

Newsletter Article: Empowering Students with Better Learning Strategies

The **Vivekananda Study Center** at M S Ramaiah College of Arts, Science & Commerce successfully hosted a Personality Development Program on January 18, 2025, featuring an insightful session by Dr. Narendra Samantaray, Assistant Professor at NIMHANS, Bengaluru. The event, organized as a National Youth Day Special, focused on the “Experiential Course on Better Learning: Strategies for Academic Improvement.”

Dr. Samantaray shared valuable techniques to enhance academic performance through scientific learning strategies, mindfulness, and cognitive psychology insights. Students actively participated in interactive exercises designed to improve focus, memory retention, and stress management.

The session was well-received, with students appreciating the practical approach to overcoming academic challenges. The event was led by Convenor Dr. Sathish Babu, with coordination from Dr. Shobha and Dr. Vijayalakshmi, and the support of Dr. Pushpa, the President of the study center.

This enriching program reinforced the importance of holistic learning approaches, aligning with Swami Vivekananda’s vision of education for self-empowerment. The enthusiastic response from students highlights the need for more such initiatives to foster academic excellence and personal growth.

RAMAIAH
College of Arts, Science
& Commerce - Autonomous

VIVEKANANDA STUDY CENTER

Personality Development Program for Students

**“Experiential Course on Better Learning:
Strategies for Academic Improvement”**

Speaker: Dr Narendra Samantaray
Assistant Professor, Dept of Clinical Psychology
NIMHANS, Bengaluru

Date: Saturday, 18th January 2025
Time: 3:30 PM
Venue: Kuvempu Seminar Hall

Convenor
Dr Sathish Babu

Coordinators
Dr Shobha & Dr Vijayalakshmi

President
Dr Pushpa



