B. Com 1 st Sem	Anand		
30	Nandan, Muralay	B. Com 1 st Sem	Nandan		

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Profile of the Resource Person: Pravrajika Divyanandaprana

Pravrajika Divyanandaprana

(Monastic Member of Sri Sarada Math
& Ramakrishna Sarada Mission)



Pravrajika Divyanandaprana, a monastic member of Sri Sarada Math, is a renowned expert in the areas of Yoga-Vedanta. She has extensively studied the Ramakrishna-Vivekananda literature, the Patanjali's Yoga Sutras, Raja Yoga, Upanishads, and the Prakarana Granthas, along with their commentaries, and has a deep interest in the Brahma Sutras with Sankara's commentary, the works of Ramana Maharishi, and the Bhagavad Gita.

With her unique combination of knowledge in conventional sciences and traditional Yogic and Vedantic texts, Pravrajika Divyanandaprana has been lecturing across India since 2010, including prestigious institutes such as IIT-Madras, IIT-Delhi, IIT-Kharagpur, IIT-Mumbai, IIT-Kanpur, IISc Bangalore, Delhi University, Vivekananda International Centre, Ramakrishna Mission, Engineering and Medical Colleges in Mumbai, Pune, and Kolkata, and several schools. She offers courses on Yoga-Vedanta every semester at IIT Delhi, which are also available on YouTube at IIT's official channel: NRCVVE IIT Delhi.

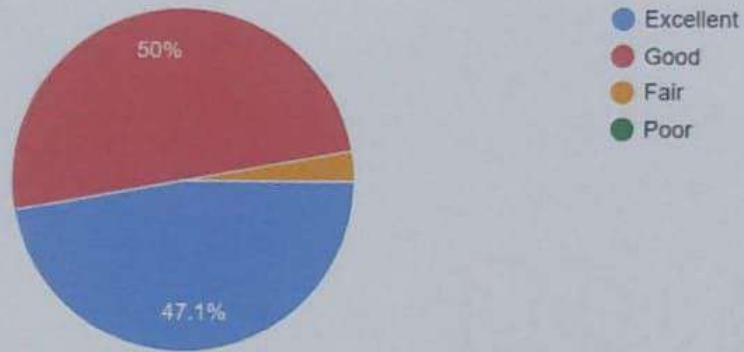
Internationally, Pravrajika Divyanandaprana has traveled extensively to hold classes or deliver lectures at several universities in the US and Europe, including Princeton University, MIT, North Carolina State University, Duke University, Carnegie Mellon University, Seton Hall University, Purdue University, Loyola Marymount University, and many other Vedanta organizations. She has also traveled to South Africa, Ireland, Great Britain, UAE, and Canada for talks, lectures, and scriptural discussions.

Pravrajika Divyanandaprana is the editor of the English journal Samvit published from New Delhi and was the Principal of Nivedita Vidya Mandir School from 2014-2019. Mataji is also the author of the books 'Science of Happiness' and 'Self Discovery'. Currently, she is extensively working on Vedanta as the science of consciousness. Pravrajika Divyanandaprana's YouTube channel VivekaVani has more than 3 lakh subscribers with nearly 200 videos and these videos have millions of views.

Feedback

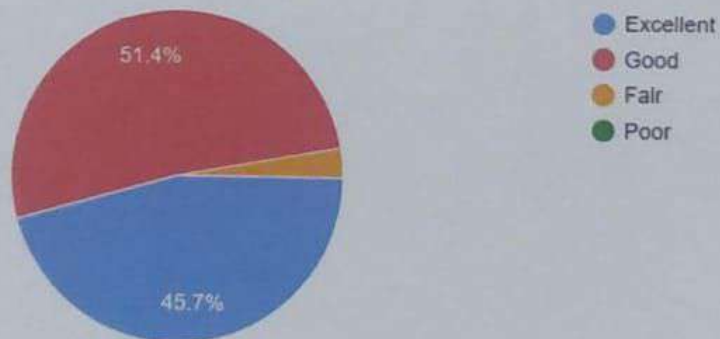
1. How would you rate your overall experience at the anniversary program?

70 responses



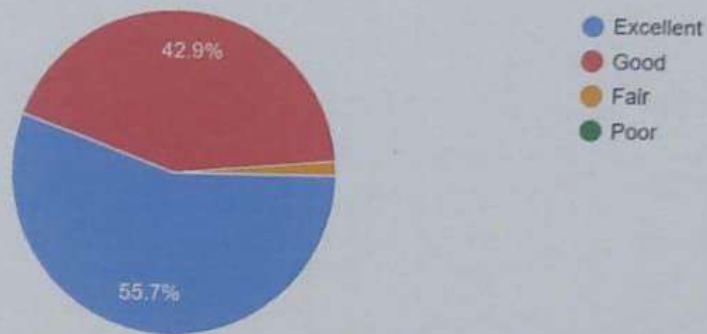
2. How informative and engaging was the Mind Management talk during the event?

70 responses



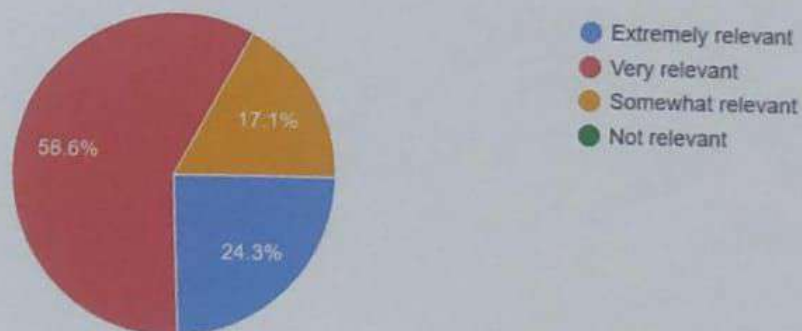
3. How well did the speaker Pravrajika Divyanandaprana convey the concepts of Mind Management?

70 responses



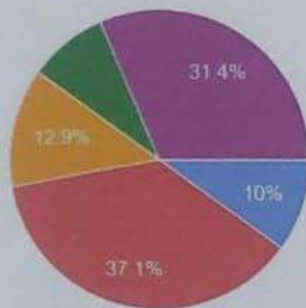
4. How relevant was the topic of the talk to your personal and academic life?

70 responses



5. Which part of the talk did you find most valuable?

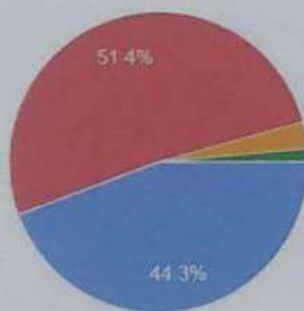
70 responses



- Introduction to Mind Management
- Techniques and Strategies for Managing the Mind
- Practical Examples and Case Studies
- Interactive Q&A Session
- All the above

6. Did you find the content of the talk easy to understand?

70 responses

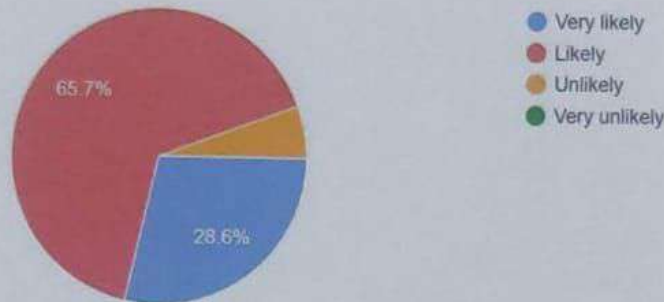


- Yes, very easy to understand
- Mostly easy to understand
- Somewhat difficult to understand
- Difficult to understand



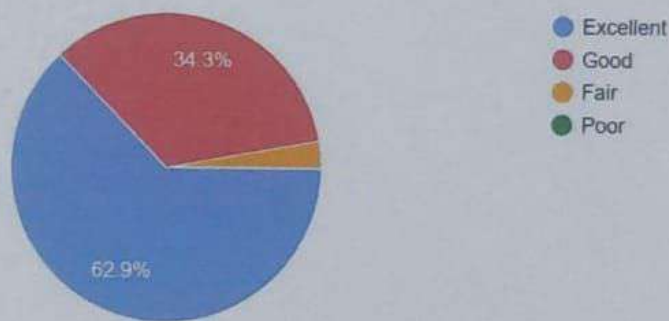
7. How likely are you to apply the techniques or strategies discussed in the talk to your daily life?

70 responses



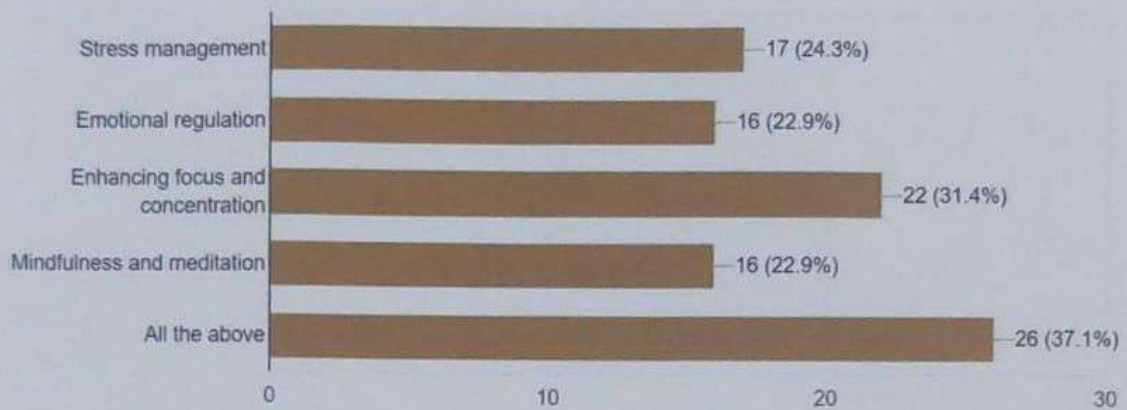
8. How would you rate the speaker Pravrajika Divyanandaprana in terms of knowledge, engagement, and delivery?

70 responses



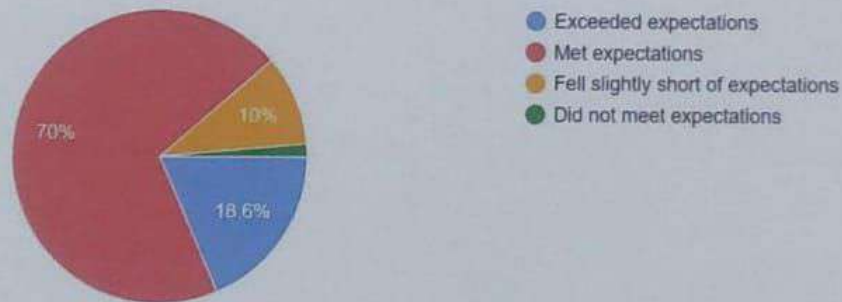
9. What aspect of mind management would you like to explore further in future programs?

70 responses



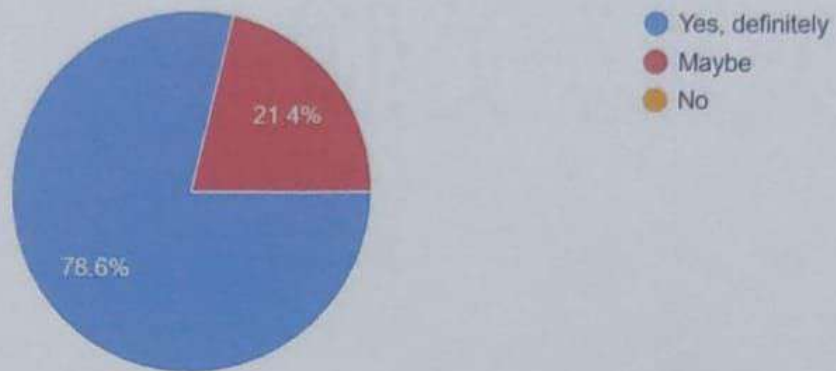
10. Did the talk meet your expectations?

70 responses



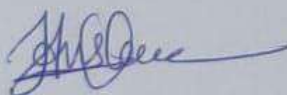
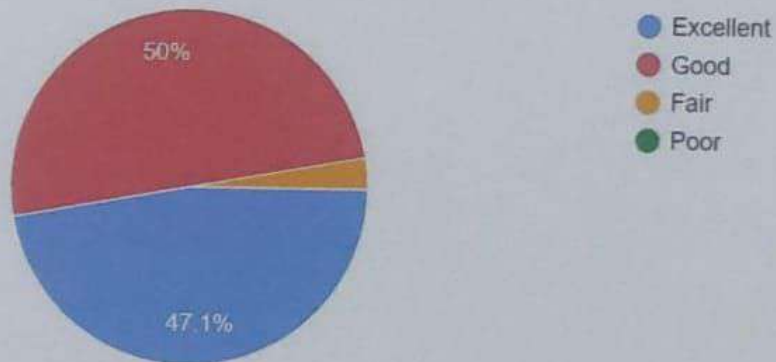
11. Would you recommend events by the Vivekananda Study Center to your peers?

70 responses

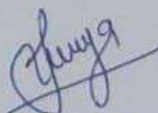


12. How would you rate your overall experience at the anniversary program?

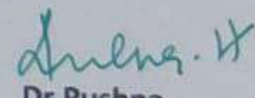
70 responses



Dr Sathish Babu
VSC Coordinator



Mrs Soumya Shanbhag
VSC Convenor



Dr Pushpa
Principal