

### **5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following**

1. Soft skills,
2. Life skills
3. Language and communication skills,
4. ICT/computing skills

### 5.3 Soft Skills

SI NO	DATE	PROGRAMME	RESOURCE PERSON
01	11-09-2023	MARKETING YOURSELF IN TRANSCENT WORLD	SHRI PRAKASH N S , FOUNDER PRAJNA COUNSELLING 9886501493
02	26-12-2023	SELF ESTEEM, FEAR STRESS AND PERSONALITY DEVELOPMENT	MS. SANJANA KAMATH AND TEAM, ST. AGNES PG CENTER 9535550756
03	06-05-2024	MANAGEMENT LESSONS OF SWAMI VIVEKANANDA FOR YOUTH	MR. RANJAN BELLERPADY CO-ORDINATOR, RAMAKRISHNA MISSION, MANGALORE 8105356290

*Seema S. Shenoy*

DIRECTOR

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



SDM COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE  
CENTRE FOR MANAGEMENT STUDIES AND RESEARCH,  
MANGALURU.

## SDM CORPORATE CLUB

Organizes a Workshop On

# MARKETING YOURSELF IN THIS TRANSIENT WORLD



**YOU ARE INVITED**

**SRIPRAKASH NADADHUR SRIDHARAN**  
FOUNDER - PRAJNA CONSULTING

**MONDAY** | **TIME**  
**11TH SEPTEMBER** | **12-1pm**

**VENUE:**  
**SDM CONFERENCE HALL**

**Mr. DAWN PRAKASH**  
Corporate Club Coordinator

**DR. SEEMA S. SHENOY**  
Director



The Corporate Club of the institute conducted a workshop on the \*"**Marketing yourself in this transient world**" on 11- 09 – 2023. The Resource Person was Mr. **Sriprakash Nadadhur Sridharan, Founder - Prajna Consulting\***. He gave the young budding students a view on how the corporate world works and how each student should identify their own USP. All the first year MBA students participated in the program wholeheartedly. The program was conducted by Mr. Dawn Prakash under the corporate club.



**S. D. M. College of Business Management  
Post Graduate Centre for Management  
Studies and Research**

# **Corporate Club Organises Workshop**

**on**

## **Self Esteem, Fear, Stress and Personality Development**



**26.12.2023**



**10.00 AM - 12.00 PM**

**VENUE:**

**ROOM NO. 01**

**RESOURCE PERSONS:**

**MS. SANJANA KAMATH AND TEAM  
ST. AGNES PG CENTRE, MANGALORE**

**Mrs. Sumathi  
Coordinator**

**Dr. Seema S. Shenoy  
Director**



The institute organized a workshop on ‘Self Esteem, Fear, Stress and Personality Development’ on 26th December 2023. Ms. Sanjana Kamath, along with her team members Ms. Sanjana Jain, Ms. Kalpana Bhat, Mr. Kiran Kumar Kothari and Ms. Vinaya from St. Agnes PG Centre, Mangalore was the resource person. They, in their address gave an insight on different techniques to reduce fear and stress in life. They also gave tips on improving self-esteem and personality development. Practical insights were given to the students through relevant activities. Mrs. Sumathi, Assistant Professor, coordinated the programme.



**SDM College of Business Management  
Post Graduate Centre for Management  
Studies and Research, Mangalore**

## **Corporate Club**

*In Association with*  
**Ramakrishna Mission, Mangaluru**

*Organises*

**WORKSHOP ON**

**MANAGEMENT LESSONS OF SWAMI  
VIVEKANANDA FOR YOUTHS**

**Resource Person**



**06 MAY 2024**



**11.15 AM - 01.00 PM**



**Conference Hall**



**SRI RANJAN BELLARPADY**  
**Coordinator,**  
**Ramakrishna Mission,**  
**Mangaluru**

**Mrs. Sumathi & Mrs. Ramya Shetty**  
**Coordinators**

**Dr. Seema S. Shenoy**  
**Director**



The corporate club of the institute organised a workshop on “Management Lessons of Swami Vivekananda for Youths” on 06<sup>th</sup> May 2024 at 11:15am. The Resource person for this session was Ranjan Bellarpady, Co-ordinator Swachch. The speaker gave insights on preaching’s and teachings by Swami Vivekananda and how such practices will add value to our lives. The programme was presided by Dr. Seema S Shenoy and coordinated by Mrs. Ramya Shetty.





### 5.3 Life Skills

SI NO	DATE	PROGRAMME	RESOURCE PERSON
01	24-07-2023	THE HAPPINESS FORMULA	DR. SURAJEET CHAKRABORTHY SENIOR PHYSIOTHERAPIST PRESIDENT OF INDIAN ACADEMY OF FITNESS TRAINING 9448300437
02	12-09-2023	MAKING THE RIGHT FOOD CHOICE	MRS. SANJANA NAYAK, CONSULTANT DIETICIAN 9844643231
03	13-09-2023	D FOR DIET – EAT YOUR WAY TO HEALTH	DR. SURAJEET CHAKRABORTHY SENIOR PHYSIOTHERAPIST PRESIDENT OF INDIAN ACADEMY OF FITNESS TRAINING 9448300437
04	26-02-2024	DAILY DERMATOLOGY – INSIGHTS FOR YOUTHFUL AND HEALTHY SKIN	SENIOR RESIDENT KASTURBA MEDICAL COLLEGE MANGALURU 9228252565
05	01-04-2024	NUTRICIAN IN PREVENTION OF CANCER	DR. M S BALIGA SENIOR RADIOLOGIST AND RESEARCH HEAD MANGALORE INSITUTE OF ONCOLOGY

*Seema S. Shenoy*  
DIRECTOR  
S.D.M. Post Graduate Centre for  
Management Studies and Research, Mangaluru  
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SDM COLLEGE OF BUSINESS MANAGEMENT  
POST GRADUATE CENTRE FOR  
MANAGEMENT STUDIES & RESEARCH,  
MANGALURU

## SDM CORPORATE CLUB

Organizes a talk on

# THE HAPPINESS FORMULA



**YOU ARE INVITED**

**Resource Person**

**Dr. Surajeet Chakrabarty**  
**Phd.,MPT**

Senior Physiotherapist,  
President of Indian Academy of  
Fitness Training  
Motivational Speaker.

**Mr. Dawn Prakash**  
**Corporate Club Coordinator**

MONDAY | TIME  
**24TH JULY** | **12-1PM**

Venue:  
**SDM CONFERENCE HALL**

**Dr. Seema S. Shenoy**  
**Director**



The Corporate Club of the institute conducted a workshop on the "**The Happiness Formula**" on 24 – 07 – 2023. The Resource Person was **Dr. Surajeet Chakrabarty, Senior Physiotherapist, President of Indian Academy of Fitness Training Health coach and Nutritionist Motivational Speaker.** He gave the young budding students an idea on how to add Happiness in our lives. All the first year MBA students participated in the program wholeheartedly. The program was conducted by Mr. Dawn Prakash under the corporate club.



**SDM COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE  
CENTRE FOR MANAGEMENT STUDIES AND RESEARCH,  
MANGALURU.**

**SDM CORPORATE CLUB & WOMEN EMPOWERMENT CELL.**

Organizes a Workshop On

## **MAKING THE RIGHT FOOD CHOICES**



**YOU ARE INVITED**

**MRS. SANJANA NAYAK**  
Consultant Dietician

**TUESDAY**  
**12TH SEPTEMBER**

**TIME**  
**9.30 - 11 am**

**VENUE:**  
**ROOM 1- SDM MBA 4<sup>th</sup> FLOOR**

**Mr. DAWN PRAKASH**  
Corporate Club Coordinator

**DR. HARSHITHA K.**  
Faculty Coordinator  
Women Empowerment Cell

**DR. SEEMA S. SHENOY**  
Director



The Corporate Club & Women Empowerment Cell of the institute conducted a workshop on the \*"**Making the right food choices**" on 12- 09 – 2023. The Resource Person was **Ms. Sanjana Shenoy, Consultant Dietician**. This program was organized exclusively for the girls of 2nd Semester MBA. The resource person gave a wonderful insight on Diet and Nutrition and health tips. All the first year MBA students participated in the program wholeheartedly. The program was conducted by Mr. Dawn Prakash., Assistant Professor & Corporate Club Coordinator along with & Dr. Harshitha K - Assistant Professor & Women Empowerment Cell Coordinator.



SDM COLLEGE OF BUSINESS MANAGEMENT POST GRADUATE  
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MANGALURU.

SDM CORPORATE CLUB

Organizes a Workshop On

## D for Diet - Eat your way to health



**YOU ARE INVITED**

**Dr. Surajeet Chakrabarty . Phd.MPT**

Senior Physiotherapist,  
President of Indian Academy of Fitness Training  
Health coach and Nutritionist  
Motivational Speaker.

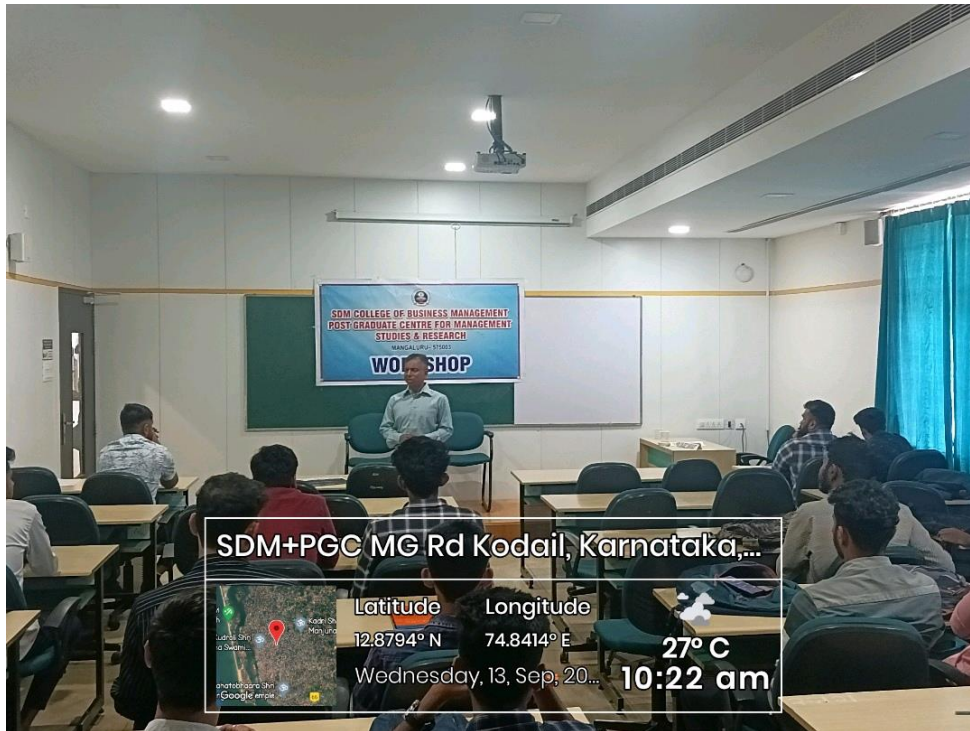
**WEDNESDAY**  
**13TH SEPTEMBER**

**TIME**  
**9.30 - 11 am**

**VENUE:**  
**ROOM 1- SDM MBA 4<sup>th</sup> FLOOR**

**Mr. DAWN PRAKASH**  
Corporate Club Coordinator

**DR. SEEMA S. SHENOY**  
Director



The Corporate Club of the institute conducted a workshop on the **"D for Diet-- Eat your way to health."** on 13– 09 – 2023. The Resource Person was **Dr. Surajeet Chakrabarty Senior Physiotherapist, President of Indian Academy of Fitness Training Health coach and Nutritionist Motivational Speaker.** This program was organized exclusively for the boys of 2nd Semester MBA. The resource person gave a wonderful insight on Diet and Nutrition and health tips. All the first year MBA students participated in the program wholeheartedly. The program was conducted by Mr. Dawn Prakash under the corporate club.






**SDM COLLEGE OF BUSINESS MANAGEMENT  
POST GRADUATE CENTRE FOR MANAGEMENT  
STUDIES AND RESEARCH, MANGALORE**


## **Corporate Club**

### **Organises Workshop**

**on**

## **Daily Dermatology: Insights for Youthful and Healthy Skin**

 **26.02.2024**

 **12.00 -1.00 PM**

**VENUE: CONFERENCE HALL**



**DR. ALTHEA VALEEN PINTO**  
SENIOR RESIDENT  
KASTURBA MEDICAL COLLEGE  
MANGALORE

**Mrs. Sumathi**  
Coordinator

**Dr. Seema S. Shenoy**  
Director



Corporate Club of the institute organized a workshop on ‘Daily Dermatology: Insights for Youthful and Healthy Skin’ on 26<sup>th</sup> February 2024. Dr. Altea Valeen Pinto, Senior resident, Kasturba Medical College Mangalore was the resource person. She, in her address, spoke about the acne and hair fall issues that the youngsters are facing today. She gave useful tips to the students to solve these issues and to maintain youthful and healthy skin. Mrs. Sumathi coordinated the Programme.



SDM College of Business Management  
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Studies and Research, Mangalore

## Corporate Club


*In Association with*  
**Women Empowerment Cell**


*Organises*

WORKSHOP ON

**NUTRITION IN PREVENTION OF CANCER**

**Resource Person**

 **01 APRIL, 2024**

 **12.00-01.00 PM**

**VENUE:  
CONFERENCE HALL**



**DR. M. S. BALIGA**  
Senior Radiobiologist and  
Research Head,  
Mangalore Institute of Oncology

**Mrs. Sumathi**  
Coordinator

**Dr. Harshitha K.**  
Asst. Professor

**Dr. Seema S. Shenoy**  
Director



Corporate Club and Women Empowerment Cell of the institute organized a workshop on 'Nutrition in Prevention of Cancer' on 1<sup>st</sup> April 2024. Dr. M. S. Baliga, Senior Radiobiologist and Research Head, Mangalore Institute of Oncology was the resource person. He, in his address, highlighted that in recent days, the world is witnessing a new type of cancer 'life cycle cancer'. He also mentioned that the incidence of cancer found earlier in old ages has come down to younger ages, which is of a great concern. He advised the students that swimming, yoga and walking are the best remedies for better life style. Mrs. Sumathi and Dr. Harshitha K. coordinated the Programme.

### 5.3 Language and Communication Skills

SI NO	DATE	PROGRAMME	RESOURCE PERSON
01	19-02-2024	JOURNEY FROM CAMPUS TO CORPORATE	DIRECTOR, INSTITUTE FOR INDIVIDUAL DEVELOPMENT 9686140543
02	22-04-2024	DEVELOPING WRITING SKILLS	MR. STANY D'SOUZA 9845195123
03	10-08-2024	LEVERAGING MBA JOURNEY – HOW YOUR EXPERIENCE CAN SHAPE YOUR PROFESSIONAL SUCCESS	MR. NISHAL FAYAZ SAHEB, HR BUSINESS PARTNER, AL WAN TANIA INTERNATIONAL HOLIDAYS QATAR 9740625613

*Seema S. Shenoy*  
DIRECTOR  
S.D.M. Post Graduate Centre for  
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**S. D. M. College of Business Management  
Post Graduate Centre for Management  
Studies and Research**

# **Corporate Club Organises Workshop**

**on**

## **A journey from Campus to Corporate**



**19.02.2024**



**12.00 -1..00 PM**



**VENUE: CONFERENCE HALL**

**PROF. RONALD PINTO**

**DIRECTOR**

**Institute for Individual Development,  
Mangalore**

**Mrs. Sumathi** **Dr. Prameela Shetty** **Dr. Seema S. Shenoy**  
**Coordinator** **Asst. Professor** **Director**



The institute organized a workshop on ‘A Journey from Campus to Corporate’ on 19<sup>th</sup> February 2024. Prof. Ronald Pinto, Director of Institute for Individual Development, Mangalore was the resource person. He, in his address, spoke about the importance of academic excellence and employability skills required for students to seek employment. Encouraging the students develop these skills, he stressed on the basic qualities to be inculcated such as body language, etiquettes, time management, stress management, effective communication and team building. Mrs. Sumathi, and Dr. Prameela Shetty coordinated the Programme.



**S. D. M. College of Business Management  
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# **CORPORATE CLUB**

**Organises**


**Workshop**

**on**

**Developing Writing Skills**

 **April 22, 2024**

 **11.15 AM - 1 PM**

 **Conference Hall**

**Resource Person**



**MR. STANY D'SOUZA**  
**Graphologist**

**Mrs. Sumathi**  
**Coordinator**

**Dr. Savitha Pereira**  
**Asst. Professor**

**Dr. Seema S. Shenoy**  
**Director**





Corporate Club of the institute organized a workshop on ‘Developing Writing Skills’ on 22<sup>nd</sup> April 2024. Mr. Stany D’Souza, Graphologist and Handwriting Expert was the resource person. During the workshop, students were asked to write few sentences and helped to analyze their own handwriting. The resource person gave few tips on how to hold the pen, methods of writing formal letter, margin, address, salutations etc., which are forgotten by today’s generation of digital world. Students were helped to assess their characters based on their handwriting. They were also given tips on how to improve their signature. Mrs. Sumathi and Dr. Savitha Pereira coordinated the Programme.



SDM College of Business Management  
Post Graduate Centre for Management  
Studies and Research, Mangalore

## CORPORATE CLUB

Organises

Workshop

on

**Leveraging Your MBA Journey: How  
Your Experience can Shape Your  
Professional Success**

**Resource Person**

 August 10, 2024

 12.00 NOON - 1 PM

 Conference Hall



**Mr. Nishal Fayaz Sahab**  
HR Business Partner  
Alwantania International  
Holdings, Qatar

**Mrs. Sumathi**  
Coordinator

**Dr. Seema S. Shenoy**  
Director

## Workshop on ‘Leveraging MBA journey: How Your Experience Can Shape Your Professional Success’



Corporate Club of the institute organized a workshop on ‘Leveraging MBA journey: How Your Experience Can Shape Your Professional Success’ on 18<sup>th</sup> March 2024. Mr. Nishal Fayaz Saheb, HR Business Partner, Alwantania International Holdings, Qatar was the resource person. He, in his address, shared his real time experiences in his career with the students. He also spoke about the opportunities available abroad to pursue career abroad. Mrs. Sumathi coordinated the Programme.

### 5.3 ICT /Computing Skills

SI NO	DATE	PROGRAMME	RESOURCE PERSON
01	22-07-2024	ROLE OF ARTIFICIAL INTELLEGENCE IN MODERN BUSINESS WORLD	MRS. YASHMITHA, SENIOR PROJECT MANAGER, CLOUDS LAB
02	13-02-2024	MICROSOFT EXCEL CERTIFICATE ORIENTATION	MRS. RAMBO AND ASHWITHI CHANDRAN ACTIVE EDU TECHNOLOGIES INDIA PVT LTD.
03	18-03-2024	BUDGET TERMINOLOGIES	CA S S NAYAK, PAST CHAIRMAN, ICAI, MANGALORE 9845321005

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



SDM College of Business Management  
Post Graduate Centre for Management  
Studies and Research, Mangalore


## CORPORATE CLUB


*Organises*

WORKSHOP ON

### ROLE OF ARTIFICIAL INTELLIGENCE IN MODERN BUSINESS WORLD

Resource Person

 22 JULY, 2024

 12.00-01.00 PM

VENUE:  
CONFERENCE HALL



MRS. YASHMITHA  
SENIOR PROJECT MANAGER  
CLOUDSLAB INC.

Mrs. Sumathi  
Coordinator

Mr. Prashanth Kumar  
Asst. Professor

Dr. Seema S. Shenoy  
Director

## Workshop on Role of Artificial Intelligence in Modern Business World



Corporate Club of the institute organized a workshop on ‘Role of Artificial Intelligence in Modern Business World’ on 22<sup>nd</sup> June, 2024. Mrs. Yashmitha, Senior Project Manager, Clouds lab Inc. was the resource person. She, in his address, gave a briefing on the role Artificial Intelligence playing in today’s business She also encouraged them to venture into entrepreneurship. Mrs. Sumathi and Mr. Prashanth Kumar coordinated the Programme.



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MANGALORE



MICROSOFT OFFICE  
**EXCEL**  
CERTIFICATION  
ORIENTATION  
2023-24

**Mr. RAMBO**

**Ms. ASWATHI CHANDRAN**

(Microsoft Certified Trainer & Development Specialist)  
ACTIVE EDU TECHNOLOGIES INDIA PVT. LTD.

**TUESDAY, 13<sup>th</sup> FEBRUARY, 2024**

9am TO 11am

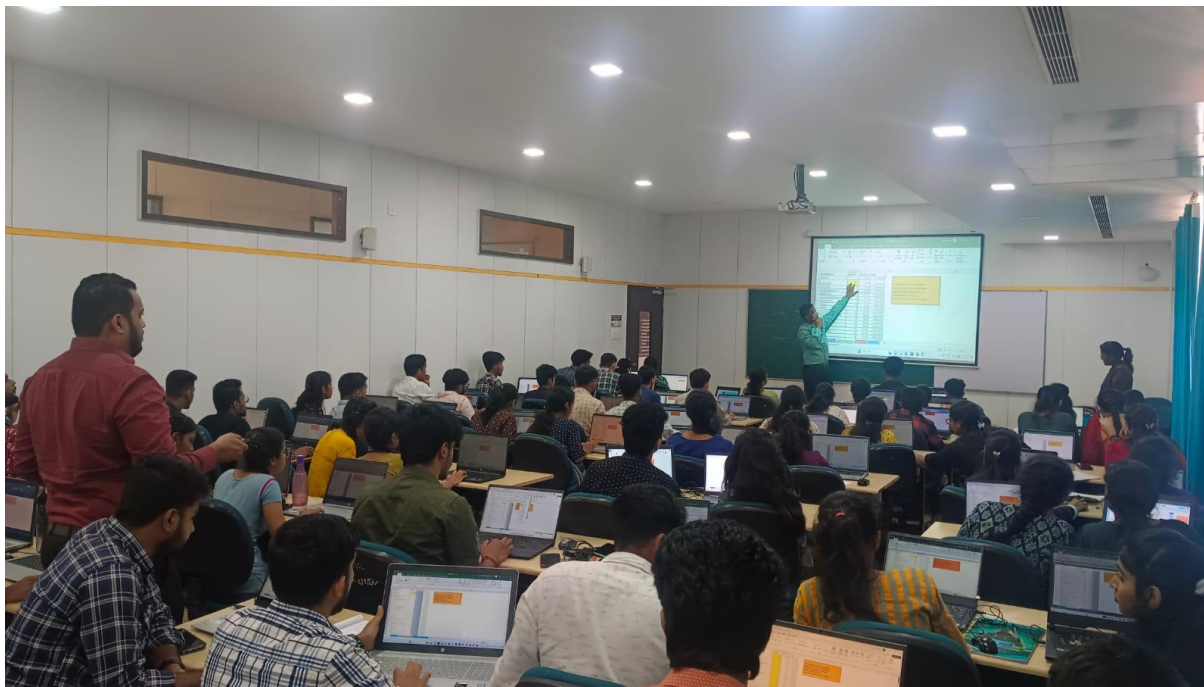
ROOM 1, 4<sup>th</sup> FLOOR, SDM MBA,  
MANGALORE



**Mr. DAWN PRAKASH**  
FACULTY COORDINATOR

**Dr. SEEMA S. SHENOY**  
DIRECTOR

**MICROSOFT OFFICE EXCEL CERTIFICATIONS HANDS-ON TRAINING**  
**2023-24**




A hands-on & virtual 4 days workshop was organized on “**MICROSOFT OFFICE EXCEL 2023-24**” for the registered 67 final year students between 13<sup>th</sup> to 16th February 2024. Mr. Rambo P. and Ms. Aswathi were the resource persons who are Globally Certified Microsoft Trainers and Development Specialist - Active Edu Technologies India Pvt. Ltd. who conducted a hands-on training session followed by exams. Students were given practical problems to work on. All the 67 passed the exams with flying colours and earned Microsoft Office Excel Specialist certificate with verification code signed by the CEO of Microsoft - Mr. Satya Nadela. Mr. Dawn Prakash, faculty coordinated the program.






**SDM COLLEGE OF BUSINESS MANAGEMENT POST  
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AND RESEARCH, MANGALORE**

**Corporate Club**  
**Organises**  
**Workshop**  
**on**  
**Budget Terminologies**

 **18.03.2024**

 **12.00 -1.00 PM**

**VENUE: CONFERENCE HALL**



**CA S. S. NAYAK**  
PAST CHAIRMAN  
ICAI, Mangaluru

Mrs. Sumathi  
Coordinator

Dr. Seema S. Shenoy  
Director



Corporate Club of the institute organized a workshop on 'Budget Terminologies' on 18<sup>th</sup> March 2024. CA S. S. Nayak, Past Chairman, ICAI, Mangaluru was the resource person. He, in his address, spoke about the process involved in the preparation, presentation and the implementation of union budget. He also gave the detailed understanding of the various terminologies of budget to the students to facilitate them in understanding the budget. Mrs. Sumathi coordinated the Programme.