

Date: 06/06/2024

## CIRCULAR

The Internal Quality Assurance Cell (IQAC) is pleased to announce a 5-day Faculty Development Program (FDP) on account of International Yoga Day entitled **“Mind-Body Connections: Promoting Health and Wellness with Yoga for Educators.”** This program aims to enhance the well-being of our faculty by integrating yoga practices into their daily routines, fostering a holistic approach to health that benefits both mind and body.

### Details of the Program are as follows:

- **Dates:** June 19<sup>th</sup> to 25<sup>th</sup> 2024
- **Time:** 3:30 PM - 5:00 PM
- **Venue:** Kuvempu Seminar Hall / APJ Quadrangle

**NOTE:** Kindly wear comfortable clothing during practical sessions suitable for yoga and have your lunch within 12.30 PM for the practice of yoga.

  
**Muktha H**  
Convener

  
**Vijayalakshmi**  
IQAC Coordinator

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



**RAMAIAH**

College of Arts, Science  
& Commerce - Autonomous



## **Internal Quality Assurance Cell (IQAC)**

in Association with

**Samyama Yoga Mahavidyalaya**

On Account of

**International Yoga Day (yogotsava)**

(A Government of Karnataka Initiative)

### **ORGANISES**

## **5 DAY FACULTY DEVELOPMENT PROGRAM**

**"Mind-Body Connections Promoting  
Health and Wellness with  
Yoga for Educators"**



### **Resource Person**

**Dr. Dhanvantari S Wodeyar**

President , Samyama Trust - Yoga, Ayurveda,  
Naturopathy, Homeopathy and Spiritual Health  
Academy.

**June 19th to 25th 2024, Time: 3.30 PM - 4:30 PM**

**Venue: Kuvempu Seminar Hall/ APJ Quadrangle**

### **Convener**

**Dr. Muktha H**

Assistant Professor, Dept  
of Biotechnology

### **Convener**

**Ms. Nagalambika Swamy**

Assistant Professor, Dept of  
Computer science

**Prof. Vijayalaxmi Ramesh**

**IQAC Co-ordinator**

**Dr. Vatsala G**

**Principal**



**Organising Committee: IQAC Members**

Internal Quality Assurance Cell (IQAC)  
In association with Samyama Yoga Mahavidyalaya  
Organises  
5-Day Faculty Development Program (FDP)  
on

**“Mind-Body Connections: Promoting Health and Wellness with Yoga for Educators.”**

**Programme Schedule**

Date	Time	Session	Topic
19.06.2024	3.15PM - 5.00 PM	<b>Inauguration/Session I (Kuvempu Seminar Hall)</b> Resource person: Dr. Dhanvantri S Wodeyar, President, Samyama Trust	<b>Health and Wellness (Theory Session)</b>
20.06.2024	3.30 to 5.00 PM	<b>Session II (APJ Quadrangle)</b> Resource person: Rinkal Yoga Psychotherapist, Samyama yoga Mahavidyalaya	<b>Stress management through Yoga. (Practical Session)</b>
21.06.2024	3.30 to 5.00 PM	<b>Session III (APJ Quadrangle)</b> Resource person: Dr. Dhanvantri S Wodeyar, President, Samyama Trust	<b>IDY Protocol. (Practical Session)</b>
24.06.2024	3.30 to 5.00 PM	<b>Session IV (APJ Quadrangle)</b> Resource person: Rashmi Certified Yoga Instructor, Samyama yoga Mahavidyalaya	<b>Yoga for Daily Health. (Practical Session)</b>
25.06.2024	3.30 to 5.00 PM	<b>Valedictory/Session V (Kuvempu Seminar Hall)</b> Resource person: Dr. Dhanvantri S Wodeyar, President, Samyama Trust	<b>Benefits of yoga (Theory Session)</b>

*Vatsalya*  
30/06/24

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**Report on Five-day Faculty Development Program(FDP)**  
**"Mind-Body Relations, Health, and Wellness through Yoga for Educators"**

Date: 19 June – 25 June 2024

Resource Person: Dr. Dhanvantri S Wodeyar, President, Samyama Trust

Number of Participants: 120

**Introduction**

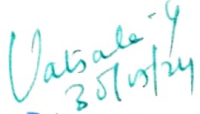
The five-day faculty development program on "Mind-Body Relations, Health, and Wellness through Yoga for Educators," organized by the Internal Quality Assurance Cell (IQAC) of Ramaiah College of Arts, Science and Commerce in collaboration with Samyama Yoga Mahavidyalaya, was a resounding success with Dr. Dhanvantri S Wodeyar, President of Samyama Trust who served as the primary resource person, bringing profound insights and expertise to the event. This FDP emphasizes the profound connection between mental and physical well-being, highlighting yoga as a transformative practice for educators. Yoga, with its holistic approach, integrates physical postures, breath control, and meditation to foster mental clarity, emotional stability, and physical health. For educators, who often face high levels of stress and demands on their time, yoga offers practical tools to manage stress, enhance focus, and maintain overall health. By adopting regular yoga practices, educators can improve their resilience, boost their energy levels, and create a balanced lifestyle, ultimately leading to a more effective and fulfilling professional and personal life. This integrative approach not only benefits the educators themselves but also positively impacts their interactions with students, promoting a healthier, more harmonious educational environment.

**Day 1: Inaugural Session**

On 19<sup>th</sup> the program commenced with an inauguration session, graced by Principal Dr. Vatsala G, Resource person Dhanvantri S Wodeyar and other dignitaries who initiated the event by lighting the traditional lamp. Mrs. Nagalambika Swamy, Asst Professor, Dept of BCA welcomed the gathering, Dr. Muktha H, Asst Professor, Dept of Biotechnology introduced the esteemed resource person, Dr. Dhanvantri S Wodeyar. Sir delivered an insightful talk on "Health and Wellness," emphasizing the crucial connection between mind and body and the importance of holistic health practices in daily life. His address set a positive and engaging tone for the entire program.

**Day 2: Practical Yoga Session on Stress Management**

The second day 20<sup>th</sup> June featured a practical yoga session focusing on stress management, conducted by Rinkal, a Yoga Psychotherapist from Samayama. The session provided participants with hands-on experience in various yoga techniques aimed at reducing stress. Rinkal's expert guidance helped participants understand the physiological and psychological benefits of incorporating yoga into their routines to manage stress effectively.

  
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### **Day 3: Practical Yoga Session International Yoga Day Protocol**

On the third day 21<sup>st</sup> June, Dr. Dhanvantri S Wodeyar led a practical yoga session adhering to the International Yoga Day protocol. This session was designed to familiarize participants with a standardized set of yoga practices recognized globally. Dr. Wodeyar's demonstration and instructions enabled participants to appreciate the global movement of yoga and its comprehensive benefits.

### **Day 4: Practical Yoga Session on Yoga for Daily Health**

On 24<sup>th</sup> June Rashmi S, a Yoga Instructor from Samyama, conducted the fourth day's practical session, focusing on yoga for daily health. Participants learned various yoga postures and breathing exercises aimed at promoting overall physical well-being. Rashmi's session emphasized the importance of regular yoga practice in maintaining a healthy lifestyle and preventing common ailments.

### **Day 5: Valedictory Session**

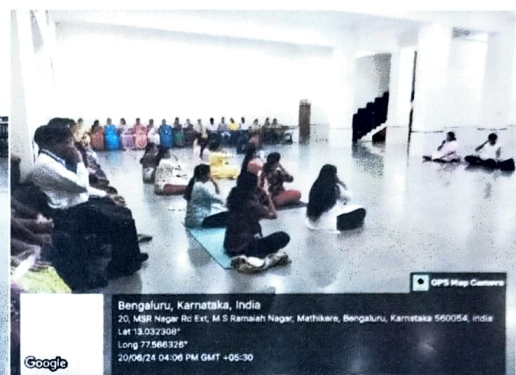
On 25<sup>th</sup> June The program concluded with a valedictory session, where Dr. Dhanvantri S Wodeyar delivered a talk on the "Benefits of Yoga." He highlighted the long-term advantages of yoga practice, including enhanced mental clarity, physical fitness, and emotional stability. The session was highly motivating and reinforced the importance of integrating yoga into daily life.

The 5-day Faculty Development Program on "Mind-Body Relations, Health, and Wellness through Yoga for Educators" was a resounding success. It provided participants with valuable knowledge and practical skills to improve their health and well-being through yoga. The sessions were well-received, and the participants expressed their appreciation for the insights and techniques shared by the resource persons. This program significantly contributed to the professional and personal development of the faculty members, equipping them with tools to foster a healthier and more balanced lifestyle.



*Natasha*  
Principal  
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*Vatsaalya*  
Principal  
M.S.Ramaiah College of Arts, Science &  
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# M.S Ramaiah College of Arts, Science and Commerce

## 5-day Faculty Development Program

On "Mind-Body Connections: Promoting Health and Wellness with Yoga for Educators"

### Attendance List of Faculty Members

Sl No	Biotechnology and Genetics	Signature				
		19/06/2024	20/06/2024	21/06/2024	24/06/2024	25/06/2024
1	Dr. Channarayappa					
2	Dr. Jayashree D.R					
3	Dr. Ramakrishnaiah T N					
4	Dr Lakshmikanth R.N					
5	Dr. Sowbhagya R					
6	Dr. Radha Dayanidhi					
7	Dr. Geetika Pant					
8	Dr. Vinutha M					
9	Dr. Rashmi Nagesh					
10	Ms. Beaulah Angel P					
11	Dr. Pavithra Kumari H G					
12	Dr. Muktha H					
13	Dr. Pramod Prakash Desai					
14	Dr. Sathish Babu					
15	Dr. Ramesha Natarajan					
16	Dr. Vijayalakshmi T N					
17	Dr. Vinay Hedge					
Sl No	Chemistry and Biochemistry	19/06/2024	20/06/2024	21/06/2024	24/06/2024	25/06/2024
1	Dr. Prasanna Kumar S.G					
2	Mrs Malini M R					
3	Dr Surendra A S					
4	Dr. Vasantha Kumar Bhaskara					
5	Ms. Ramya Kumari B.S					
6	Dr. Hareesh Kumar P					
7	Dr. Ashly P C					
8	Dr. Shashidhar Bhardwaj S					
9	Dr. Bharath K Devendra					
10	Dr. Smrithi S P					
11	Ms. Tanisha Rathore					
12	Dr. Nandini					
13	Dr. Panchami					
14	Dr. Suveditha S					
Sl No	Microbiology	19/06/2024	20/06/2024	21/06/2024	24/06/2024	25/06/2024
1	Dr. Pushpa H					
2	Dr Snehathatha V					
3	Dr Vemula Vani					
4	Dr. Prasanna Srinivas R					
5	Ms. Soumya S Shanbhag					
6	Dr. Juliya Rani Francis					
7	Dr. Ch. Bhanupriya					

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8	Dr. Nimita Venugopalan C	<i>Nimita</i>	<i>Nimita</i>	<i>Nimita</i>	<i>Nimita</i>	<i>Nimita</i>
9	Dr. Vishal Madhan Mohan Sharma M			<i>00</i>		
10	Dr. Savitha J	<i>S</i>	<i>S</i>	<i>S</i>	<i>S</i>	<i>S</i>
11	Dr. Vidya Jagadeeshan	<i>AB</i>	<i>AB</i>	<i>AB</i>	<i>AB</i>	<i>AB</i>
12	Dr. R. Prashanthi	<i>R.P.</i>	<i>R.P.</i>	<i>R.P.</i>	<i>R.P.</i>	<i>R.P.</i>
13	Dr. Swathi	<i>Swathi</i>	<i>Swathi</i>	<i>Swathi</i>	<i>Swathi</i>	<i>Swathi</i>
14	Dr. Vasudha M	<i>Vasudha</i>	<i>Vasudha</i>	<i>Vasudha</i>	<i>Vasudha</i>	<i>Vasudha</i>
SI No	<b>Commerce</b>	19/06/2024	20/06/2024	21/06/2024	24/06/2024	25/06/2024
1	Prof. B.S Jayarama	<i>BS Jayarama</i>	<i>BS Jayarama</i>	<i>BS Jayarama</i>	<i>BS Jayarama</i>	<i>BS Jayarama</i>
2	Mrs Roopa H.S	<i>Roopa</i>	<i>Roopa</i>	<i>Roopa</i>	<i>Roopa</i>	<i>Roopa</i>
	Mr. Shankar Guddad	<i>Shankar</i>	<i>Shankar</i>	<i>Shankar</i>	<i>Shankar</i>	<i>Shankar</i>
4	Ms. Srivaideshwari S	<i>Srivaideshwari</i>	<i>Srivaideshwari</i>	<i>Srivaideshwari</i>	<i>Srivaideshwari</i>	<i>Srivaideshwari</i>
5	Ms. Sunitha N Gurukar	<i>Sunitha</i>	<i>Sunitha</i>	<i>Sunitha</i>	<i>Sunitha</i>	<i>Sunitha</i>
6	Ms. Sindhu K	<i>Sindhu</i>	<i>Sindhu</i>	<i>Sindhu</i>	<i>Sindhu</i>	<i>Sindhu</i>
7	Ms. Mamatha C N	<i>Mamatha</i>	<i>Mamatha</i>	<i>Mamatha</i>	<i>Mamatha</i>	<i>Mamatha</i>
8	Ms. Roopa N	<i>Roopa</i>	<i>Roopa</i>	<i>Roopa</i>	<i>Roopa</i>	<i>Roopa</i>
9	Ms. Sindhu M	<i>Sindhu</i>	<i>Sindhu</i>	<i>Sindhu</i>	<i>Sindhu</i>	<i>Sindhu</i>
10	Ms. Priyanka	<i>Priyanka</i>	<i>Priyanka</i>	<i>Priyanka</i>	<i>Priyanka</i>	<i>Priyanka</i>
11	Dr. Kanthamma H K	<i>Kanthamma</i>	<i>Kanthamma</i>	<i>Kanthamma</i>	<i>Kanthamma</i>	<i>Kanthamma</i>
SI No	<b>Computer Science</b>	19/06/2024	20/06/2024	21/06/2024	24/06/2024	25/06/2024
1	Dr. Prathibha V Kalburgi	<i>Prathibha</i>	<i>Prathibha</i>	<i>Prathibha</i>	<i>Prathibha</i>	<i>Prathibha</i>
2	Mrs Haripriya G.S	<i>Haripriya</i>	<i>Haripriya</i>	<i>Haripriya</i>	<i>Haripriya</i>	<i>Haripriya</i>
3	Ms Suma C	<i>Suma</i>	<i>Suma</i>	<i>Suma</i>	<i>Suma</i>	<i>Suma</i>
4	Ms. R Srividya	<i>R Srividya</i>	<i>R Srividya</i>	<i>R Srividya</i>	<i>R Srividya</i>	<i>R Srividya</i>
5	Ms. Shilpa Nayak	<i>Shilpa</i>	<i>Shilpa</i>	<i>Shilpa</i>	<i>Shilpa</i>	<i>Shilpa</i>
6	Dr. Poornima D	<i>Poornima</i>	<i>Poornima</i>	<i>Poornima</i>	<i>Poornima</i>	<i>Poornima</i>
7	Mrs. Shaik Valli Haseena	<i>Shaik Valli</i>	<i>Shaik Valli</i>	<i>Shaik Valli</i>	<i>Shaik Valli</i>	<i>Shaik Valli</i>
8	Ms. Nagalambika Swamy	<i>Nagalambika</i>	<i>Nagalambika</i>	<i>Nagalambika</i>	<i>Nagalambika</i>	<i>Nagalambika</i>
9	Ms. Brundha N	<i>Brundha</i>	<i>Brundha</i>	<i>Brundha</i>	<i>Brundha</i>	<i>Brundha</i>
10	Prof. Basavaraj C M	<i>Basavaraj</i>	<i>Basavaraj</i>	<i>Basavaraj</i>	<i>Basavaraj</i>	<i>Basavaraj</i>
11	Ms. Shilpa	<i>Shilpa</i>	<i>Shilpa</i>	<i>Shilpa</i>	<i>Shilpa</i>	<i>Shilpa</i>
12	Ms. Pooja N	<i>Pooja</i>	<i>Pooja</i>	<i>Pooja</i>	<i>Pooja</i>	<i>Pooja</i>
13	Ms. Bhumika R A	<i>Bhumika</i>	<i>Bhumika</i>	<i>Bhumika</i>	<i>Bhumika</i>	<i>Bhumika</i>
SI No	<b>Library</b>	19/06/2024	20/06/2024	21/06/2024	24/06/2024	25/06/2024
1	Mr. Kiran Kumar Nandi	<i>Kiran</i>	<i>Kiran</i>	<i>Kiran</i>	<i>Kiran</i>	<i>Kiran</i>
2	Ms Chithrakala M G	<i>Chithrakala</i>	<i>Chithrakala</i>	<i>Chithrakala</i>	<i>Chithrakala</i>	<i>Chithrakala</i>
SI No	<b>Electronics</b>					
1	Dr. Naveen Kumar R	<i>Naveen</i>	<i>Naveen</i>	<i>Naveen</i>	<i>Naveen</i>	<i>Naveen</i>
2	Mrs. Rithu R	<i>Rithu</i>	<i>Rithu</i>	<i>Rithu</i>	<i>Rithu</i>	<i>Rithu</i>
3	Ms. Asha Rani R	<i>Asha</i>	<i>Asha</i>	<i>Asha</i>	<i>Asha</i>	<i>Asha</i>
4	Ms. Nesara	<i>Nesara</i>	<i>Nesara</i>	<i>Nesara</i>	<i>Nesara</i>	<i>Nesara</i>
SI No	<b>Mathematics</b>	19/06/2024	20/06/2024	21/06/2024	24/06/2024	25/06/2024
1	Mrs. Haritha A	<i>Haritha</i>	<i>Haritha</i>	<i>Haritha</i>	<i>Haritha</i>	<i>Haritha</i>
2	Ms. Gagana C N	<i>Gagana</i>	<i>Gagana</i>	<i>Gagana</i>	<i>Gagana</i>	<i>Gagana</i>
3	Ms. Vinutha M	<i>Vinutha</i>	<i>Vinutha</i>	<i>Vinutha</i>	<i>Vinutha</i>	<i>Vinutha</i>
SI No	<b>Humanities</b>	19/06/2024	20/06/2024	21/06/2024	24/06/2024	25/06/2024
1	Dr. Ganesh Naik	<i>Ganesh</i>	<i>Ganesh</i>	<i>Ganesh</i>	<i>Ganesh</i>	<i>Ganesh</i>
2	Ms. Hafsa Fathima	<i>Hafsa</i>	<i>Hafsa</i>	<i>Hafsa</i>	<i>Hafsa</i>	<i>Hafsa</i>
3	Ms. Ashritha Sri R	<i>Ashritha</i>	<i>Ashritha</i>	<i>Ashritha</i>	<i>Ashritha</i>	<i>Ashritha</i>
4	Prof. Dionne Helen Nilanjana Bose	<i>Dionne</i>	<i>Dionne</i>	<i>Dionne</i>	<i>Dionne</i>	<i>Dionne</i>
5	Dr. Nethravathi L M	<i>Nethravathi</i>	<i>Nethravathi</i>	<i>Nethravathi</i>	<i>Nethravathi</i>	<i>Nethravathi</i>
6	Ms. Varsha S Deshpande	<i>Varsha</i>	<i>Varsha</i>	<i>Varsha</i>	<i>Varsha</i>	<i>Varsha</i>
7	Ms. Keerthana	<i>Keerthana</i>	<i>Keerthana</i>	<i>Keerthana</i>	<i>Keerthana</i>	<i>Keerthana</i>



	Languages	19/06/2024	20/06/2024	21/06/2024	24/06/2024	25/06/2024
1	Dr. Anandappa Irumukhadavar					
2	Ms. Prabhavathi J					
3	Dr. Lakshmi V Murugan					
4	Ms. Vijayalakshmi.D					
5	Dr. Rohini Bai S					
6	Mr. Raju N					
7	Mr. Mayur Dattatri					
8	Mrs. Nirmala Prasanna					
9	Mrs. Poornima Divate					
SI No	English	19-06-2024	20-06-2024	21-06-2024	22-06-2024	23-06-2024
1	Dr. Darsana Rajkumar					
2	Mrs. Pushpalatha B V					
3	Ms. Rebecca J					
4	Mr. Rajgopal Menon					
5	Ms. Aishwarya Dharani					
6	Ms. Bhavyabharathi G					
7	Ms. Arhatha J					
8	Mr. Pavansagar Doustan					
9	Ms. Spoorthi A S Yadav					
10	Ms. Shalin Mathew					
11	Ms. Aarthi Sajith					
SI No	BBA	19-06-2024	20-06-2024	21-06-2024	22-06-2024	23-06-2024
1	Dr. M. Lakshmi Pathi Naidu					
2	Ms Savitha B H					
3	Ms. Evelyn Nischitha Sharat Kalarkov					
4	Ms. Deepa R					
5	Mr. Sankar pa Poojari					
6	Mrs. Vashodna G					
7	Ms. S Sandhya					
8	Ms. Dimple Raj Purohit					
9	Ms. Preethi L					
SI No	MBA	19-06-2024	20-06-2024	21-06-2024	22-06-2024	23-06-2024
1	Prof. Suresh J					
2	Dr. Akshay A					
3	Dr. Shaista B Harris					
4	Mrs. Vijayalaxmi Ramesh					
5	Ms. Kruthi V P					
6	Ms. Aradhana Agarwal					
7	Dr. Mutharasi					
8	Mr. Y Shivashankarachar					
SI No	Commerce (MCOM)	19-06-2024	20-06-2024	21-06-2024	22-06-2024	23-06-2024
1	Mrs Karanani Kavitha					
2	Dr. Mutharasi					
SI No	Sports					
1	Mr. Harshitha R					
2	Mr. Ravi					

Уагай 30/5/24

Principal

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# FEEDBACK RESPONSES ON FDP

Timestamp Name of the Department On a scale - How relevant How effect How would To what extent How likely Please provide any additional comments or suggestions for improving future Faculty Development Programs on similar topics.

2024/06/21	R. Sindya Computer	5	Very Relevant	Good	Excellent	Excellent	More Equit	Very likely	Good	
2024/07/01	Ramya Kun Biotechnol	5	Relevant	Good	Good	Good	Moderateh	Very likely	No	
2024/07/01	Avinagant Microbio	5	Relevant	Good	Excellent	Excellent	Moderateh	Likely	Am expecting much more like this	
2024/07/01	Dr. Neetha Humanite	5	Very Relevant	very helpful	Excellent	Excellent	Moderateh	Neutral	NO COMMENTS	
2024/07/01	Dr. Vasanth Chemistry	4	Neutral	Good	Good	Excellent	Neutral	Neutral		
2024/07/01	Dr. S. Nandini Biochemist	5	Relevant	I learnt the	Excellent	Excellent	Very likely	Good	Good sessions practicals are better than theory but attire should be formal. Simple few techniques enough than all the yoga postures. Excellent program	
2024/07/01	Dr. Muktha Biotechnol	5	Very Relev	Very effect	Excellent	Excellent	More Equit	Very likely	I don't have any suggestions or comments on the FDP But I would highly appreciate it if we could have yoga sessions for faculty on a weekly basis for a nominal fee.	
2024/07/01	Dr. Sathish Biotechnol	4	Very Relev	Good	Excellent	Excellent	More Equit	Likely	Would suggest to organise such FDPs in future	
2024/07/01	Prasanna K Chemistry	4	Relevant	very Good	Excellent	Good	More Equit	Likely	#NAME?	
2024/07/01	Dr. PUSHPJ Microbiolo	3	Relevant	it was a ve	Good	Good	Moderateh	Likely	overall good	
2024/07/01	Rithu R Electronics	5	Relevant	It was effe	Excellent	Excellent	Students who are interested could also be involved			
2024/07/01	Dr. Kantai B. Com	1	Very Relev	Informative	Excellent	Excellent	Moderateh	Likely	It should be conducted as one entire day	
2024/07/01	Kiran Nand Library & I	4	Very Relev	Meditation	Excellent	Excellent	More Equit	Very likely	We are expecting many more programs like this	
2024/07/01	Dr. Lakshmi Biotechnol	5	Relevant	Very effect	Excellent	Excellent	Conduct stress management FDP			
2024/07/01	Dr. Lakshmi Biotechnol	5	Relevant	Very good	Excellent	Good	The yoga class for one hour should be organised on a regular basis for the staff			
2024/07/01	Nesara K R Electronics	5	Relevant	highly effe	Excellent	Good	Moderateh	Likely	Regular classes should be conducted	
2024/07/01	Dr. Surendr Chemistry	4	Relevant	Good	Good	Good	More Equit	Very likely	no	
2024/07/01	Ms Deepa BBA	5	Relevant	Good	Good	Good	Moderateh	Likely	2	
2024/07/01	Ms. Preeth BBA	5	Very Relev	It was effe	Excellent	Excellent	Need more such therapeutic FDPs for good mental health of faculties			
2024/07/01	Smith S P Chemistry	5	Very Relev	Very effect	Excellent	Excellent	More Equit	Likely	Please arrange more activities like this for faculties	
2024/07/01	varshodha C BBA	3	Relevant	VERY GOOD	Good	Good	Moderateh	Likely		
2024/07/01	Vijayalaksh Karnataka	4	Relevant	Yes	Good	Good	Moderateh	Likely	Nothing	
2024/07/01	Dr. Venuia Microbiolo	2	Relevant	It was effe	Good	Good	Neutral	Likely	NA	
2024/07/01	Dr. Snehai Microbiolo	4	Relevant	Good if pra	Good	Good	Moderateh	Likely	...	
2024/07/01	Bharath K.I Chemistry	5	Neutral	Good	Good	Good	Moderateh	Very likely	Waiting for the next FDP	
2024/07/01	Dr. Geetha Biotechnol	3	Neutral	OK	Good	Good	Neutral	Neutral	NA	
2024/07/01	Dr. Radha I Biotechnol	4	Very Relev	Effective	Good	Good	Moderateh	Likely	Nil	

Principal  
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*Handwritten signature*