



Maharani Lakshmi Ammanni College for Women Autonomous

Affiliated to Bengaluru City University

Re-accredited by NAAC with "A" grade, Recognised by UGC

under Section 2(f) and 12(b) of the UGC Act 1956

Conferred the Status of 'College with Potential for Excellence' by UGC

The program used to start with Shloka chanting by all the participants. Then the students were addressed and interacted courageously and share their views regarding the theme of the program as importance of knowing yourselves and also knowing your country, culture and heritage.

The other team members would take over the session and start with an activity 'Mera Bharath'. It motivated the students to know their inner strength by taking wonderful personalities like Mr.K Shivan Chief of ISRO , Swami Vivekananda ,Chandrashekar Azar one of the greatest revolutionary man and Miss Jyothi Reddy she is one such great personality, she changed herself from a farm laborer to a CEO of IT Company. Then the program continued with the importance of Time and the respect an Indian should have towards soldiers and the salute to the Indian Army.

The students were also trained regarding the values of self-respect, gratitude, compassion and honesty. It helped the students to realize their responsibility towards nation, gaining courage and confidence to move on in their life and fight any challenge of life and also thought to have trust and faith in the journey of life and themselves, to know the true meaning and importance of values, time and hard work in one's life, students understood that they need to be steadfast with their goals, determined and show perseverance and consistency to their dreams. This program has really helped each and every student to unleash the hidden potential in them, the Disha team was very interactive in knowing our challenges and teaching good values.

Activity ended with the awareness created among the students to develop their knowledge, skills, attitude and values are the keys to be success. Overall the whole sessions were interactive, informative and well appreciated by the students.

Day one Disha Workshop Report

Morning Session: 10:30am to 12:30pm

Date: 24th Aug 2020

Class: II B.Com A

Co ordinator Teacher: Ms Geetha

Attendance

Total strength -78

Total present - 67

Total Absent- 11

Teacher Feedback on the Session

The workshop was very informative and motivating session. A lot of activities were conducted such as Bharath Vishwaguru and one minute motivational videos and stories of great personalities which students were not aware of. It was very inspiring and encouraging.

They also taught nothing is impossible in life and that challenges are our hidden opportunities. we should walk through the extra mile to challenge ourself and face all our difficulties that come on our way. It helps student to know how to develop there inner personality through values, culture and respect for our country.

There was no problem every thing went on well.

Afternoon Session: 1:30pm to 3:30pm

Date: 24th Aug 2020

Class: II B.Com B

Co ordinator Teacher: Amrutha Shetty

Total strength -90

Total present - 72

Total Absent- 18

Teacher Feedback on the session

I would like to convey that the session was very well thought out and executed. The students were engaged and interactive throughout the session.

Great efforts by the DISHA team.

Regards

Lt.Dr.Bhavya Bhanu

Asst Professor

Department of Management Studies

Day Two Disha Workshop Report

Morning Session: 10:30am to 12:30pm

Date: 25th Aug 2020

Class: II B.Com C

Co ordinator Teacher: Ms Smirthi

Attendance

Total strength -85

Total present - 65

Total Absent- 20

Teacher Feedback on the Session

The Disha online workshop held on the theme 'know yourself, know your country and know your culture' had still maintained the interactive activities based module for imparting value education. Over 65 students were present for the complete session out of a total class strength of 85, which is a regular turnout even for online classes. Found a little inhibition among students in interacting

during the beginning of the session, but several realizes on the chat box were still prevalent. Through the feedback session one could see the eagerness with which students wait for Disha programs each year. A truly enriching experience in all.

Afternoon Session: 1:30pm to 3:30pm

Date: 24th Aug 2020

Class: II BCA

Co ordinator Teacher: Ms.Geetha (Comp Science)

Total strength -65

Total present - 53

Total Absent- 12

Teacher Feedback on the session

Disha, being and endeavor to guide and catalyze young minds to carry forward the rich and glorious legacy of our nation conducted a session on 25th August 2020.

- Introduction to Disha team.
- Students were encouraged to speak.
- Picture quiz were conducted for students.
- Improvement in the knowledge about our country.
- Discussed about the happy moments and challenges faced during the lockdown due to covid pandemic situation.
- Pros and cons of traditional and virtual classrooms.
- Encouraged students to face challenges.
- Taught students how to face challenges in their life.
- Information on values like dedication, determination and hard work.
- Information on how to build positivity in our thoughts
- How to set our goals and how to set our focus.
- How to build respect towards our country

- About building our own potential.
- Key aspects to see success in life.

Inner potential



knowledge

Skills – soft skills, technical skills, vocational skills

Attitude

Values.

Regards

Lt.Dr.Bhavya Bhanu

Asst. Professor

Department of Management Studies

Day Three Disha Workshop Report

Morning Session: 10:30am to 12:30pm

Date: 25th Aug 2020

Class: (PCM, PMC and B.Voc)

Co ordinator Teacher: Ms. Anupamma, Ms. Prathiba, Ms. Sahina

Attendance

B.Voc

Total Strength : 9

Total Present : 9

Total Absent : Nil

PMC

Total Strength : 22
Total Present : 2
Total Absent : 20

PCM

Total Strength : 55
Total Present : 04
Total Absent : 51

Teacher Feedback on the Session

Ms.Shanina : It was Quite good and interactive session. It open up the students mindsets.

Afternoon Session: 1:30pm to 3:30pm

Date: 27th Aug 2020

Class: II BA (HEP, HES, SKJ and PJS) and II BBA

Co ordinator Teacher: Ms. Saraswathi, Mr. Vijay Dugappa and Ms. Jyothsna

BA

Total strength -61
Total present - 11
Total Absent- 50

BBA

Total strength -36
Total present - 11
Total Absent- 25

Teacher Feedback on the session

Sarawathi (BA Co-ordinator - HEP, HES, SKJ and PJS)

Report on the webinar conducted by "Disha Bharat" The event was held on 27 August 2020, from 1:30pm to 3:30pm. The main aim of the webinar was to keep student's novitiates through these hard times and help the massive success. Along with that, the webinar also aimed to make the students understand values and inculcate a feeling of patriotism in them. The event had activities and interactive session which made it fulfilled thought the two hours. The activities were aimed to motivate students and make them understand India better. The webinar surely motivated everyone who attended it and will help in achieving success and will make everyone a true patriot.

Jyothsna Thimmmaiah (BBA – Co ordinator)

DISHA Charitable Trust for Value Initiatives conducted an online Personality Development Programme for the second-year students of BBA, BA (HEP, HES, SKJ and PJS) on Thursday, 27th August 2020 from 1.30 pm to 3.30 pm.

The speakers for the session were Mrs. Rekha Ramachandran, Founder Secretary DISHA, Ms. Bhavana Kashyap and Ms. Sushma Gubbi.

The Session 1 was on the theme - Bharath: The Vishwaguru, by Ms. Sushma Gubbi. A quick quiz on the recent developments in India, which is taking our country, India to be the world leader in various area of development. It was well-taken by the participants.

The Session 2 by Ms. Bhavana Kashyap, made the participants ponder on the happy and proud moments they experienced during their stay indoors during the pandemic. Participants came out with brilliant responses. It was a very interactive session.

The Session 3 was an Emoji Quiz conducted by Ms. Sushma Gubbi. It was an interactive session which made the participants guess the answers based on the emojis given.

The Session 4 was an enthralling session by Mrs. Rekha Ramachandran. Mrs. Rekha spoke on Unleash the inner potential- Key to success.

All sessions were well coordinated and organised. All the sessions were audio- visual with apt videos to support the message. The participants interacted well and came out with good responses.

About 75 students participated from second-year BBA, BA (HEP, HES, SKJ and PJS). Four BBA students were absent. Seven of them had network issues were not able to connect for the entire session.

The take away message from the programme was:

- To search the light/ success within yourself.

- Being better humans with good value systems.
- Making difference in others life
- YOU ARE THE MAKER OF YOUR OWN DESTINY.

Students actively participated and gave feedback

Regards

Lt.Dr.Bhavya Bhanu

Asst Professor

Department of Management Studies

Day Four Disha Workshop Report

Morning Session: 10:30am to 12:30pm

Date: 28th Aug 2020

Class: II B.Sc (CBBT, CZBT and PBZ)

Co ordinator Teacher: Ms. Divya and Ms. Mercy

Attendance

B.Sc (CBBT, CZBT)

Total Strength : 61

Total Present : 48

Total Absent : 13

B.Sc (PBZ)

Total Strength : 27

Total Present : 26

Total Absent : 01

Teacher Feedback on the Session

Ms.Divya : Today, 28 th Aug, 2020, a DISHA workshop on “Know Yourself, Know Your Country” organized virtually.The workshop was organized systematically in interactive mode. It was emphasized patriotism highlighting the contributions of freedom fighters,

culture and heritage of India. The achievements of famous personalities viz., Swami Vivekananda, Dr. Abdul Kalam, Former President & Missile man, Dr. K. Shivan, ISRO etc taking note of their background, growth, contributions and achievements to motivate students to explore the inner potential. It was suggested for updating knowledge, skills, attitude and human values to achieve success. The students participated actively as the session was organized in interactive quiz mode. The DISHA coordinators appreciated for the students' participation in the interactions. Overall, it is a useful program for motivating the young brains to develop holistically.

Ms. Mercy John

Synopsis:

- The Programme started with a prayer followed by a quiz.
- Some of the topics covered were- Success stories of Jyothi Reddy and K Shivan, the importance of developing new skills during the pandemic, Indian culture, Developing values and positive attitudes.

Students Feedback

- The sessions were very energetic.
- Two way interaction kept us involved
- Q&A with students brought new learnings
- Allowed open unbiased discussions
- Energy level of facilitators pumped up participants

Conclusion :

Overall a very informative and participative session. PBZ students were extremely interactive. More sessions of this nature would be beneficial to the students.

Afternoon Session: 1:30pm to 3:30pm

Date: 28th Aug 2020

Class: II B.Sc (CBZ and BCZMB)

Coordinator Teacher: Ms. Saraswathi, Mr. Vijay Dugappa and Ms. Jyothsna

B.Sc - CBZ

Total strength -51

Total present - 39

Total Absent- 12

B.Sc - BCZMB

Total strength -42

Total present - 42

Total Absent- Nil

Teacher Feedback on the session**Ms. Geetha (CBZ)**

It was an interactive session. the students said they were in need of such a programme especially during this pandemic situation. This programme has led to a positive attitude in students. students actively participated in this programme and were energised by this programme.

Ms. Vineetha Shenoy

The Czm students participated enthusiastically. Rachana Rao, Zaheerunisa, Dahanyata interacted with enthusiasm. A game on Indian scientists. History of Ellora was played. I Vineetha also participated in the discussion along with students on Situation and challenges faced by all of us during covid- lock down. A few students shared about how they tried to help the poor and covid- workers during lockdown. They all were appreciated and made feel special by Disha teachers. A feedback form was circulated to students at the end. The online session was energetic and enthusiastic till the very end.

Regards

Lt.Dr.Bhavya Bhanu

Asst Professor

Department of Management Studies

Glimpses of the Virtual workshop :



Zoom

Leave

Unleash the Inner Potential – Key to Success



Values for Self

- Respect
- Gratitude
- Compassion
- Honesty



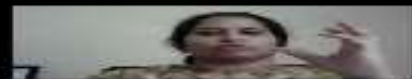
Unmute

Start Video

Share

Participants

More









TIME MANAGEMENT

To Realize The Value Of -

- ONE YEAR**, ask a student who failed a grade.
- ONE MONTH**, ask a mother who gave birth to a p
- ONE WEEK**, ask the editor of a weekly newspaper
- ONE DAY**, ask the daily wage labourer with kids t

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