



GOVERNMENT OF KARNATAKA  
Department of Collegiate Education



GOVERNMENT FIRST GRADE COLLEGE  
FRAZER TOWN,  
BENGALURU- 560 005  
(Affiliated to Bengaluru North University)

**A 4 day National Level Online  
Student Enrichment Programme**  
(An IQAC initiative)

**Organised by**  
**Physical Education Department ,**  
**Placement and Student**  
**Counselling Cell**

23 June - 26 June 2020



**Secret to success lies in**  
**enriching the young minds.**



### **ABOUT COLLEGE**

The Government First Grade College, FrazerTown, was established in 2007 under the Department of Collegiate Education, Ministry of Higher Education to provide high quality education to students of all sectors of the society. Since then the college is working with undiluted enthusiasm towards providing high quality education. The college prides itself in accepting students from all walks of life, irrespective of their previous academic performance and helps them to identify their talents and imbibe in them an academic acumen which help them throughout their lives.

The college provides undergraduate courses B.A, B.COM, B.Sc. and BBA. The college has sufficient class rooms with required infrastructure. It has well equipped computerised library, reference section and well furnished lab with computer facilities for the students.

### **Objective of the Program :**

During these challenging times, the students are lost in anxiety and are disturbed about their future. They have enough time as the colleges are shut down but may not know how effectively they could utilise the time. So, we would like to channelize their thoughts by conducting a programme which will cover student Counselling, Career Guidance and competitive exams, Mudra healing and a few simple exercises to boost their immunity to fight the virus.

### **PROGRAM SCHEDULE**

Everyday (11:00-12:30)

**Day 1 (23/06/2020)**

**Topic: Educational and Vocational opportunities after Graduation and How to face competitive Exams**

**Smt. Tanuja Rampura (KAS)**  
Assistant Director(SVG-State Vocational Guidance) Kaushalya Bhavan Bengaluru.

**Day 2 (24/06/2020)**

**Topic: Mudra Healing and Pranayama**

**Sri.Sampath Kumar**  
Yoga Guru, Vivekananda Yoga Kendra Mathikere, Bengaluru.

**Day 3 (25/06/2020)**

**Topic: Engaging in Art, culture and literary pursuits—  
An attempt to develop positive approach to life**

**Dr. R Shobha**  
Associate Professor of Sanskrit  
Maharani Arts, Commerce and Management  
College, Bengaluru.

**Day 4 (26/06/2020)**

**Topic: Staying relevant in the Information Age - A Challenge before the youth.**

**Prof Sudha Hegde**  
Assistant Professor of Journalism  
Government First Grade College, Kalasa.

### **Organising Chairperson**

**Professor M G Vani**  
Principal

### **Organising Secretaries**

**Prof. D S Kandagal**  
(NAAC Coordinator)  
**Dr. C L Gayathri Devi**  
(Coordinator, IQAC and Student  
Counselling Cell)

### **Organising Coordinators**

**Prof Ravi Kiran NR**  
(Placement Cell Coordinator)

**Prof Venkatesh**  
(Physical Education Director)

**Prof Thaseen Sultana**  
Assistant Professor of Commerce

### **Contact for Further Details**

**Dr. C L Gayathri Devi**  
(9886515213)

**Prof Ravi Kiran N R**  
(9916367646)

**\* Registration Free \***

Registration link : [https://docs.google.com/forms/d/e/1FAIpQLSeQiu02ptrKBwH6Mn6PEIOXooV5lg813yE6AbPoEXA1a8-5Zg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeQiu02ptrKBwH6Mn6PEIOXooV5lg813yE6AbPoEXA1a8-5Zg/viewform?usp=sf_link)

