

## **GOVERNMENT FIRST GRADE COLLEGE FRAZER TOWN BANGALORE**

### **A 4 DAY NATIONAL LEVE ONLINE STUDENT ENRICHMENT PROGRAMME**

Physical Education Department ,Placement And Students Counseling Cell Of GFGC Frazer Town Bangalore IQAC Organized A 4 Day National Level Online Student Enrichment Programme. The Students From All Over State And From Other State Participated In. The Programme.

In first day 23/06/2020 the topic of lecture was “ **Educational And Vocational Opportunities After Graduation And How To Face Competitive**” exam by Tanuja Rampura(KAS) Assistant Director ,Kaushalya Bhavan Bengaluru.she enriched students on various career courses and job opportunities available to students after completion of their graduation. As majority of our students are first generation literates in their family they lack basic guideline. Special attention was paid to organized this programme to meet the requirement of such students.

On second day 24/06/2020 the topic of the lecture was “**Mudra Healing And Pranayama** “by Sri Sampath Kumar, Yoga Guru, Vivekananda Yoga Kendra, Mathikere, Bengaluru. The college understands that the need of moral strength and sound body plays vital role for the well being of students. So students were given the awareness on mudras with live practicing session. From this session Students got oriented with knowledge of practicing mudra for solving problems like Anxiety, stress , memory loss and concentration and the many other health issues.

On third day25/06/2020 the topic of lecture was “**Engaging In Art, Culture And Literary Pusuits- An Attemp To Develop Positive Approach T O Life**” by Dr.R.Shobha,Associate Professor of Sanskrit, Maharani Arts Commerce and Managemen College , Bengaluru. Experts say that art and literature can be used as tools in treating several social and personal issues so as our college focused on organising this session to help students focus on their hobbies like painting, creative writing, reading books and many other to overcome phobias and stress caused by covid-19 during lock down period.

On day four 26/06/2020 the topic of lecture “ **STAYING RELEVANT IN THE INFORMATION AGE- A CHALLENGE BEFORE THE YOUTH**” by PROF. SUDHA HEGDE , Assistant Professor Of Journalism, Gfgc, Kalasa. The college held the responsibility and accountability of providing the current information regarding their academic and career oriented policies and procedure because investing their knowledge in right time and place is very important.

#### ORGANISING CHAIRPERSON

- Prof. MG.Vani  
Principal, GFGC, Frazer Town  
BANGALORE

#### ORGANISING SECRETARIES

- Prof. DS.Kandagal  
NAAC Coordinator
- Dr. CL.Gayathri Devi  
IQAC Coordinator

#### ORGANISING COORDINATORS

- Prof. Ravi Kiran NR  
Placement Cell Coordinator
- Prof. Venkatesh  
Physical Education Director
- Prof. Thaseen Sultana  
Cultural Coordinator