



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

ಎಮ್ ಎಸ್ ರಾಮಯ್ಯ ಕಲಾ, ವಿಜ್ಞಾನ ಮತ್ತು ವಾಣಿಜ್ಯ ಕಾಲೇಜು

**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



(National Institutional Ranking Framework, Ministry of Education, Govt of India)  
Ranked 62<sup>nd</sup> in NIRF India Ranking by MHRD, New Delhi  
DBT Star College Scheme

**FDP/SDP on "Empowering Ourselves".**

**Date: 2-3-2022 TO 4-3-2022**

**Time: 10:30pm-4:00pm**

**Resource Person: Mrs. Geetha Srinivasan, Skill Trainer, Bengaluru**

**Day-1: Positive attitude, Self-awareness and Self-esteem.**

The event began at 10:30am, by IQAC Deputy Co-Ordinator Mrs. Ashwini Mgreeting the gathering by giving a warm welcome. Principal Dr. A Nagarathna addressed the gathering and wished for the successful completion of the FDP and welcomed the resource person by giving sapling. Mrs. Savitha B H, Asst Professor, BBA Department Introduced the Resource person Mrs. Geetha Srinivasan with her profile. The Resource person started the event by telling a beautiful moral story to the gathering and later asking what they understood about the moral of the story. She further continued the session by making 4 different team and team leaders for skill activity. Post lunch session began at 1:30pm with a wonderful skit done by the faculty members of MSRCASC which was pretrained by Geetha madam. The skit moral was basically about positive attitude, how to build positiveness around us. By keeping the skit as base she also explains how to have self-awareness about us. One should know themselves, should understand their nature properly and then they should act according the situation. She also motivated all of us by giving many examples which encouraged us with many positive attitude and self-awareness. By developing self-esteem nature within us we can create happy and healthy environment around us by lead a better life, this was the take away of the particular session. She ended the session by telling one moral story which again motivated all of us.

Principal,  
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**Day-2: Emotional Intelligence.**

The day was started with a nice skit by the faculty members on emotions. Madam gave the theme to each team on which they themselves narrated and acted on the theme. All teams were told to write both positive and negative of the emotions and later every one of us analysed about the positive and negative impact of the emotions. The session was continued with some more moral stories about how to manage our emotions during all kind of situations. Madam by making 4 teams again skits were enacted by faculty members. The purpose of making skits is one should face the situation and handle the situation in a proper manner by managing their emotions. The take away of the day was how intelligently we are managing our emotions in all kind of situations which we are facing in daily life.

**Day-3: Stress Management, Yoga**

The day was started with again a beautiful story which was all about managing our stress in the daily life.

Few participants clarified their doubts by asking relevant questions related to their Institution. The session went on for another fifteen minutes with interaction session by the participants.

Mrs. Ashwini M, Deputy IQAC Coordinator, MSRCASC concluded the session by thanking Ms. Deepthi for accepting the invitation by giving sapling. Principal Dr A Nagarathna concluded the whole three days FDP by thanking the resource person for bringing awareness about ourselves and educating us more towards stress and emotional intelligence management. She also thanked all the event organizers of IQAC team and the participants for participating and making the event a success.

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**M.S Ramaiah College of Arts, Science and Commerce**  
**3 Days FDP**

Sl No	Faculty Names	02-03-2022	03-03-2022	04-03-2022
1	Dr. A. Nagarathna			
2	Prof. Channarayappa			
3	Dr Lakshmikanth R.N			
4	Dr. Jayashree D.R			
5	Dr. Ramakrishnaiah T N			
6	Dr. Sowbhagya R			
7	Dr. Radha Dayanidhi			
8	Dr. Geetika Pant			
9	Dr. Vinutha M			
10	Dr. R. Prashanthi			
11	Dr. Rashmi Nagesh			
12	Ms. Beaulah Angel P			
13	Dr. Pavithra Kumari H G			
14	Dr. Muktha H			
15	Dr. Savitha G			
16	Dr. Pramod Prakash Desai			
17	Mrs. Ashwini Ramesh			
18	Mr Prasanna Kumar S.G			
19	Mrs Malini M R			
20	Mr Surendra A S			
21	Dr. Vasantha Kumar Bhaskara			
22	Ms. Roopashree B.N			
23	Ms. Ramya Kumari B.S			
24	Dr. K. Vijayakumar Reddy			
25	Dr. Krishna Rao J			
26	Dr. Amarnath Satheesh M			
27	Dr. Vibha Vinayakumar Bhat			
28	Ms. Usharani S R			
29	Dr. M. Vidya			
30	Dr. Harisha S			
31	Dr. Hareesh Kumar P			
32	Dr. Ashly P C			
33	Dr. Shashidhar Bhardwaj S			
34	Mr. Bharath K Devendra			
35	Mr Ravindranath K			
36	Mrs. Haritha A			
37	Ms. Thulasi Rajeev Mudakavi			
38	Mrs Adhisakthi P.K			

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2/3/22

3/3/22

4/3/22

39	Mrs Aditi Arun Rao			
40	Ms. Harshitha H R	Harshitha	Harshitha	Harshitha
41	Ms. Sharanya	Sharanya	Sharanya	Sharanya
42	Ms. Ananya	Ananya	Ananya	Ananya
43	Mr. Prashanth S P	Prashanth	Prashanth	Prashanth
44	Mr. Ganesh Naika	Ganesh	Ganesh	Ganesh
45	Ms. Aishwarya			
46	Dr. Shobha L	Shobha L	Shobha L	Shobha L
47	Dr. Padmaja M.R	Padmaja	Padmaja	Padmaja
48	Ms. Prabhavathi J	Prabhavathi	Prabhavathi	Prabhavathi
49	Dr. Lakshmi V Murugan	Lakshmi V	Lakshmi V	Lakshmi V
50	Ms. Vijayalakshmi.D	Vijayalakshmi.D	Vijayalakshmi.D	Vijayalakshmi.D
51	Dr. Rohini Bai S	Rohini Bai S	Rohini Bai S	Rohini Bai S
52	Mr. Raju N			
53	Dr. Pushpa H	Pushpa H	Pushpa H	Pushpa H
54	Dr. Snehalatha V	Snehalatha V	Snehalatha V	Snehalatha V
55	Dr Vemula Vani	Vemula Vani	Vemula Vani	Vemula Vani
56	Dr. Prasanna Srinivas R	Prasanna Srinivas R	Prasanna Srinivas R	Prasanna Srinivas R
57	Ms. Soumya S Shanbhag	Soumya S Shanbhag	Soumya S Shanbhag	Soumya S Shanbhag
58	Dr. Nirmala Devi D	Nirmala Devi D	Nirmala Devi D	Nirmala Devi D
59	Dr. Ashok Kumar H G			
60	Dr. Yogesh D	Yogesh D	Yogesh D	Yogesh D
61	Dr. A.G Triveni	A.G Triveni	A.G Triveni	A.G Triveni
62	Dr. Juliya Rani Francis	Juliya Rani Francis	Juliya Rani Francis	Juliya Rani Francis
63	Dr. Ramesha A	Ramesha A	Ramesha A	Ramesha A
64	Dr. Manikandan	Manikandan	Manikandan	Manikandan
65	Prof. B.S Jayarama	B.S Jayarama	B.S Jayarama	B.S Jayarama
66	Mrs Roopa H.S			
67	Mrs Karanam Kavitha	Karanam Kavitha	Karanam Kavitha	Karanam Kavitha
68	Mr. Shankar Guddad	Shankar Guddad	Shankar Guddad	Shankar Guddad
69	Ms. Kruthi V P	Kruthi V P	Kruthi V P	Kruthi V P
70	Ms. Kavyashree S	Kavyashree S	Kavyashree S	Kavyashree S
71	Ms. Sai Sushmitha V	Sai Sushmitha V	Sai Sushmitha V	Sai Sushmitha V
72	Ms. Srivaideshwari S	Srivaideshwari S	Srivaideshwari S	Srivaideshwari S
73	Dr. Prathibha V Kalburgi	Prathibha V Kalburgi	Prathibha V Kalburgi	Prathibha V Kalburgi
74	Mrs Haripriya G.S	Haripriya G.S	Haripriya G.S	Haripriya G.S
75	Ms Suma C	Suma C	Suma C	Suma C
76	Mr Lakshmi Pathi.V	Lakshmi Pathi.V	Lakshmi Pathi.V	Lakshmi Pathi.V
77	Ms. R Srividya	R Srividya	R Srividya	R Srividya
78	Ms. Dhanashri Vaishali	Dhanashri Vaishali	Dhanashri Vaishali	Dhanashri Vaishali
79	Ms. Shilpa Nayak	Shilpa Nayak	Shilpa Nayak	Shilpa Nayak
80	Ms. Savitri K	Savitri K	Savitri K	Savitri K
81	Dr. M. Lakshmi Pathi Naidu	M. Lakshmi Pathi Naidu	M. Lakshmi Pathi Naidu	M. Lakshmi Pathi Naidu



		2/3/22	3/3/22	4/3/22
82	Ms Savitha B H	✓	✓	✓
83	Ms. Evelyn Nischitha Sharat Kalarkov	✓	✓	
84	Mr. Narayana B	✓	✓	
85	Ms. Deepa R	✓	✓	✓
86	Dr. Naveen Kumar R			
87	Mrs. Rithu R	✓	✓	✓
88	Ms. Asha Rani R	✓	✓	✓
89	Dr. Padmalochana R	✓	✓	
90	Dr. Preeti Gupta	✓	✓	
91	Ms. Monica R			
92	Dr. Bindu Nambiar			
93	Mr. Ajay Krishna A			
94	Ms. Vichitra Somashekar	✓		
95	Dr. Pallavi	✓		
96	Ms. A Suvarna	✓		
97	Mr. Nithyananda Patel R	✓		

98. Chithrakala. M.G.

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