

Dated: 1st April 2025

DEPARTMENT OF CHEMISTRY & BIOCHEMISTRY

REPORT ON Workshop on Job-Oriented Skill Development Training Program

:

Workshop titled "*Job-Oriented Skill Development Training Program*" at Kuvempu seminar Hall Bengaluru-560054 on 26/03/2025"

Number students: 47 (B. Sc -VI Semester, M Sc – Chemistry(Organic) & M Sc – Biochemistry) students

Report: Workshop on Job-Oriented Skill Development Training Program

The Workshop on Job-Oriented Skill Development Training Program was organized to address the crucial gap between the availability of jobs and the skill readiness of students [(B. Sc -VI Semester, M Sc – Chemistry(Organic) & M Sc – Biochemistry) students]. Despite ample job opportunities, many students face challenges in securing quality positions due to a lack of essential job-mandated skills. This workshop aimed to equip participants with vital skills, ensuring they are job-ready and positioned for long-term career success. Industry experts shared valuable insights and practical knowledge across various domains to prepare attendees for the competitive job market.



Workshop Schedule

The day-long program featured four insightful sessions delivered by experienced professionals. Below is the schedule:

Time Session Name Speaker

10:00 am - 11:30 am Job Opportunity and Career Growth Dr. Mallesha H

11:30 am - 11:40 am Break -

11:40 am - 01:10 pm Mahawin Stress Management Dr. Mallesha H

01:10 pm - 02:00 pm Lunch Break -

02:00 pm - 03:30 pm Mahawin Time Management GM Kulkarni

03:30 pm - 03:40 pm Break -

03:40 pm - 04:10 pm Mahawin Resume Writing GM Kulkarni

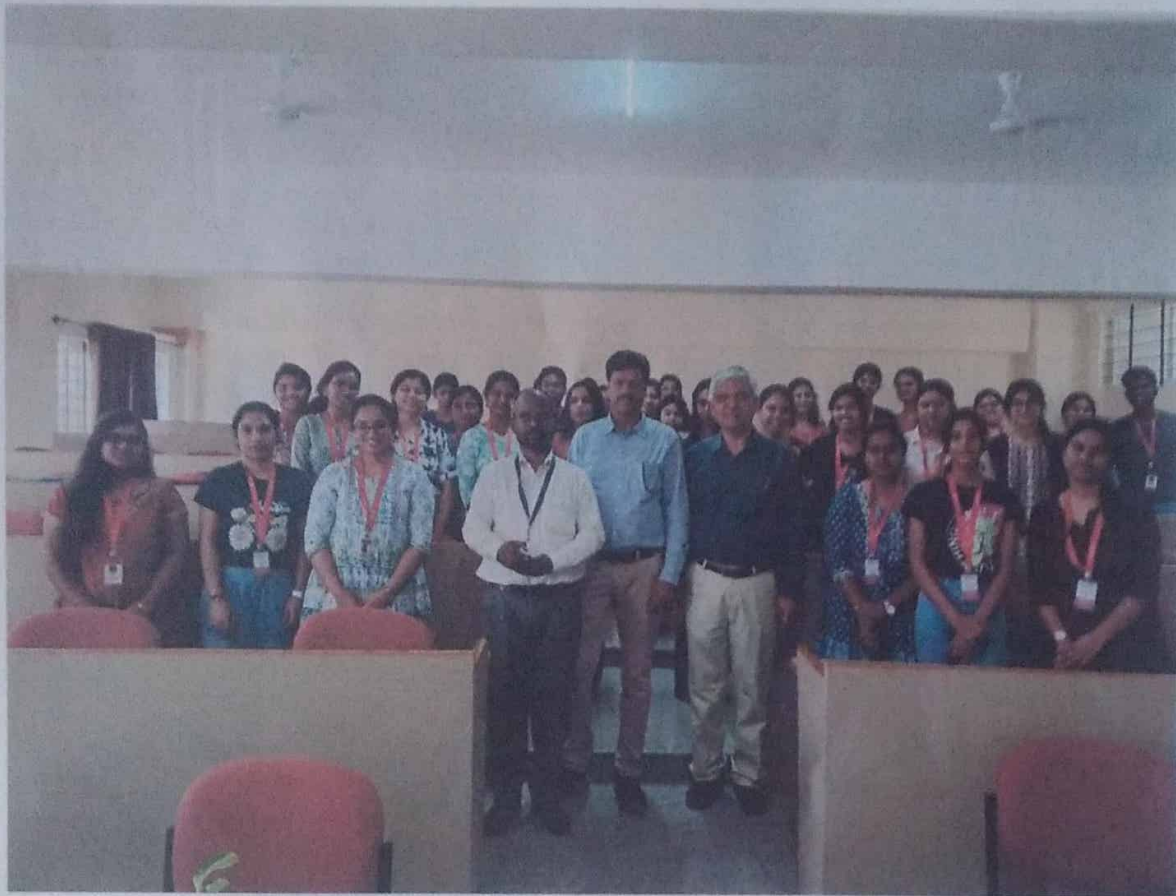
Summary of the Sessions:

Job Opportunity and Career Growth This session focused on understanding the differences between securing a job and building a sustainable career. Key discussions included insights into the job market, overcoming obstacles to seizing opportunities, and uncovering promising career prospects in chemical and biological fields. Attendees learned about the five pillars of sustained career growth.

Mahawin Stress Management: In this transformative session, participants explored the causes and consequences of stress. The Mahawin techniques were introduced, providing effective strategies to reduce stress, build resilience, and develop a balanced mindset. This session emphasized turning stress into a source of strength for overall mental and physical well-being.

Mahawin Time Management: Highlighting the importance of time as a valuable asset, this session provided actionable strategies to prioritize tasks, eliminate distractions, and maximize productivity. Attendees were equipped with powerful tools to manage their time effectively, reduce stress, and maintain a balanced life, ultimately leading to success.

Mahawin Resume Writing: This session delved into crafting impactful resumes that stand out in today's competitive job market. Participants learned to highlight strengths, showcase achievements, and tailor their resumes for maximum impact. The session emphasized viewing a resume as a personal brand that creates lasting first impressions and opens doors to new opportunities.



Conclusion:

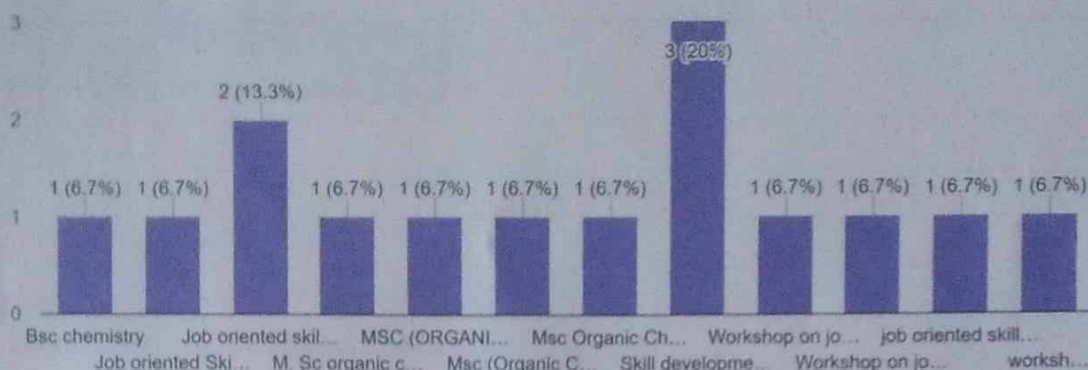
The workshop successfully addressed key challenges faced by students in securing high-quality jobs. By integrating career insights with practical life skills, the program empowered participants to navigate the competitive job market confidently. Sessions on stress and time management provided valuable tools for personal and professional growth, while guidance on resume writing prepared attendees to present their skills effectively to potential employers.

This comprehensive training program was not just a learning opportunity but a step toward shaping brighter futures. It showcased the importance of continuous skill development and the benefits of guidance from industry experts.

Number of different program participated in workshop is as follows in the chart form

Name of The program

15 responses



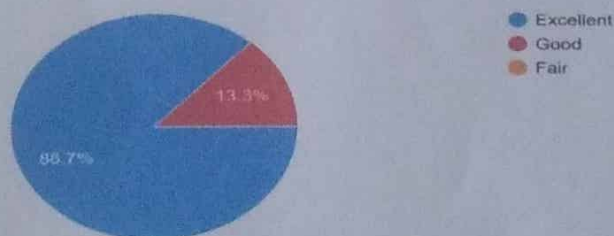
Grade of Resource Person Dr. H Mallesha

15 responses



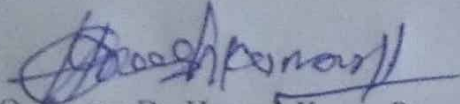
Grade of Resource Person Mr.G M Kulkarni

15 responses



Overall students given good feedback and happy about Guest lecture and they want it on different topic such as (i) future academic options with brief description of jobs with industry specialist (ii) More placement or career -oriented programs or Job opportunity (iii) how to earn

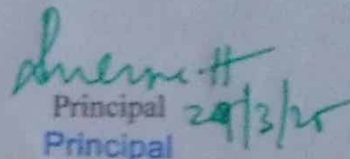
money and investments (iv) Tech event or Opportunities on placement, Placement training, what kind of questions are asked for interview (v) Research based ones in future.



Event Co - Ordinator: Dr. Hareesh Kumar P



Mrs. Ramya Kumari B S
Head- Department of Chemistry & Biochemistry



Principal 29/3/25

Principal
M.S.Ramaiah College of Arts, Science &
Commerce-Autonomous
MSRIT POST, MSR Nagar
Bengaluru - 560 054

Ref. No: MSRCASC-A/Chem & Bio-Chem /2024-25/

Date: 24th March 2025

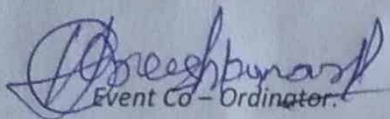
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Department of Chemistry & Biochemistry

Workshop on Job-oriented Skill Development Training Program

We are pleased to inform you that M S Ramalah College of Arts, Science and Commerce - Autonomous MSRIT Post, MSR Nagara, Mattikere, Bangaluru is Organizing Workshop titled "Workshop on Job-oriented Skill Development Training Program" at Kuvempu seminar Hall Bengaluru-560054 on 26/03/2025

All the B Sc – VI Semester- Chemistry & Biochemistry & all M Sc – Chem/Bio - chemistry students are Instructed to attend the same without fail.



Event Co-Ordinator.

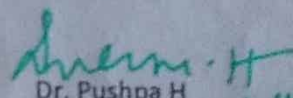
Dr. Hareesh Kumar P



Mrs. Ramya Kumari B. S.

Assistant Professor & HOD

Department of Chemistry & Biochemistry



Dr. Pushpa H 24/3/2025

Principal

M.S.Ramalah College of Arts, Science &
Commerce-Autonomous
MSRIT POST, MSR Nagar
Bengaluru - 560 054



Department of Chemistry & Biochemistry

Workshop on Job-oriented Skill Development Training Program
(An IQAC Initiative)

Session 1: on Job Opportunities and Career Growth: Your Path to Success and
Session 2: Top 5 Mahawin Techniques to Overcome Stress



Dr. Mallesha H

M.Sc., M.Phil., Ph.D., PDF (Japan), MDTD (trg)
Founder Director and Scientist: Mahawin, Bengaluru, Karnataka

Session 3: Master Your Day with Top 5 Time Management Techniques
Session 4: Resume Writing



Mr. G M Kulkarni

B.E. (Mech), MDBA, MFM (Jamnalal Bajaj), Six Sigma (Green Belt), MDTD(IATD)
Business Development Consultant, Corporate Trainer in leadership, personality development & a motivational speaker

Mrs. Ramya kumari B S
HOD- Chemistry & Biochemistry

Dr. Pushpa H
Principal



Venue: Kuvempu Hall



26th March, 2025



09:40am - 4:25pm

Event Co-Ordinator: Dr. Hareesh Kumar P

Workshop on Job oriented Skill Development Training Program on 26th March 2025

List of Students participated

SI No	Name of the Student	Register No	Session 1	Session 2	Session 3	Session 4
1	Krishna Ching Shakti	P18MB245032007	Krishna	Krishna	Krishna	Krishna
2	Nandini Del Syleha	P18MB245032010	Nandini	Nandini	Nandini	Nandini
3	Adithi Paudyal	P18MB245032001	Adithi	Adithi	Adithi	Adithi
4	Tajavani S.	U18EV2250357	Tajavani	Tajavani	Tajavani	Tajavani
5	Keziga G.S	U18EV2250376	Keziga	Keziga	Keziga	Keziga
6	Mithali Poudyal	U18EV2250245	Mithali	Mithali	Mithali	Mithali
7	Sanjana Senthil	U18EV2250244	Sanjana	Sanjana	Sanjana	Sanjana
8	Darika A	U18EV2250129	Darika	Darika	Darika	Darika
9	Meeka Raj	U18EV2250130	Meeka	Meeka	Meeka	Meeka
10	dakshini A.S	U18EV2250367	dakshini	dakshini	dakshini	dakshini
11	Chinnappa B.	U18EV2250127	Chinnappa	Chinnappa	Chinnappa	Chinnappa
12	Chandana V.R.	U18EV2250128	Chandana	Chandana	Chandana	Chandana
13	Navya L	U18EV2250347	Navya	Navya	Navya	Navya
14	Ushada P	U18EV2250134	Ushada	Ushada	Ushada	Ushada
15	Adithyans P	P18MB245032003	Adithyans	Adithyans	Adithyans	Adithyans
16	Adhara A	P18MB245032004	Adhara	Adhara	Adhara	Adhara
17	Lekshmi Gopal	P18MB245032006	Lekshmi	Lekshmi	Lekshmi	Lekshmi
18	Alpade P.S	P18MB245032004	Alpade	Alpade	Alpade	Alpade
19	Sahana .T	P18MB245032008	Sahana	Sahana	Sahana	Sahana
20	Bhoomika S.K	P18MB245032005	Bhoomika	Bhoomika	Bhoomika	Bhoomika
21	Pragya A	U18EV2250132	Pragya	Pragya	Pragya	Pragya
22	Mudraja R	P18EV235038010	Mudraja	Mudraja	Mudraja	Mudraja
23	Lakshmi Sanyal P	U18EV2250262	Lakshmi	Lakshmi	Lakshmi	Lakshmi
24	Lakshmi Sanyal P	U18EV2250345	Lakshmi	Lakshmi	Lakshmi	Lakshmi
25	P Harshika	U18EV2250296	P Harshika	P Harshika	P Harshika	P Harshika
26	Aditi C. Yankurpi	P18MB245032004	Aditi	Aditi	Aditi	Aditi

Workshop on Job oriented Skill Development Training Program on 26th March 2025
List of Students participated

Sl No	Name of the Student	Register No	Session 1	Session 2	Session 3	Session 4
27	Moluthra A	U18EV22S0078	Moluthra A	Moluthra A	Moluthra A	Moluthra A
28	Akshitha Prakash	U18EV22S0262	Akshitha Prakash	Akshitha Prakash	Akshitha Prakash	Akshitha Prakash
29	Hemashree S	U18EV22S0071	Hemashree S	Hemashree S	Hemashree S	Hemashree S
30	Kaishava S. Marud	P18MB24S020001	Kaishava S. Marud	Kaishava S. Marud	Kaishava S. Marud	Kaishava S. Marud
31	HRITHIKA P.K	P18MB24S020002	HRITHIKA P.K	HRITHIKA P.K	HRITHIKA P.K	HRITHIKA P.K
32	Pindri Vaishnavi M	P18MB24S020008	Pindri Vaishnavi M	Pindri Vaishnavi M	Pindri Vaishnavi M	Pindri Vaishnavi M
33	Pragathi G.S	P18MB24S020007	Pragathi G.S	Pragathi G.S	Pragathi G.S	Pragathi G.S
34	Prathibha C	P18MB24S020005	Prathibha C	Prathibha C	Prathibha C	Prathibha C
35	Sowmya A	P18MB24S032004	Sowmya A	Sowmya A	Sowmya A	Sowmya A
36	Ananya S.S	P18EV23S032012	Ananya S.S	Ananya S.S	Ananya S.S	Ananya S.S
37	Ramitha E. Singh	P18EV23S032008	Ramitha E. Singh	Ramitha E. Singh	Ramitha E. Singh	Ramitha E. Singh
38	Ngopalakshmi M	U18EV22S0360	Ngopalakshmi M	Ngopalakshmi M	Ngopalakshmi M	Ngopalakshmi M
39	MANDARA C.A	U18EV22S0119	MANDARA C.A	MANDARA C.A	MANDARA C.A	MANDARA C.A
40	Sumeetha C. Koushik	P18MB24S020013	Sumeetha C. Koushik	Sumeetha C. Koushik	Sumeetha C. Koushik	Sumeetha C. Koushik
41	R. NANDANA	P19MB24S020012	R. NANDANA	R. NANDANA	R. NANDANA	R. NANDANA
42	Suathia C.V	P18MB24S020010	Suathia C.V	Suathia C.V	Suathia C.V	Suathia C.V
43	Dinnyasree N.P	P18MB24S020009	Dinnyasree N.P	Dinnyasree N.P	Dinnyasree N.P	Dinnyasree N.P
44	Dyashruti S. Reddy	P18MB24S020011	Dyashruti S. Reddy	Dyashruti S. Reddy	Dyashruti S. Reddy	Dyashruti S. Reddy
45	K.K. AKASH	P18MB24S020003	K.K. AKASH	K.K. AKASH	K.K. AKASH	K.K. AKASH
46	NUKITHA AJITH	U18EV22S0117	NUKITHA AJITH	NUKITHA AJITH	NUKITHA AJITH	NUKITHA AJITH
47	N. AJAY AMITHA RAI	U18EV22S0213	N. AJAY AMITHA RAI	N. AJAY AMITHA RAI	N. AJAY AMITHA RAI	N. AJAY AMITHA RAI

(c)