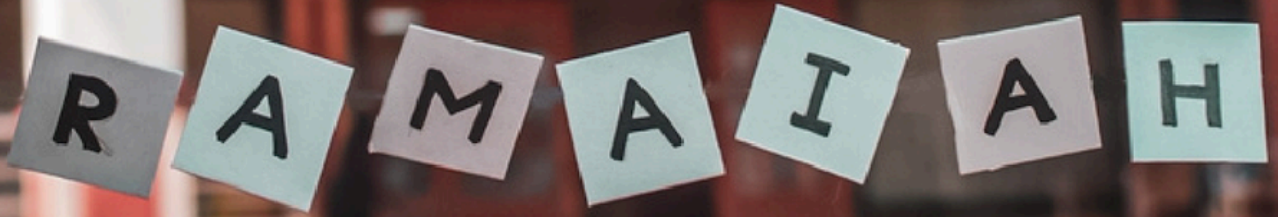




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DEPARTMENT OF HUMANITIES

JANUARY-MARCH 2025

EDITORIAL COMMITTEE

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Head Of the Department,
Humanities

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Ms. Varsha Deshpande

Assistant Professor, Psychology,
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1st Year II sem BA

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Bhumi Bhakshi

1st Year II sem BA

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MOHAMMED OWAIS

BUKHARI

1st Year II sem BA

HIGHLIGHTS

- **OUTREACH
PROGRAMME**
- **GUEST
LECTURE**
- **QUIZ COMPETITION**



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QUIZ COMPETITION ON INDIA'S CONSTITUTION AND REPUBLIC DAY

The Department of Humanities – Political Science organized a quiz competition on 3rd February 2025 at 11:30 AM in the MCA Gallery Room. Coordinated by Mr. Ganesh Naik, the event aimed to enhance students' awareness of India's Constitution, history, and the significance of Republic Day.

The quiz covered topics related to Republic Day celebrations, the Indian Constitution, and Freedom Fighters & Leaders. Students actively participated, showcasing their knowledge and enthusiasm.

Winners of the Competition:

First Prize – Mr. Mohammed Owasi (BA)

Second Prize – Ms. Jeevitha S. (B.Com)

Third Prize – Ms. Nandini Agarwal (BA)

The event successfully fostered a deeper understanding of India's democratic values among students.





OUTREACH PROGRAM ON ENHANCING MEMORY TECHNIQUES

The Department of Humanities (Psychology) organized one day outreach activity to train high school students on 'Enhancing Memory Techniques' in preparation for their exams. The session was conducted on 11th February 2025, from 2 PM to 4 PM, at M S Ramaiah High School. The event was coordinated by Ms. Varsha S. Deshpande, with seven BA psychology students facilitating the training.

The program aimed to equip psychology students with hands-on experience in developing and implementing training modules, fostering social responsibility, and helping school students enhance their memory and learning efficiency. The BA students were divided into two groups: Group 1 trained 8th-standard students, while Group 2 worked with 9th-standard students. The sessions were interactive, engaging students through exercises and discussions, making learning enjoyable and practical.

To encourage academic preparedness, transparent pouches and pens were distributed to school students. The outreach initiative provided BA students with valuable teaching experience, while school students gained effective memory enhancement strategies. The program successfully bridged classroom learning with real-world application, reinforcing the role of psychology in education and social impact.





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DIGITAL INK AND GLOBAL THINK: BLOOMING CAREERS IN JOURNALISM

The Department of Humanities, MSRCASC, organized an insightful guest lecture on "Digital Ink and Global Think – Blooming Careers in Journalism" on March 11, 2025, at Kuvempu Hall. The session, held from 11:00 AM to 1:00 PM, was graced by Dr. Juby Thomas, Associate Professor at Kristu Jayanti College.

The event commenced under the guidance of Principal Dr. Pushpa H., with a warm welcome address by Vice Principal Prof. Jayarama B.S. Dr. Thomas, an esteemed author and researcher, shared her expertise on interpersonal relationships and overcoming challenges to achieve success. She engaged students through interactive ice-breaking activities and encouraged innovative thinking, highlighting the significance of collaborative learning.

A key highlight of the session was her discussion on the media and entertainment industry's market potential in India, inspiring students to explore diverse career paths in journalism. The event concluded with a vote of thanks by Isra Tameez of BA second semester, marking the end of an intellectually stimulating and engaging session.





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FIELD VISIT TO VIDHANA SOUDHA

The Department of Humanities (Political Science) organized a field visit to Vidhana Soudha on 17th March 2025 for BA Political Science students. Coordinated by Mr. Prashanth S P, the visit offered students a unique opportunity to witness the Karnataka Legislative Assembly in session during the Budget discussions. The program aimed to deepen their understanding of legislative procedures, financial governance, and the role of elected representatives in policy-making and to bridge the gap between theoretical knowledge and practical exposure to legislative processes.

Students observed live debates and deliberations, gaining valuable insights into the workings of the state legislature. The visit not only reinforced classroom learning but also encouraged critical thinking about public administration and governance. It was a highly engaging and inspiring experience that motivated many students to consider careers in law, politics, and civil services.





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UNLOCKING THE SECRETS TO SUCCESS

The MINDSCAPE Psychology Club, Department of Humanities, M.S. Ramaiah College of Arts, Science and Commerce (Autonomous), organized a full-day workshop titled “Unlocking the Secrets to Success” on March 26, 2025. The session was facilitated by Dr. Ankitha Umakanth, Founder of Mind Auraa Psychological Training & Counselling Academy, and coordinated by Ms. Dionne Bose, Faculty of Psychology, under the guidance of Principal Dr. Pushpa H., Vice-Principal Prof. Jayarama B.S., and Dr. Ganesh Naik (HOD, Humanities).

The workshop aimed to provide students with practical insights into success, self-growth, and habit formation. It featured interactive activities such as the Strength Wheel, Vision Board creation using SMART goals, case studies, and puzzle-solving tasks. Students engaged in mindfulness exercises and group reflections that encouraged awareness of their strengths, leadership abilities, and future aspirations.

The afternoon session explored the **“7 Habits of Highly Effective People,”** self-discipline, and strategies to overcome distractions and setbacks. Thought-provoking video clips and examples—including scenes from The Karate Kid, Indra Nooyi’s talks, and Derek Redmond’s Olympic story—were used to inspire resilience and perseverance.

The event concluded with group chart presentations and key takeaways on motivation, consistency, and a growth mindset. Overall, the workshop was an enriching experience that empowered students to pursue long-term success with confidence and clarity.

