

REF: MSRCASC/CHE/2022-23/02

Date: 19/01/2023

## CIRCULAR

### CENTRE FOR HOLISTIC EDUCATION

#### **One Day Personality Development Workshop**

This is to inform all the HOD's and the faculty members of all the departments that the Centre for Holistic Development in Collaboration with DISHA Charitable Trust, Bangalore, is organizing a "One Day Personality Development Workshop" for the Students. This programme will be conducted on 27<sup>th</sup> January 2023 from 9.30am to 4.30pm at Visveshwaraya Auditorium

This programme is for the students of UG and PG

Two faculty members from each department should be present in the Auditorium along with the students to monitor their attendance.

*Vatsale*  
02/02/23  
Principal

Principal,  
M.S. Ramaiah College of Arts, Science & Commerce  
MSRIT Post, MSR Nagar  
Bangalore - 560 054

## ABOUT THE COLLEGE

Dr. M.S Ramaiah, a visionary and philanthropist established "Gokula Education Foundation (GEF)", in the year 1962, to deliver education and healthcare for the betterment of mankind. Under the umbrella of GEF, M.S Ramaiah college of Arts, Science and Commerce (MSRCASC) was established in 1994. The college is affiliated to Bengaluru City University (BCU), approved by AICTE, New Delhi, recognized by UGC under 2(f) and 12 (B) of UGC Act 1956. MSRCASC is reaccredited with "A" Grade by NAAC. MSRCASC has bagged 55<sup>th</sup> rank under college category in NIRF-2022. The college has been selected under DBT-STAR College Scheme-2020. Our college is a unique learning institution offering multidisciplinary Programs which plays a pioneering role in providing academic excellence. The college offers Eight UG Programs and six PG programs in Arts, Science, and Commerce with more than 2700 students. The College has excelled record of obtaining many University ranks and Gold medals..

## ABOUT DISHA

Disha Bharat is a non-profit social initiative, working in the field of value education since 2005. The core objective of organization is to impart values and necessary skills for the development of holistic personality. Disha programs revolve around the theme "Know Yourself, Know Your Country and Know Your Culture". This helps youngsters evolve into better human being thereby enabling them to become the catalysts of social change.

## PATRONS

Dr. M. R. Jayaram, Chairman - GEF  
Sri. M. R. Janakiram, Director – GEF  
Sri. M. R. Kodandaram, Director - GEF  
Sri. B. S. Ramaprasad, Chief Executive - GEF  
Sri. Ramachandra, COF – GEF

## OBJECTIVES OF THE PROGRAM

Imparting Value Based education to the students by addressing their emotional, social, ethical, psychological, spiritual and academic needs in an integrated learning format.

## OUTCOME

To evolve students into better human being thereby enabling them to become the catalyst of social change.

## Organizing Committee

Dr. Vatsala G, Principal, MSRCASC  
Prof. B.S. Jayarama, Vice principal, MSRCASC  
Dr. Pushpa H, Vice principal, MSRCASC  
Mrs. Soumya S Shanbhag, Co-Convenor, CHE  
Mrs. Aditi Arun Rao, Convenor, CHE  
Dr. Ramesha A  
Mrs. Evelyn Nischitha

**Date:** 27<sup>th</sup> January 2023  
**Time:** 9.30am to 4.30pm  
**Venue:** Dr. Visvesvaraya Auditorium



RAMAIAH  
College of Arts, Science  
& Commerce



**One Day Personality Development  
Program  
On  
Know Yourself, Know Your Culture,  
Know Your Country  
27<sup>th</sup> January 2023**



**An IQAC Initiative  
in association with  
Centre for Holistic Development and  
DISHA Bharat**

M.S. Ramaiah College of  
Arts, Science and Commerce  
MSRIT Post, MSR Nagar, Bangalore - 560 054  
www.msrmcollege.edu.in  
(Re-accredited "A" by NAAC,  
Affiliated to Bangalore Central University,  
Approved by AICTE)

**IQAC in Association with**

**CENTRE FOR HOLISTIC EDUCATION**

**REPORT ON PERSONALITY DEVELOPMENT WORKSHOP**

**Title: Personality Development Workshop**

**Dates: 27<sup>th</sup> January 2023**

**Venue: Dr. Visvesvaraya Auditorium**

**Participants: First Year Undergraduate and Postgraduates Students**

**Resource Persons: Disha Volunteers**

**No. of Students: 140**

**Objective:** To orient the students towards themselves, their nation and their culture.

Holistic education is a comprehensive approach to teaching where educators seek to address the emotional, social, ethical, psychological, spiritual and academic needs of students in an integrated learning format.

The Centre for Holistic Education is established in 2013 at M S Ramaiah College of arts, science and commerce, to impart Value-based education to the students.

In this academic year the Centre for Holistic Education along with DISHA BHARAT conducted One Day Orientation Workshop for one day on the theme "Know Your Country, Know Your Culture and Know Yourself". This is part of the annual workshop the college and DISHA Bharat conducts for the first-year students.

The program was conducted for a day for 140 first year students. Batch included students from B.Com, BA, BCA and BSc, BBA and Law students.

The workshop was inaugurated by the Coordinator Mrs. Soumya S Shanbhag, Mrs. Rekha form DISHA Bharat. Mrs. Rekha sensitized students about the workshop and its benefits to the students life. Mrs. Soumya S Shanbhag, Coordinator, Centre for Holistic Education, gave the report on the inception and activities of Centre for Holistic Education Committee.

Vatsala<sup>4</sup>  
02/02/23  
Principal,  
M.S. Ramaiah College of Arts, Science & Commerce,  
MSRIT Post, MSR Nagar  
Bangalore - 560 054



**RAMAIAH**  
College of Arts, Science &  
Commerce

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**M S Ramaiah College of Arts, Science and Commerce**

Re-accredited 'A' by NAAC, Permanently Affiliated to Bengaluru City University,

Approved by Government of Karnataka, Approved by AICTE, New Delhi.

Recognized by UGC under 2F & 12B of UGC act 1956

**nirf** (National Institutional Ranking Framework, Ministry of Education, Govt of India)  
Ranked 55<sup>th</sup> in NIRF India Ranking by MHRD, New Delhi  
DBT Star College Scheme

### Outcomes of the program

This workshop comprises different modules like Yoga, Boosting the five quotients of personality, Physical activities and guiding the students to lead a meaningful and wonderful life. This year this workshop was conducted on 27<sup>th</sup> January 2023.

Yoga exercises, Pranayama exercises, Team-building army games, India Quiz and Psychological Counselling were part of the day long orientation workshop. Mr. Pramod Natraj, Pradeep Natraj, Ms. Lavanya, Mrs. Rekha Ramachandran, Mr. Vinay and other DISHA volunteers were the facilitators for this workshop.

Students initially were very sceptic of the program but later on loosened up and took part in the activities very enthusiastically and had a great time. DISHA volunteers are professional counselors who did counselling for the students in different groups. Many students opened up and even revealed their personal problems and issues they were undergoing in their life during the psychological counselling session. Students also showed interest in Disha activities and expressed their desire to join DISHA as volunteers and actively participate and assist in the program organized by DISHA organization. A wonderful fun-filled sessions evoked interest in many other students of senior classes.

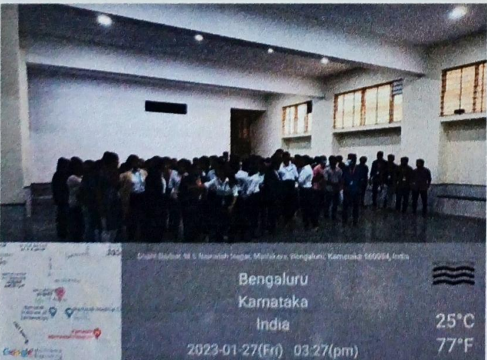
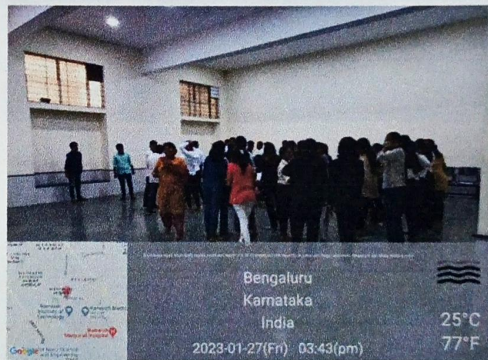
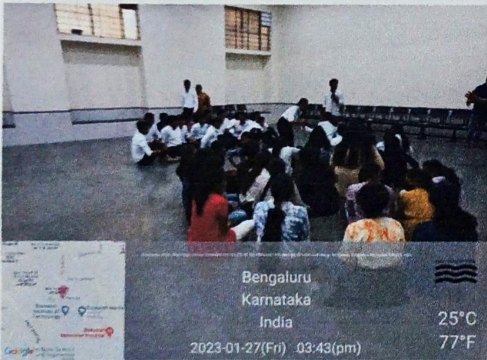
The team of Centre for Holistic Education, organized valedictory after the end of all the sessions. The resource persons were appreciated for their efforts by Mrs. Soumya Shanbhag, Coordinator, Centre for Holistic Education during vote of thanks.

This program was a great success which helped students to overcome the difficulties faced during the pandemic situation by boosting them morally.

Vatsala'y  
02/02/23.

Principal,  
M.S. Ramaiah College of Arts, Science & Commerce  
MSRIT Post, MSR Nagar  
Bangalore - 560 054

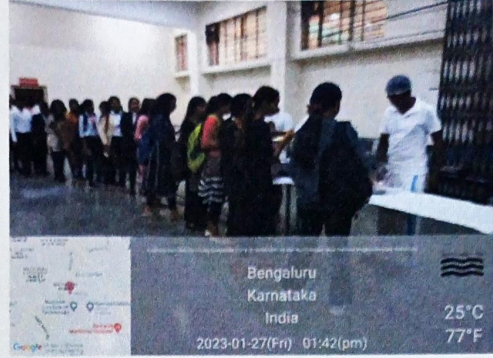
### Glimpse of the program



*Vatsala*  
02/02/23  
Principal,  
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Bangalore - 560 054



Vasanthi  
02/02/23  
Principal,  
1.S. Ramaiah College of Arts, Science & Commerce  
MSRIT Post, MSR Nagar  
Bengaluru - 560 054



Vatsala<sup>4</sup>  
02/02/23

Principal,  
M.S. Ramaiah College of Arts, Science & Commerce,  
MSRIT Post, MSR Nagar  
Bangalore - 560 054



Centre for Holistic Education in Association with IQAC and DISHA Bharat  
One Day Personality Development Program

On

Know Yourself, Know Your Culture, Know Your Country

List of Participants

Sl No.	Name of the Student	Reg. No.	Class	Signature
1.	P. Lakshmi Sraanya	U18EV22S0382	[A] 1st Sem BT/MB	Lakshmi Sraanya
2.	Nandana G	U18EV22S0003	1st Sem BSc BT/MB	Nandana G
3.	Swapna Sahoo	U18EV22S0294	1st Sem BSc BT/MB	Swapna
4.	K. Mandara	U18EV22S0099	1st Sem BSc Gen/MB	Mandara
5.	SAMAN TAHNJET	U18EV22S0351	1st Sem [A] BSc BT/MB	Samah
6.	Anusha S	U18EV22M0119	I Sem 'A' BBA	Anusha
7.	Nikitha B.M.	U18EV22S0226	I Sem 'C' BSc (Gen/MB)	Nikitha
8.	Laya N	U18EV22S0221	I Sem 'C' BSc (Gen/MB)	Laya
9.	Mansi Singh	U18EV22S0359	I Sem 'C' BSc (Gen/BC)	Mansi
10.	Manisha Kumari	U18EV22S0313	I Sem 'C' BSc (Gen/BC)	Manisha
11.	Hema Shree S	U18EV22S0041	I Sem 'B' BSc (MB/Ch)	Hema
12.	Mahee Prabhu	U18EV22S0229	I Sem B BSc (MB/Ch)	Mahee
13.	Stuti J. Parekh	U18EV22S0246	I Sem C BSc (Gen/MB)	Stuti Parekh
14.	chandreyi Banerjee	U18EV22S0125	I Sem 'A' BSc (BT/MB)	Chandreyi
15.	Priyadarshini M	U18EV22S0144	I Sem 'A' BSc (BT/MB)	Priyadarshini
16.	R. Vaishnavi	U18EV22S0291	I Sem 'A' BSc (BT/MB)	Vaishnavi
17.	Ananya S	U18EV22C0042	I Sem 'A' B.Com	Ananya S
18.	Sumukha B.K	U18EV22C0013	I Sem 'B' B.Com	Sumukha
19.	Ujwal R	U18EV22S0134	I Sem 'B' BSc Batch/chem	Ujwal R





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SL No.	Name of the Student	Reg. No.	Class	Signature
①	Sanjan Raj.R	39"15"san"	BCA 'A'	SanjanRaj.R
②	Vishank Dhiraj	62	BCA 'B'	Vishank
③	MVVN Sathya Sai Kumar	67	BCA 'A'	MVVN
4	Meghana B.K	63	BCA B	Meghana B.K
5	Srikanth SR	01	BCA 'B'	Srikanth
6	Snigdha Sake	59	BCA 'B'	Snigdha
7	JAYAKRISHNA J	159 B	BBA	Jayakrishna
8	Ashwin GK	23	BBA	Ashwin
9	JAYABRATA GUPTA	81	BBA	Jayabrata
10	Shashank Chahar	149	BBA	Shashank
11	PURVAANK RAMESH	112	BBA	Purvaank
12	Mohammed Heshim	84	BBA	Mohammed
13	Poojwal S	103	B.com	Poojwal
14	Poojwik R	168	B.COM	Poojwik
15	Sai prasad G	121	BBA	Sai prasad
16	C. Chandrakalada	125	BBA	C. Chandrakalada
17	Srujan M	082	BBA	Srujan
18	Pranav R. Rao	50	B.com	Pranav
19	Adarsh Kumar Yadav	053	B.com	Adarsh
20.	Vinaykumar	164	B.COM	Vinaykumar



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SL No.	Name of the Student	Reg. No.	Class	Signature
1	K.P. Padma	UI8EV22M0152	BBA, 1 <sup>st</sup> Sem	
2	Ananya R. N	UI8EV22M0075	BCA 1 <sup>st</sup> Sem	
3	Arnab Saha	UI8EV22S0155	BSc 1 <sup>st</sup> Sem	
4	Nandu Krishna	UI8EV22S0140	BSc I <sup>st</sup> sem	
5	Monisha M	UI8EV22S0950	BSC I <sup>st</sup> sem	
6	Sakshi A	UI8EV22S0123	BSC I <sup>st</sup> sem	
7	Ganjanu. S. B	UI8EV22S0244	BSC - 1 <sup>st</sup> sem	
8	Aditi S	UI8EV22S0156	BSC - 1 <sup>st</sup> sem	
9	Ankit K	UI8EV22M0072	BBA - 1 <sup>st</sup> sem	
10	Teel Dolai	UI8EV22S0234	BCA 1 <sup>st</sup>	
11	Veerapu Yaswanth	UI8EV22S0303	B.C.A I <sup>st</sup> sem	
12	NISHITH GOWDA	UI8EV22S0306	BCA 1 <sup>st</sup> sem	
13	Ravooru Vedakshari	UI8EV22S0209	BSC 1 <sup>st</sup> sem	
14	S. Akshitha	UI8EV22S0260	BSC 1 <sup>st</sup> sem	
15	Mitali Prasad	UI8EV22S0245	BSC 1 <sup>st</sup> sem	
16	Chandni Gupta	UI8EV22S0389	"	
17	Tanya Chivpal S	UI8EV2210264	"	
18	Keziya G. S	UI8EV22S0376	BSC 1 <sup>st</sup> sem	



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Sl No.	Name of the Student	Reg. No.	Class	Signature
01	Chandana . k	U18EVM0181	BBA 1 <sup>st</sup> Sem	Chandana
02	Lakshmi M	U18EV22M0035	BBA 1 <sup>st</sup> Sem	Lakshmi
03	Abhigna	U18EV22M0104	BBA I SEM	Abhigna
04	Ashra Mixia Joseph	U18EV22M0008	BBA I SEM	Ashra
05	B. Janani	U18EV22S0150	BT/MB 'A' SEC BSC I <sup>st</sup> SEM MB/BC 'C' SEC	B. Janani
06.	DEEKSHA. B.M.	U18EV22S0270	BSC I <sup>st</sup> SEM	Deeksha
07	S. Ratshitha	U18EV22C0049	B.sc B.com. 1 <sup>st</sup> Sem	S. Ratshitha
08	Manasa.V	U18EV22S0222	BSC 1 <sup>st</sup> SEM MB/BC	Manasa
09	Ramya, N. Murthy	U18EV22S0305	BSC 1 <sup>st</sup> SEM MB/BC	Ramya
10	Angel Immaculate . S	U18EV22S0385	BSC 1 <sup>st</sup> SEM (MB/BC)	Angel
11.	Koushik. G.P.	U18EV22S0108	BSC I sem (MB/BC)	Koushik
12	Abhilash Gupta. S	U18EV22S0085	'A' sec BCA I sem	Abhilash
13.	Gagan . S	U18E22S0020	'A' sec BCA I sem	Gagan
14.	Hanumeshha	U18EV22S0076	'C' sec BSC I sem (B/MB)	Hanumeshha
15.	Nihal	U18EV22S0412	'C' sec BSC I sem (B/MB)	Nihal
16.	K. Balaaji	U18EV22S0070	'B' sec BSC I sem (MB/BC)	K. Balaaji
17	Indusha . S. Reddy	U18EVM0092	BBA 1 <sup>st</sup> sem	Indusha
18	Akanksha.V.	U18EVM0010	BBA 1 <sup>st</sup> sem	Akanksha
19	Yasani . M . B .	U18EVM00182	BBA I <sup>st</sup> Sem	Yasani





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Sl No.	Name of the Student	Reg. No.	Class	Signature
1	Bhramasambika . L.	U18EV22C0154	BCOM 1st	
2	Monika . T	U18EV22C0165	Bcom 1st	
3.	Aryandra Sharma	U18EV22M0144	BBA 1st	
4.	Ayush Kumar (059)	U18EV22M0059	BBA 1st	
5.	M.N. Bhavana	U18EV22S0101	BSc MB/GN	
6	G. Amaramath.	U18EV22M0065	BBA	
7.	Kesari P	U18EV22M0009	BBA	
8.	<del>Dhriti</del> Dhriti Kiran	U18EV22M0161	BBA	
9.	Afia Ejaz	U18EV22M0056	BBA	
10.	Khushi P	U18EV22M0163	BBA	
11	Hanshit Pandey	U18EV22M0044	BBA	
12.	M.Hitesh	U18EV22M0053	BBA	
13	CHONIKITH	U18EV22M0088	BBA	
14	Affa Ejaz	U18EV22M0056	BBA	
15	JAYA KRISHNA . J	U18EV22M0162	BBA	
16	ABHWIN GK	U18EV22M0023	BBA	
17	Jeevan . D	U18EV22M0166	BBA	



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SL No.	Name of the Student	Reg. No.	Class	Signature
1	Vignesh BS	R2017674	BCA V	
2	R.V.Venkat Nath	R2017644	BCA VI	
3	Rhuvi H.D	U18EV22C0136	BCOM I	
4	Litisha Raj.S	U18EV22C0060	BCOM I	
5	AFZA FIRDOUS	U18EV22C0184	Bcom I	
6	HAMSINI M	U18EV22C0072	Bcom I	
7	YUKTHA .R	U18EV22C0071	BCOM I	
8	RANJANA .TM	U18EV22C00173	BCOM J	
9	HARSH ANAND SINHA	U18EV22M0004	BBA I	
10	Gokul Raj	U18EV22C0137	BCOM I	
11	Prajwal .N.	U18EV22 <sup>24</sup> BCA	BCA I	
12	TG Pranav Nathwar	U18EV22C0215	BCA I+	
13	Vishal .B.L	U18EV22 <sup>85</sup> BCA	BCAI	
14	Prajwal .A. Kambar	U18EV220132	BSc I I <sup>BT &amp; UTM</sup>	
15	Harshith .Kumar	U18EV22 <sup>89</sup>	BCAI	
16	Shushmitha	U18EV22012	BCAI	



