

**PERSONAL COUNSELLING PROGRAMMES CONDUCTED
FOR THE YEAR 2018-2019**

SL NO	DATE	TOPIC	RESOURCE PERSON
1	06.08.2018	HANDWRITING ANALYST -WRITE THE RIGHT WAY- REDEFINED YOUR LIFE	Mr. EDWIN STAINSLAWS D'SOUZA
2	15.10.2018	HONESTY AND INTERGRITY IN STUDENT LIFE	Mr. UDAY KUMAR
3	13.02.2019	HUMAN VALUES AND ETHICS	Mr. PRASHANT PAI
4	13.02.2019	LEARNING THROUGH LIFE SKILLS	Mr. PRASHANT PAI

Seema S. Shenoy.

DIRECTOR
S.D.M. Post Graduate Centre for
Management Studies and Research, Mangaluru
(M.B.A. Programme)

Handwriting analyst – write the right way- redefined your life

Date: 6.8.2018

Title: Handwriting analyst – write the right way- redefined your life

Resource person: Mr. Edwin Stanislaws D'souza

Venue: Conference hall

The session was to brief the students on how the handwriting could be useful in knowing the personality of the individuals. The resource person said how the handwriting styles could reveal aspects of their life and personality. He claimed how the handwriting was the window into individual personality – that everyone of them loops, crosses and dots can reveal something about an individual.

He then briefed on the science behind the technique of Graphology and how they use it to know the personality of the individual. During the session they played a demo on a student and explained it in a practical form. This became a interactive session and students enjoyed and were actively involved in it.

Beema S. Shenoy

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Honesty and integrity in Student life

Date: 15.10.2018

Title: Honesty and integrity in Student life

Resource person: Mr. Uday Kumar, Associate Professor, SDM LAW college, Mangalore

Venue: Conference hall

The session for the students at SDM College of Business Management Post Graduate Centre for Management Studies and Research, Mangalore was conducted by Mr. Uday Kumar. He focused on the aspects of honesty and integrity in student's life. He briefed on to what is honesty and integrity and how they are applied to the work place as well as home life. He gave a brief onto their attributes and its importance to one person's life. He gave relative examples and made the session interactive with lots of learning to the students.

The students got a lot of benefit through the session and hence the session was very useful to the students. This session helped to increase the personnel council of the students

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GUEST LECTURE

Guest speaker: MR.PRASHANT PAI

Topic: HUMAN VALUES AND ETHICS

Held on: :13-2-2019



MR.PRASHANT PAI FACULTY, ART OF LIVING FOUNDATION gave a guest lecture on "Human Values and Ethics" on 13-2-2019. Human values are a necessity in today's society and the business world. Human values are the features that guide people to take into account the human element when one interacts with other humans. They have many positive characters that create bonds of humanity between people and thus have value for all human beings. They are strong positive feelings for the human essence of the other. These human values have the effect of bonding, comforting, reassuring and procuring serenity. Human values are the basis for any practical life within society. The session was followed by questions and answers. Students actively participated in the same. It was an interactive session and was helpful for the students.

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**PERSONAL COUNSELLING PROGRAMMES CONDUCTED
FOR THE YEAR 2017-2018**

SL NO	DATE	TOPIC	RESOURCE PERSON
1	10.04.2017	PERSONALITY DEVELOPMENT AND CAREER DEVELOPMENT INTUTION.	Ms. REENA RAM
2	16.10.2017	MIND MATTERS	Mr. HRISHIKESH BHAT
3	19.02.2018	INTERPERSONAL SKILL	Mr. DISHRAG SHETTY
4	5.11.2018	PERSONNEL DEVELOPMENT	Mr. A K AYYA

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NOTICE

07/04/2017

A session on Personality Development Career Development Intution will be conducted in the college conference hall on 10th April, 2017. Resource persons for the session is Ms. Reena Ram, New Age Lifestyle and Leadership Designer. Students are instructed to attend the same.

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GUEST LECTURE

Guest Speaker: Ms. Reena Ram

**Topic: Personality Development &
Career Development Intuition.**

Held on: 10 – 04 – 2017.



About the Speaker: Monk, Traveler & Artist. She is focusing on Art & Spiritual Sadhana or practice. She is one among those who dare to think differently' from the herd instead, believes in walking where there is no path and leaving her own trail. In her own words she is a 'Revolutionary Thinker' and a 'Principle Centered Transformational Leader'. She is a multi-talented Marketing Consulting Professional with over 11 years of cross-industry experience in formulating, leading and delivering Strategic Marketing Solutions to large MNCs, small and mid-sized growing companies with global footprints. She has obtained dual exposure to both external and internal client-facing roles. She possesses a good understanding of global, diverse and complex business practices with a strong grip on several topics which include expertise in strategic and international marketing, digital marketing, corporate brand management, relationship marketing, event management and training and development.

About the Session: Ms. Reena Ram started her session describing the various facets of personality development. She stressed on the fact that the degree of a person's success is directly dependent on the kind of personality he has. Several factors such as appearance, intelligence, smartness, trustworthy, knowledge, high integrity and responsibility etc. play an important role in shaping ones personality. She said that intuition also has a major role to play in the career choices that an individual makes. According to her intuition is the idea that individuals can make successful decisions without deliberate analytical thought. She explained that people like thinking of the world as completely logical. It's a comfort zone because it makes life predictable, but the trouble with that is, life can be unpredictable at times. Without learning to tap into what our subconscious minds are telling us, we can't arrive at the best possible decision. She gave examples of how many people use the phrase 'intuition' to describe a sensation or feeling that they have when making decisions, but these are only descriptions, they don't provide strong evidence that we can use unconscious information in our brain or body to guide our behavior.

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NOTICE

12/10/2017

A guest lecture on the topic "Mind Matters" will be arranged in the college conference hall on 16th October, 2017. All the staff and the students are instructed to attend the same. The resource person for the session Mr. Hrishikesh Bhat, Meditator, Educator, Micro Entrepreneur, Savitha Academy, Mangalore.

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GUEST LECTURE ON MIND MATTERS

DATE: 16-03-17^{ic}

VENUE: CONFERENCE HALL

PRAYER	NILEEMA
INTRODUCTION AND WELCOME ADDRESS	SHIVANI
ADDRESS BY THE RESOURCE PERSON	MR. HRISHIKESH BHAT
VOTE OF THANKS	DEEKSHA

Mr. Hrishikesh Bhat, Mediator, Educator, Micro Entrepreneur, Sattva Academy, Mangalore, gave a guest lecture on "Mind Matters" on 16th October 2017. Meditation is an ancient practice that helps to control our own mind and consequently our own life and discover ourselves. It is powerful and can be practiced by anyone, everywhere, is extremely beneficial and can help us to feel happier. It is a good tool to work against this vicious cycle to reduce the negative stress. Meditation is a precise technique for resting the mind and attaining a state of consciousness that is totally different from the normal waking state. It is the means for fathoming all the levels of ourselves and finally experiencing the center of consciousness within. Meditation is not a part of any religion; it is a science, which means that the process of meditation follows a particular order, has definite principles, and produces results that can be verified. Mr. Hrishikesh Bhat Stressed on the benefits of Mediation and how it improves the concentration level among students



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NOTICE

16/03/2018

Students are instructed to attend a guest lecture on the topic "Interpersonal Skill" on 19th February, 2018 in the College Conference Hall. Resource person for the session is Mrs. Disharag Shetty, Asst. Prof. Dept. of Psychology, St. Aloysius College, Mangalore.

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GUEST LECTURE

Guest speaker: Mrs. Disharag Shetty

Topic: Interpersonal Skill

Held on: 19-02-2018



SDM College of Business Management Post Graduate Centre for Management studies and Research, Mangalore, a talk on "Interpersonal skill" on 19th February 2018 . Mrs. Disharag Shetty was the resource person was the program. Interpersonal skill is the ability to interact with people through effective listening and communication. Mrs. Disharag stated that it is important for students to have interpersonal skills because it helps them connect with people and benefits their personality development too. Generally, students learn interpersonal skills at school itself with their teachers and classmates. However, still there are some students who lack interpersonal skills due to various reasons mostly their introvert nature is one of them. Further she said that developing interpersonal skills is really important for students for a better learning, expressing themselves to others, personality development and improving academics too. The program was more interactive in nature and it was beneficial to the students.


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NOTICE

2/11/2018

A guest lecture on “Personal Development Goal Setting” will be conducted in the college conference hall on 5th November, 2018. Resource person for this session is Mr. A.K. Ayya, Asian Paints (International Business Unit). Students are instructed to make use of this program.

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Personnel development- Goal setting

Date: 11.5.2018

Title: Personnel development- Goal setting

Resource person: Mr. A K Ayya, Business Unit, Asian Paints

Venue: Conference hall

SDM College of Business Management Post Graduate Centre for Management Studies and Research, Mangalore conducted a workshop on the goal setting for the students. The session explained them how to develop the personality and how to set a goal for individuals future. He explained the whole concept with the exuberance. He gave a practical learning with few examples like confidence building, maintaining the body language, active listening etc. This helped the students develop their personal growth in a better manner.

The involving of the interactive sessions made it briefer and more understandable to the students. Here they also improved personality and developed their goal in a better manner.



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SL NO	DATE	TOPIC	RESOURCE PERSON
1	12.11.2016	PERSONALITY DEVELOPMENT	ARUN C BANDODKAR
2	13.02.2017	PERSONALITY DEVELOPMENT	PROF. UDAYA KUMAR M
3	03.04.2017	HOW TO SUCCEED IN AN UNKNOWN WORLD	Mr. CHARLES CARVELHO
4	03.04.2017	TACKLING THE MONKEY MIND	VEVEK MODI

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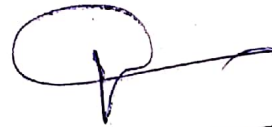
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NOTICE

11/11/2016

A guest lecture on "Personality Development" will be conducted on 14th November 2016 in the College Conference Hall. The Resource person for the session is Mr. Arun C. Bhandodkar, Miracle Academy. Students are compulsory instructed to attend the same.



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Name of the Resource Person:

Arun C Bandodkar
Miracle Academy

Topic:

Personality Development

Date and Time:

12/11/2016 ; 3:00- 4:00 PM

Arun C Bandodkar addressing the gathering said that Personality Development and Personal Communication are two of the most important facets that any professional must work on. He motivated the students to gain skills in addition to their subject knowledge. He advised the students to face the real world situations appropriately to build their career in a prospective manner

He has given a wide perspective of what exactly personality development means.
◆ Basic steps that are to be followed to manage situations that comes across our lives. These include Inspiration, Motivation, Implementation

The students enjoyed the session as it is more towards the personality development which will make students ready to face the challenges in the career.

The key learning's for the students from the session are:
•How to set goals and how to define time needed to achieve these goals.
•How to get inspirations to achieve these goals.


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PERSONALITY DEVELOPMENT

DATE: - 13.2.2017

TITLE: - PERSONALITY DEVELOPMENT

RESOURCE PERSON: - PROF.UDAYA KUMAR M

ASSOCIATE PROFESSOR SDM LAW COLLEGE MANGALORE

VENUE: - CONFERENCE HALL

The department of MBA had organised a guest lecture on "Personality development" on 13.2.2017 for 1st year students. The session was conducted by Prof Udaya Kumar M.

The guest lecture started with the prayer and inauguration. This lecture really helped the students in various ways. He also focussed on the importance of guest lecture like personality development, Stress management, Positive thinking and motivated the new academicians as to how important are these skills important in life. Self-awareness or self-knowledge is the starting point for effectiveness at work. Students came to know how developing personnel traits is as important as developing the career of an individual. Moreover, the lecture was interactive. It also helped the students to build a positive attitude and motivated them to achieve high success in life. The lecture was enlightening experience as it helped to rediscover oneself as a human being, as a student, as a fresher who was looking for his/her dream job. The articulation tips provided by the mentor were helpful to improve the personality.


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NOTICE

01/04/2017

Students are compulsorily instructed to attend the Guest Lecture on the topic "How to succeed in an uncertain world" on 03/04/2017. Resource person for the session is Mr. Charles Carvalho, Sr. Manager, HR VVF India, Mumbai

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Guest Lecture on 'How to succeed in an unknown world'

Date: - 03.04.2017

Title: - How to succeed in an unknown world

Resource Person: - Mr. Charles Carvelho

Senior Manager

HR VVF India, Mumbai

Venue: - Conference Hall

A guest lecture was organized by SDM PG Centre Mangalore for the benefit of students on the topic 'How to succeed in an unknown world'. The guest lecture was delivered by Mr. Charles Carvelho, Chartered Accountant, Mangalore

Mr. Charles Carvelho began the session by giving an insight into the challenges faced by the students in today's world.

Mr. Charles Carvelho, while delivering the lecture, explained the various skills and techniques which students may cultivate in order to succeed in present challenging world.



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NOTICE

01/04/2017

Students are instructed to attend the Guest Lecture on the topic "Tackling the Monkey Mind" on 3rd April, 2017 in the college conference hall, at 3 p.m. sharp. The Resource person for the session is Mr. Vivek Modi, Management Consultant. Students kindly be present in the Conference hall 5 minutes before the scheduled time.

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Tackling the monkey mind

Date: 3.4.2017

Title: Tackling the monkey mind

Resource person: Vevek Modi, management consultant

Venue: Conference hall

The session was conducted to tell the students on how to tackle the monkey mind. The different techniques were briefed to the students to help them overcome the daily stress and also help them coping it up with it. They taught the tricks to calm the mind and help them present themselves better.

They explained on few ways to tame the mind and stop mental chatter like talk to your mind, establish a journaling practice, meditation, etc. this helped the students have a calm mind and stop mental chatter. This helped the students develop their skills in personality development.



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**PERSONAL COUNSELLING PROGRAMMES CONDUCTED
FOR THE YEAR 2015-2016**

SL NO	DATE	TOPIC	RESOURCE PERSON
1	30.10.2015	ESSENCE OF GITA	BRAHMACHARI DHYANAMITRA CHAITANYAJI
2	15.02.2016	PERSONALITY DEVELOPMENT	Mrs. RAJANI PRASAD, Ms. LATHA and Mr. RADHAKRISHNA KUMBLE

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NOTICE

27/10/2015

Students are instructed to attend the Guest Lecture on Essence of Gita in the conference hall on 30/10/2015 .The Resource person for the session is Brahmachari Dhyanamritha Chaitanyaji, Amritapuri, Kerala.


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Essence of Gita

Date: 30.10.2015

Title: Essence of Gita

Resource person: Brahmachari Dhyanamrita Chaitanyaji, Amritha Puri, Kerala,

Venue: Conference hall

The session was conducted to make the students aware on the Essence of Gita. The knowledge on the religious book was communicated to make the student aware on the ancient times and it impacts into the world. The students got a wide knowledge on the religious aspects and the importance of their presence in the ancient times.

This session was conducted with the beautiful essence and it made a good impact in the minds of the students. They got a clear introduction onto the presence of the ancient belief and this bought them more into the active participation during the session



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NOTICE

11/02/2016

Students are instructed to attend the Guest Lecture on "Personality Development" on 15/02/2016. Resource persons for the session are Ms. Rajani Prasad and Mr. Radhakrishna Kumble.

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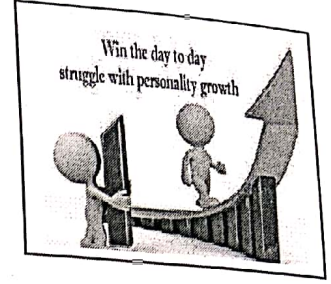
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GUEST LECTURE

**Guest Speaker: Mrs. Rajani Prasad, Ms. Latha &
Mr. Radhakrishna Kumble**

Topic: Personality Development.

Held on: 15 – 02 – 2016



About the Speaker: Mrs. Rajani, Ms. Latha and Mr. Radhakrishna are educators with a vast experience in conducting training programs. They have been conducting workshops on various aspects such as personality development, stress management, time management and goal setting for the benefit of youngsters. They are associated with the Brahma Kumari Samaj and believe that the young generation of today need to be led in the right direction in order to build a strong nation.

About the Session: According to the speakers, personality is the collective exposure of personal character traits of an individual which can be his thought pattern, feelings, and emotional exuberance. It is as an ongoing and dynamic process which is largely impacted by the surroundings that one is exposed to. They described that the evaluating factors of personality are openness to experience, extraversion, agreeableness, and conscientiousness. Mr. Radhakrishna gave examples of how youngsters are always trying to get noticed, appreciated and liked. However, according to statistics, most people who are achievers, end up believing that their results will speak for themselves and everyone will automatically align to them on account of their productivity. This is the greatest mistake that a professional can make. He explained that simple things like how we dress, what we say, what we speak about, how we respond to situations, the company we keep, our body language and almost every single aspect of our personality makes an impact on our relationships and impressions on people which in turn affects the opportunities we get.


Director

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**PERSONAL COUNSELLING PROGRAMMES CONDUCTED
FOR THE YEAR 2014-2015**

SL NO	DATE	TOPIC	RESOURCE PERSON
1	03.11.2014	PERSONAL EFFECTIVENESS	Dr. MALINI HERBBAR
2	27.10.2014	HEALTHY AND SAFETY ENVIRONMENT	Mr. MADHAVA KALYANI PADUBIDRI
3	06.04.2015	THE ART OF MAKING THE BODY AND MIND CORRUPTION FREE	Mr. ANANTHA G. ACHARYA
4	12.01.2015	MAKE YOUR MIND YOUR BEST FRIEND	BRAHMAKUMARIS

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NOTICE

01.11.2014

- Students are hereby instructed to attend the Guest Lecture organized in the Conference Hall by Dr. Malini Hebbar, HOD, Dept. of English, St. Agnes College, Mangalore on the topic "Personal Effectiveness" on 3rd November 2014.

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GUEST LECTURE ON PERSONAL EFFECTIVENESS

Date: 03-11-2014

Venue: Conference Hall

Resource Person Profile:

Dr. Malini N Hebbar, Head of Department, Department of English, St. Agnes College, Mangalore. She was awarded with Doctor of Philosophy (Ph.D.) for her thesis titled 'A critique of the creative works of Shashi Deshpande and Vaidehi with a special focus on rewriting myths' by Hampi University through Ha. Ma. Na. Research Centre, Ujire in 2012.



Lecture:

Dr. Malini N Hebbar created awareness among the students on the need for understanding the concept of personal effectiveness and more importantly work towards achieving the same. Personal effectiveness was explained as a process of making use of all the resources (both personal and professional) available at a person's disposal to achieve both work and life goals. The resources were identified in discussion with the students as to the talents, strengths, skills, energy and time of an individual. The various aspects of personal effectiveness like self-awareness, self-management, time management, determination, persistence, and emotional intelligence were elaborated upon by the resource person. She explained that the path to personal effectiveness starts from self-awareness followed by self-development, internal and inter-personal application, self-leadership, sustained learning and self-reflection which finally leads to a new self-awareness from where the cycle restarts and continues eternally.



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NOTICE

23.10.2014

Students are hereby instructed to attend the Guest Lecture organized in the Conference Hall by Mr. Madhava, Kalyani Chemical Engineering, Mangalore the topic "Health Safety and environment" on 27th October 2014.


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GUEST LECTURE ON HEALTH SAFETY AND ENVIRONMENT

Date: 27-10-2014

Venue: Conference Hall

Resource Person Profile:

Mr. Madhava Kalyani Padubidri, Mangalore is a certified health safety environment trainer and has been giving awareness level programme in the class room for maximum 20 trainees per session. He also has experience in providing on job industrial training on basic equipment, pre-turnaround briefings of refinery and petrochemical



industries. Mr. Madhava has successfully completed OSHA 10 HR, OSHA 30 HR and OSHA 511 courses from Cambridge Tutorials, UK. He conducts workshops and lecture sessions on OSHA standards of hazard communication, ergonomics, lockout & tagout.

Lecture:

Mr. Madhava explained the importance of Occupational Safety and Health Administration (OSHA) in an industry setting. Environmental health and safety departments are existent in companies and the department is tasked with ensuring that the work undertaken by the company does not cause undue environmental damage, put the workers' health and safety at high risk, complies with applicable legislation, and follows best practices. In every company aims to prevent and reduce accidents, emergencies, and health issues at work, along with any environmental damage that could result from work practices. Students were made aware of the environmental safety and health concerns in the organisational setting.


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NOTICE

07.01.2015

Students are hereby instructed to attend the Guest Lecture organized in the Conference Hall by Brahmakumari Sheilu, Senior faculty, Academy for better World, Gyansarovar, Mount Abu on the topic "Make your Mind your Best friend" on 12 January 2015.

3

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Make your mind your best friend

Date: 12.1.2015

Title: Make your mind your best friend

Resource person: Brahmakumaris, Sheilu, Academy for better world, Gyan Sarovar, Mount Abu.

Venue: Conference hall

This resource person gave a clear idea onto how to make your mind the best friend as it is the most important aspect for the development of individuals in their personality. He also mentioned how the mind impacts one's personality and how it impacts ones living. The knowledge on maintain the mind of the individual is important as its impact is seen in the daily routine of the individuals.

This turned to be a very useful interactive session to help the students develop the personality and set their mind in a right manner. The clear idea onto keeping the mind as best friend was learnt by the students. This would further help them in having a better personal development.


Director

DIRECTOR
S.D.M. Post Graduate Centre for
Management Studies and Research, Mangaluru
(M.B.A. Programme)

**SHRI DHARMASTHALA MANJUNATHESHWARA COLLEGE OF BUSINESS MANAGEMENT
POST GRADUATE CENTRE FOR MANAGEMENT STUDIES AND RESEARCH
MANGALURU - 575 003
(MBA PROGRAMME)**

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NOTICE

03.04.2015

Students are hereby instructed to compulsorily attend the Guest Lectures organized in the Conference Hall by Mr. Ananth G. Acharya, Founder, Aspathi Speakers Academy on the topic "Art of making the body and mind stress free" on 6th April 2015.



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GUEST LECTURE

Guest Speaker: Mr. Anantha G. Acharya

Topic: The Art of Making the Body and Mind Corruption Free

Date: 6-04-2015

SDM College of Business Management Post Graduate Centre for Management Studies and Research, Mangaluru organised a guest on the topic "The Art of Making the Body and Mind Corruption Free" on 6th April 2015. Mr. Anantha G. Acharya, Vachaspathi Speakers Academy, was the resource person for the program. Addressing the students said that there are various ways to make our body and mind corruption free. Corruption has invaded every sphere of life and is causing undue suffering to the common man. Lack of self-esteem and confidence in one's ability makes one materialistic and leads to corruption in a bid to achieve more. When confidence blossoms and a person finds a sense of security in his own abilities, corruption can be minimized. The culprit is not corrupt people, but a corrupt mindset. If we can replace the feeling of lack with a feeling of abundance in a person, he/she will not think about indulging in corruption. The session was attended by the students of MBA and it was very informative.


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