

3rd March 2025

CIRCULAR

DEPARTMENT OF HUMANITIES

The Department of Humanities is organising a **One-Day Experiential Workshop under the Psychology Club 'Mindscape'**, titled '**Unlocking the Secrets to Success**', for all the **B.A. students of I, II and III years**, of M.S. Ramaiah College of Arts, Science and Commerce. The resource person for the experiential workshop is Dr. Ankitha Umakanth from Mind Auraa.


All the students from all three years of the B.A. program must participate in the One-Day Experiential Workshop.


Event Coordinator: Ms. Dionne Helen Nilanjana Bose


Venue: MCA Gallery Room

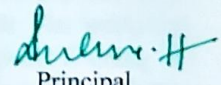
Date: 26th March 2025

Time: 10:30 am to 4:30 pm


Programme Co-ordinator
Ms. Dionne Bose


HOD
Dr. Ganesh Naik


Vice Principal
B.S. Jayarama


Principal
Dr. Pushpa H.

Head, Dept. of Humanities,
Ramaiah College of Arts, Science
and Commerce Bangalore-560054

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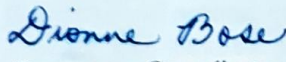
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Post-lunch, the session shifted its focus toward **habit formation, leadership, and self-discipline**. Dr. Umakanth introduced students to the principles behind the “**7 Habits of Highly Effective People**,” a well-regarded framework for building character and competence. Students explored the **habit-forming process**, learned about self-control, and reflected on personal behaviour patterns. The learning was supported by engaging **video clips from the film *The Karate Kid* (2010)** and powerful **insights from Indra Nooyi**, which helped drive home the importance of persistence, emotional regulation, and thoughtful decision-making.

Interactive activities such as **case study discussions, puzzle-solving tasks, and collaborative group chart exercises** enabled students to internalize concepts around **focus, resilience, and how to handle disappointments** constructively. Another powerful moment in the workshop came from the screening of the **Derek Redmond video from the 1992 Barcelona Olympics**, which movingly illustrated the spirit of never giving up, despite physical and emotional setbacks.

The workshop concluded with students reflecting on their key learnings and presenting their **group charts** which captured success strategies such as **hard work, intrinsic motivation, effective time management, and overcoming distractions and obstacles**. Through group discussions and collaborative reflections, participants developed a deeper understanding of **success as a multidimensional concept**—one that includes **psychological, social, financial, and spiritual well-being**.

By the end of the day, students walked away not only inspired but also equipped with **practical, psychology-based tools and insights** to pursue long-term success. The workshop fostered a sense of self-awareness, discipline, and purpose, leaving a lasting impact on the participants. The event was widely regarded as a resounding success with its interactive approach, strong theoretical foundation, and motivational activities.

DEPARTMENT OF HUMANITIES

Report on One-Day Experiential Workshop 'Unlocking the Secrets to Success'



On March 26, 2025, the MINDSCAPE Psychology Club of the Department of Humanities at M.S. Ramaiah College of Arts, Science and Commerce (Autonomous) organized a full-day workshop titled **"Unlocking the Secrets to Success."** The event commenced at 10:30 a.m. and continued until 4:45 p.m., aiming to inspire and educate students on the psychological foundations of success, habit formation, self-discipline, and personal growth. The workshop featured **Dr. Ankitha Umakanth**, Founder of Mind Auraa Psychological Training & Counselling Academy, as the keynote speaker. Her insights combined theoretical knowledge with practical strategies, making the session engaging and impactful for the attendees.

The day began with an **ice-breaking session**, encouraging students to connect and engage freely. This was followed by a deep dive into exploring one's **core strengths and qualities**, where students took part in a mix of **individual and group activities**. One of the key highlights of the morning session was the **Strength Wheel Activity**, designed to help participants visually identify and understand their key attributes. Students also engaged in **Vision Board creation using Canva**, where they articulated their future goals using the **SMART (Specific, Measurable, Achievable, Relevant, Time-bound)** goal-setting approach.

An emotionally resonant video titled **"A Cup of Tea"** by Suyog Khadikar was presented to underline the importance of **lifelong learning and continuous personal growth**. The session also incorporated **muscle relaxation exercises** and **mindfulness meditation techniques** to promote mental clarity, calmness, and overall psychological well-being.



RAMAIAH

College of Arts, Science
& Commerce - Autonomous



**INSTITUTION'S
INNOVATION
COUNCIL**
(Member of Education Institutions)

Department of Humanities

is organizing a One-Day
Experiential Workshop,

Under the Psychology Club - *Mindscape*:

"UNLOCKING THE SECRETS TO SUCCESS"

VENUE- MCA Gallery Room

RESOURCE PERSON:

DATE- 26th March 2025

Dr. Ankitha Umakanth

TIME- 10:30 am

Mind Auraa



Ms. Dionne Bose

FACULTY COORDINATOR

Dr. Ganesh Naik

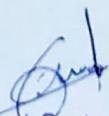
HEAD OF THE DEPARTMENT

Dr. Pushpa H

PRINCIPAL

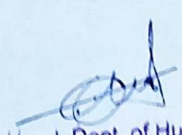
M. S. Ramaiah College of Arts Science and Commerce-Autonomous
Department of Humanities
Workshop 'Unlocking the Secrets to Success' 26.03.2025
Attendance Sheet 4th Semester B.A.

Sl No.	Registration no.	Name	Signature
1	U18EV23A0003	Sujay S	Sujay
2	U18EV23A0002	Meezan jalil inamdar	Meezan
3	U18EV23A0006	Tanishka konwar	Tanishka Konwar
4	U18EV23A0007	Krishna Jaiswal	Krishna
5	U18EV23A0008	Koordam Nguruw	Koordam
6	U18EV23A0009	Umme kulsum S	Umme Kulsum
7	U18EV23A0010	Rishika Giri	Rishika
8	U18EV23A0012	Malaikah Gul Dev	Malaikah
9	U18EV23A0013	Daya B K	Daya
10	U18EV23A0014	Deepthi Nanda Kumar	Deepthi
11	U18EV23A0016	Anannya Thakuri	Anannya
12	U18EV23A0018	Shashank R N	Shashank
13	U18EV23A0020	Loyumba Leitanthem	Loyumba
14	U18EV23A0022	Nafiya Zainab	Nafiya
15	U18EV23A0025	Bidisha Rajbongshi	Bidisha
16	U18EV23A0027	Simon Nameirakpam	Simon
17	U18EV23A0028	GAMYIR KADU	Gamyir Kadu
18	U18EV23A0029	Niranjana Gireesh	Niranjana
19	U18EV23A0031	Nithyashree L	Nithyashree
20	U18EV21A0034	Samreen Yousuf	Samreen
21	U18EV21A0035	Arnika Ghosh	Arnika Ghosh
22	U18EV23A0037	Subhangini Priya Saikia	Subhangini
23	U18EV23A0033	PAYAL SHARMA	Payal
24	U18EV23A0046	Kavala Likhitha	K. Likhitha
25	U18EV23A0041	Yarravula Sree Sai Nithin	Nithin
26	U18EV23A0042	M Subhashree	Subhashree
27	U18EV23A0050	Nayana Elza Prasad	Nayana
28	U18EV23A0035	Arnika Ghosh	Arnika Ghosh
29	U18EV23A0034	Samreen Yousuf	Samreen
30	U18EV23A0036	Abhijit Thakur	Abhijit
31	U18EV23A0055	Nalanda	Nalanda


Head, Dept of Humanities,
Ramaiah College of Arts, Science
and Commerce Bangalore-560054

M. S. Ramaiah College of Arts Science and Commerce-Autonomous
Department of Humanities
Workshop 'Unlocking the Secrets to Success' 26.03.2025
Attendance Sheet 6th Semester B.A.



























Sl No.	Registration no.	Name	Signature
1	U18EV22A0001	Panchali Kashyap	Panchali K
2	U18EV22A0003	B SARVANI	Sarvani
3	U18EV22A0006	S.KIRUTHIGA SHREE	Kiruthiga
4	U18EV22A0008	KISHANKUMAR	Kishankumar
5	U18EV22A0009	APOORVA BAHUBALI	Apoorva
6	U18EV22A0011	AMEN T NISHADH	Amen
7	U18EV22A0012	AVANTHIKA	Avantika
8	U18EV22A0013	M HARITHA REDDY	Haritha
9	U18EV22A0016	Kruthika s	Kruthika S
10	U18EV22A0017	Aishwarya Sabu	Aishwarya
11	U18EV22A0031	Diya Surendran	Diya
12	U18EV22A0032	Ownlee Sikhet	Ownlee
13	U18EV22A0033	P R SMRUTHI	P R
14	U18EV22A0034	MITHASHA M	Mithasha
15	U18EV22A0037	Shalini. M	Shalini
16	U18EV22A0046	S UDAY KIRAN REDDY	Uday
17	U01BK22A0041	Ananya	Ananya

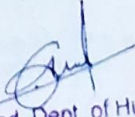

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Ramaiah College of Arts, Science
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M. S. Ramaiah College of Arts Science and Commerce-Autonomous
Department of Humanities

Workshop "Unlocking the Secrets to Success" 26.03.2025

Attendance Sheet 2nd Semester B.A.

Sl. No.	Registration no.	Name	Signature
1	U18MB24A0017	OVIADYA DUTTA	
2	U18MB24A0001	POOJA M	
3	U18MB24A0023	ISRA TAMEEZ	
4	U18MB24A0005	MD FARDIN ALI	
5	U18MB24A0003	LEKHANA RAGHU	
6	U18MB24A0012	CHINMAI S UMACHIGI	
7	U18MB24A0004	POOJA Y P	
8	U18MB24A0020	BHUMI BAKSHI	
9	U18MB24A0027	MARZI A	
10	U18MB24A0019	MUKESH V	
11	U18MB24A0028	PAVANA S M	
12	U18MB24A0014	NANDINI AGARWAL	
13	U18MB24A0010	MOHAMMED OWAS BUKHARI	
14	U18MB24A0026	NIDHI KUMARI	
15	U18MB24A0022	ANANYA G ACHARYA	
16	U18MB24A0007	ANUSHKA CHANDRA	
17	U18MB24A0030	THEJAZER LINYU	
18	U18MB24A0006	CHANDU S	
19	U18MB24A0029	ADVAY RAO KAMBLA	
20	U18MB24A0008	RISHAB U	
21	U18MB24A0015	TABISH WANI	
22	U18MB24A0034	Shrishti Rao	
23	U18MB24A0037	Mohammed Firoz	
24	U18MB24A0036	Sadaf	
25	U18MB24A0002	Hadiya Sartaj	
26	U18MB24A0021	Riya Konjengbam	


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