



**GOVERNMENT OF KARNATAKA
DEPARTMENT OF COLLEGIATE EDUCATION
MAHARANI'S WOMEN'S COMMERCE AND MANAGEMENT COLLEGE
VALMIKI ROAD, PADUVARAHALLI, MYSORE-570012**



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**DEPARTMENT OF COMMERCE AND MANAGEMENT
PROGRAM REPORT**

DEPT / COMMITTEE	COMMERCE
TITLE OF THE PROGRAM	SELF AWARENESS – A KEY TO SUCCESS
NAME OF THE PROGRAMME CO-ORDINATOR	MARGARET MARY
DESIGNATION	ASSISTANT PROFESSOR
DATE & VENUE OF THE PROGRAM HELD	20/12/2019 CLASS ROOM-211
BENEFICIARIES OF THE PROGRAM AND NO OF STUDENTS	III BCOM STUDENTS.
NAME OF THE RESOURCE PERSON: DR. ASHWINI, Assistant Professor, PG Department of Psychology, Maharani's Arts College for women, Mysore	

PROGRAMME SUMMARY:

The Programme was conducted with the objective of enabling the students to understand their own emotions, actions and abilities to succeed both in Academics and life. It was an effort to help students to understand their place in the world by allowing them to bring clarity to their internal state so they can better manage their external environment.



The programme started at 11am by welcoming the Resource Person by Prof. Margaret Mary, Assistant professor, Department of Commerce and Introductory speech by the IQAC Coordinator Dr.Manju S. The Principal Dr G H Mahadevaswamy presided the programme and rendered the presidential remarks.



The Resource person is a practicing clinical psychologist and professor of Psychology. The session was interactive and beneficial to students as it helped them to identify their strengths and learn how to make use of their capabilities to achieve their goals. It focused on students' ability to accurately judge their performances and behavior and to respond to situations. The resource person motivated the students through activities and audio-video visuals related to self consciousness.

The programme concluded at 2pm with vote of thanks by Prof. K T Vanitha, Associate Professor.

Prof. MARGARET MARY
Assistant Professor of Commerce