



**Sri Bhagawan Mahaveer Jain First Grade College**  
(Affiliated to Bengaluru North University)



## **Sri Bhagawan Mahaveer Jain First Grade College**

Geetha Road, Robertsonpet, KGF-563122

Accredited By NAAC B+ Grade

**(Affiliated to Bengaluru North University)**

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

- 1. Soft skills**
- 2. Language and communication skills**
- 3. Life skills (Yoga, physical fitness, health and hygiene)**
- 4. ICT/computing skills**





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# SOFT SKILLS

**Group Head Office**

91/2, Dr. A N Krishna Rao Road  
V V Puram, Bangalore - 560 004  
P +91 80 2661 5246

**Campus**

Geetha Road, Robertsonpet  
K.G.F - 563 122  
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## Session on Team Building through Games

<b>Speaker</b>	Mr. Ganesh K.R, Assistant Professor, GFGCC, Malur.
<b>Date</b>	18/08/2021
<b>No. of Students</b>	45
<b>Venue</b>	Conference hall

### Objective of the Session

- To understand the importance of working in team
- To provide opportunities about learning their role
- To understand about what their peers are doing

### About the Session

A Session on Team Building through games was conducted for first year BBA students. The session provided an overview of Team Developing, Adapting to new people. Strategic thinking and self-development apart from the academic learning. It is necessary in the present competitive world to develop self-skills for betterment of the student's career.

### Outcome Session

- The students learned about important of Team work
- Co-ordination and observation skills were enhanced

  
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## Session on Emotional Intelligence at Work Place

<b>Speaker</b>	Ms. Manju Samyukta, Assistant Professor, St.George College, Bangaluru
<b>Date</b>	15/12/2021
<b>No. of Students</b>	30
<b>Venue</b>	Room No 305

### Objective of the Session

- To understand the positive impact of mental health
- To create awareness about Emotional Intelligence skills

### About the Session

A session on Emotional Intelligence at work place was conducted for final year B.Sc students. Ms.Manju Samyukta, faculty of Life Science, Highlights areas like emotional relationship skills, empathy and social skills. These skills are must to be developed by students at present stressful world.

### Outcome Session

- The session helped the students understand about developing balance.
- The students understand the importance of emotional intelligence.

  
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### Session on Critical Thinking

<b>Speaker</b>	Ms. Nirmala, faculty, GFGC, K.G.F
<b>Date</b>	11/08/2022
<b>No. of Students</b>	100
<b>Venue</b>	Auditorium

#### Objective of the Session

- To help students to build self-empowerment and confidence.
- To develop problem-solving ability among students.

#### About the Session

A session on critical thinking was conducted for final year B.Com students where the speaker emphasized on aspects like better decision making, skills, stimulating curiosity and enhancing problem-solving ability.

The session was useful to the students as they are going to face challenges ahead in a fast growing economy.

#### Outcome Session

- It helped students to come up with new ideas to solve problems and the session improved the creative skills to solve problems among students.
- The students were able to judge what is right and wrong by using critical thinking.

  
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# LANGAGUE SKILLS

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### Session on Writing Skills

<b>Speaker</b>	Ms. Charlotte Helen, Soft Skill Trainer, KGF.
<b>Date</b>	28-09-2021
<b>No. of Students</b>	40
<b>Venue</b>	Room No 108

#### Objective of the Session

- To improve writing skills
- To understand the importance of writing for conveying ideas.

#### About the session

A Session on importance of writing skills was conducted for second year B.Sc Students. The Speaker highlighted about the importance of writing, communication skills and Steps required for good writing to convey the message for large audience.

#### Outcome of the Session

- The session made the students to improvise their writing skills.
- Students were able to understand about the principles of good writing.

  
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### Session on Resume Building

<b>Speaker</b>	Dr. Jayapandian, Asst. Prof, SBMJC-KGF.
<b>Date</b>	8-10-2021
<b>No. of Students</b>	210
<b>Venue</b>	Room No 305

#### Objective of the Session

- To Share ideas to write resume.
- To help students to create their brand

#### About the session

The session was conducted for final year students from the Placement Cell. The placement officer gave insights about preparation of resume and shared knowledge about how to create a personal brand focussed resume.

#### Outcome of the Session

- The student learned about step by step guidance in preparing Resume

  
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## Session on the Habit of Communicating Impactfully

<b>Speaker</b>	Ms. Elizabeth Rani, Asst. Prof, SBMJC-KGF.
<b>Date</b>	29-09-2021
<b>No. of Students</b>	45
<b>Venue</b>	Room No 108

### Objective of the Session

- To enhance Communication skills of students.
- To understand the importance of effective communication skills.

### About the Session

The session was conducted for final year BCA students. The speaker highlighted about the importance of communication, applying of communication skills for self-determination to stand out in a group. Build interpersonal skills especially at workplace.

### Outcome of the Session

- Students learnt the tips for better communication
- Helped the students recognize the value of Building relationships though proper Communication.

  
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# LIFE SKILLS

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### Session on the Brand Called You

<b>Speaker</b>	Dr. Reena Shyam, Director, IASMS.
<b>Date</b>	13-07-2022
<b>No. of Students</b>	60
<b>Venue</b>	Auditorium

#### **Objective of the Session**

- To develop self-awareness.
- To recognize one's ability.

#### **About the Session**

A self-awareness session was conducted for first year students to enable students to identify and understand himself or herself as separate entity. The session helped the students to understand things from multiple perspectives.

#### **Outcome of the Session**

- The session helped the students to know about self-awareness skills.
- The students gained knowledge about tips to improve self-awareness.



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## Session on Personality Development

<b>Speaker</b>	Dr. Afzal Basha, IASMS, Bangalore.
<b>Date</b>	17-07-2022
<b>No. of Students</b>	120
<b>Venue</b>	Auditorium

### Objective of the Session

- To develop skills for self-improvement.
- To understand the role of personality development for a better career.

### About the Session

The Session was conducted for II B.Com students. The speaker gave insights about body language, leadership qualities, character building, good manners and etiquettes. It is very essential for overall personality of a student as it gives strength to handle any kind of situation and courage to face struggle and to achieve success.

### Outcome of the session

- The session helps to improve self-esteem.
- The students were educated on numerous aspects of self-development.

  
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### Session on Self Defense

<b>Speaker</b>	Dr. Rakesh T M, Physical Education Director, SBMJC-KGF.
<b>Date</b>	07-01-2022
<b>No. of Students</b>	100
<b>Venue</b>	Conference Hall

#### Objective of the session

- To teach girl students how to defend themselves from an attacker.
- To create awareness on benefits of self defense.

#### About the Session

The session was organised for girl students by the physical education director to feel they can make big difference in how they recover from the psychological impact of the trauma.

#### Outcome of the session

- The session helped girl students about benefits of knowing self defense art.
- The training session boosted self-confident among the girl students.



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### Session on Yoga and Meditation

<b>Speaker</b>	Dr. Rakesh T M, Physical Education Director, SBMJC-KGF.
<b>Date</b>	01-12-2021
<b>No. of Students</b>	100
<b>Venue</b>	Open Auditorium

#### Objective of the session

- To create awareness on health benefits on yoga and meditation.
- To familiarise students with practice of yoga.

#### About the Session

Yoga and Meditation event was organised for students. They were given insight into yoga culture in Indian by leading them through a practice session of various Asanas and Mediation. They were also introduce through yogic concepts.

#### Outcome of the session

- The students actively participated in yoga session.
- The session helped students understand about various health benefits through practice of yoga and Meditation.

  
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# ICT/COMPUTING SKILLS



## Session on Human Resource Recruiting Process and Interviews Methods

<b>Speaker</b>	Ms. Harshitha N, HR Manager, ICICI Bank.
<b>Date</b>	26-11-2021
<b>No. of Students</b>	100
<b>Venue</b>	Auditorium

### Objective of the Session

- To create awareness on digital recruitment process.
- To give knowledge on requirements of digital recruitment and interview skills.

### About the Session

The session was conducted for final BCA students. The speaker highlighted about transformation in hiring methods such as social media, posting on career websites, mobile recruiting and its advantages.

### Outcome of the Session

- The students gained knowledge about digital recruitment.
- The session gave practical exposure and required skills to stay active on such digital recruitment platforms.



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## Session on Interview Skills and New Technologies

<b>Speaker</b>	Mr. John Selva Kumar Assistant Manager-HR, Blue Yonder India Pvt. Ltd, Bangalore.
<b>Date</b>	17-02-2022
<b>No. of Students</b>	120
<b>Venue</b>	Auditorium

### Objective of the Session

- To create awareness on Interview skill for fresher's.
- To create awareness on new technologies for trend in the field of computer science.

### About the Session

The session was conducted for final BCA students. The speaker highlighted about transformation in Interview Skills such as mock interview, self-interdiction, group discussion, and Technical round and updated technical skills for computer science graduates.

### Outcome of the Session

- The students gained knowledge about Interview Skills.
- The session gave practical exposure and required skills to Upgrade Technical Skills such as Coding, Software Develop, Web Develop, AI etc.

  
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