



## MILAGRES COLLEGE, KALLIANPUR, UDUPI

*Fine Arts Club 2020-21*

Activity: Inauguration of AAHAARYA, Workshop Series on various art forms

Date: 02-02-2021

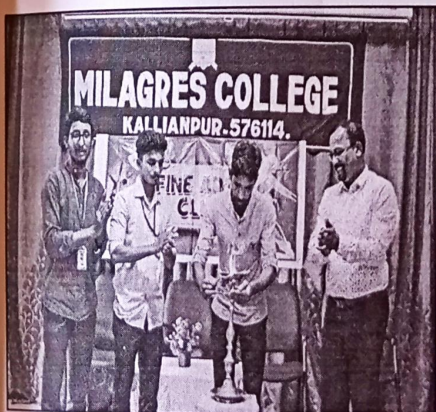
Venue: AV Room, Milagres College, Kallianpur

Inaugurator: Mr. Prashanth Udyavar, Theatre Director, Udupi

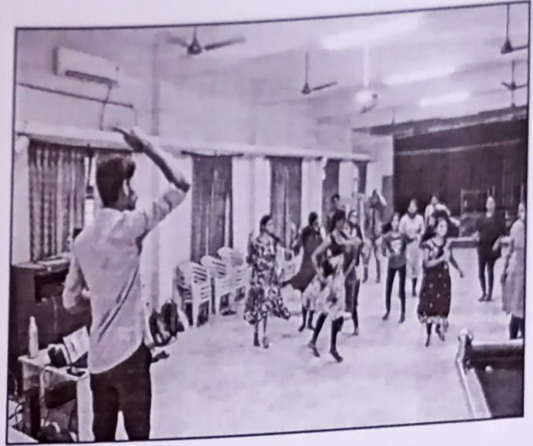
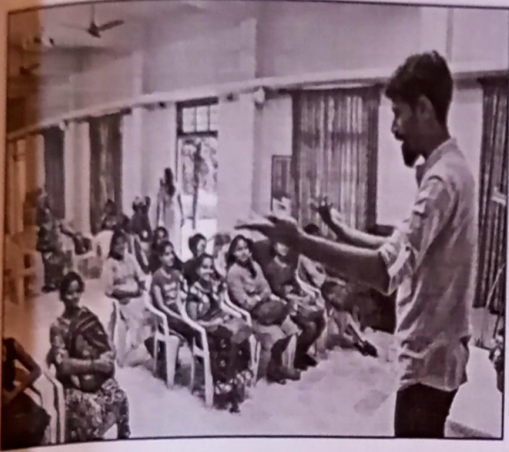
President: Dr. Vincent Alva, Principal, Milagres College, Kallianpur

Members Attended: 30 students

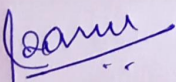
Fine Art Club of Milagres College, Kallianpur organized workshop on various art forms named AAHAARYA from February 2, 2021. Mr. Prashanth Udyavara, Theatre Director from Udupi inaugurated the Workshop by lighting the lamp. Dr. Vincent Alva, Principal of Milagres College, Kallianpur presided over the programme. Mr. Vignesh, Convenor, Fine Arts Club and Mr. Vaishak K. Cultural Secretary of the college are present on the stage.

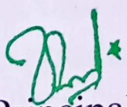


Mr. Prashanth Udhyavar for Contemporary Dance, Mrs. Swathi Bhat Udupi for Basic Singing Skills , Mr. Prasad Brahmavar for Art Forms and Mr. Vignesh Thekkar for Modern Theater will be the resource persons of this workshop series.



  
Convenor

  
IQAC Coordinator

  
Principal  
Principal  
Milagres College Kallianpur-576 114  
Udupi Dt., Karnataka















# **Workshop on Effective Communication and Presentation Skills**

- Programme name** : Session on “Communication & Presentation Skills”
- Organizers** : Post Graduate Department of Studies and Research in  
Commerce (M Com) & Post Graduate Department of  
Social Work (M S W)
- Date and Time** : Tuesday, Feb 23, 2021  
9:30am – 12:30am
- Resource person** : Dr Ganesh Bhat. S, Coordinator, PG Department of  
Studies and Commerce (MCom), Milagres College  
Kallianpur.
- Participants** : MCom and MSW Students
- Venue** : AV Hall

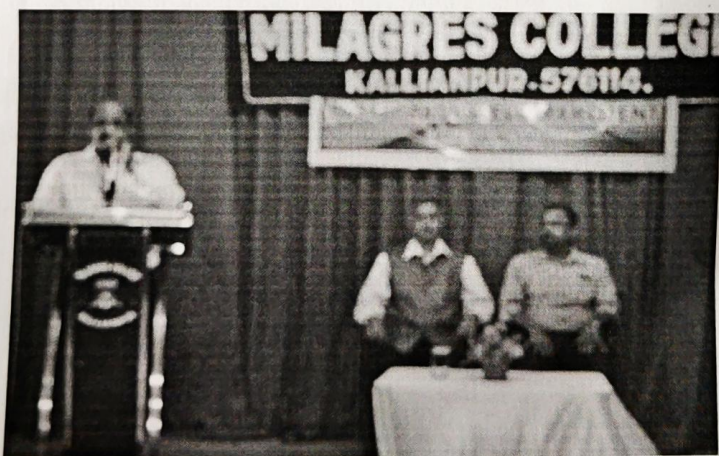
On Feb 23, 2021 Milagres College Kallianpur, Post Graduate Department of Studies and Research in Commerce (M.Com) and Post Graduate Department of Social Work (M.S.W) organized a workshop in the A V Hall of the College on “Communication & Presentation Skills” resourced by Dr. Ganesh Bhat for M.Com and M.S.W students.

➤ **Objectives of the workshop:**

1. To create awareness and improvement of the communication and presentation skills.
2. To understand different types of communication skills – oral and written, body language, paralanguage and proxemics.
3. To create awareness on modes of improving communication skills.

➤ **Outcomes of the workshop:**

1. During the three hours training session, the students have actively participated in the dialogue process.
2. The students participated in the behavioral games actively.
3. The participants have understood the different types of communication and techniques of improvement in communication.
4. The students have shown the interest in participating similar programmes during the course of the study to consolidate the gains they have made in this programme especially written communication skills that is needed for their examination.







*S. P. Malhotra*  
Convener

*J. S. Kumar*  
IQAC Coordinator

*J. S. Kumar*  
Principal  
Principal  
Milagres College Kallianpur-576 194  
Udupi Dt., Karnataka

## Workshop on Self Awareness for Personal Effectiveness

- Programme name** : Session on "Self-Awareness for Personal Effectiveness"
- Organizers** : Post Graduate Department of Studies and Research in Commerce (M.Com) & Post Graduate Department of Social Work (M.S.W)
- Date and Time** : 03-02-2021, Wednesday  
9:30am – 12:30am
- Resource person** : Dr. Ganesh Bhat, Coordinator of PG Department of Studies and Commerce (M.Com), Milagres College Kallianpur.
- Participants** : M.Com. and M.S.W Students
- Venue** : AV Hall

On Feb 03, 2021 Milagres College Kallianpur, Post Graduate Department of Studies and Research in Commerce (M.Com) and Post Graduate Department of Social Work (M.S.W) organized a workshop in the A V Hall of the College on "Self- Awareness for Personal Effectiveness" by the resource person Dr. Ganesh Bhat for the students of M.Com. and M.S.W.

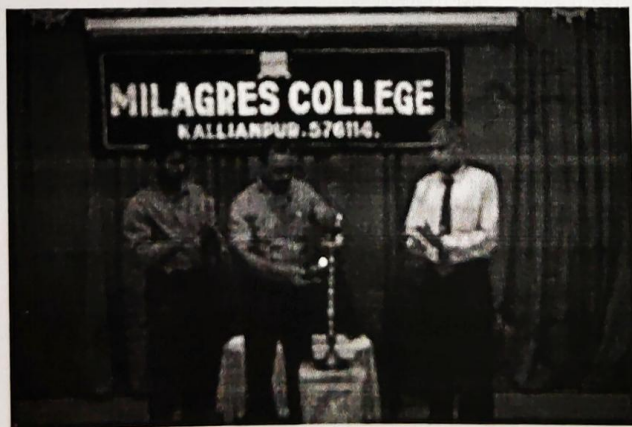


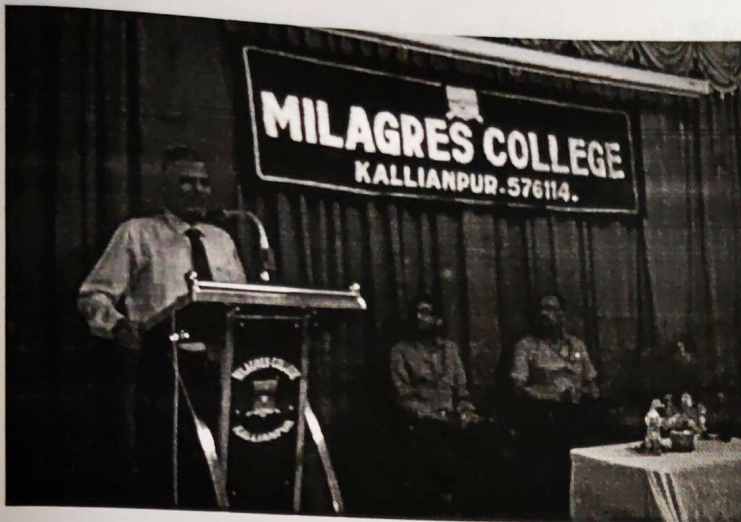
➤ **Objectives of the workshop:**

1. To create awareness about the concept "Self" – 'real self', 'social self', and 'ideal self' to hasten the process of personality development.
2. To understand their skill deficits - Life skills or People Skills, Employability skills and Corporate soft skills.
3. To create awareness on modes of plugging the skill deficits.

➤ **Outcomes of the workshop:**

1. During the three hours training session, the students have actively participated in the dialogue process.
2. The students participated in the behavioral games actively.
3. The participants have understood the level of skill sets they possess.
4. The students have shown the interest in participating similar programmes during the course of the study to consolidate the gains they have made in this programme.





*S. M. A. R.*  
Convener

*Ram*  
IQAC Coordinator

*J. K.*  
Principal  
Principal  
Milagres College Kallianpur-576 114  
Udupi Dt., Karnataka











## NATIONAL CADET CORPS - FIT INDIA FREEDOM RUN

**Program Name:** Fit India Freedom Run

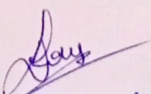
**Organizers:** NCC, NSS, Rovers and rangers

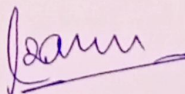
**Date:** 15.08.2021, Sunday 10:00 AM

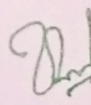
**Venue:** Kallianpur

On the occasion of 75th Independence Day celebration, NCC wing, NSS unit and Rovers and Rangers, Milagres College Kallianpur in association with the Gram Panchayat Kallianpur had organised a "Fit India Rally". After hoisting the national flag and celebrating Independence Day, Fit India Rally began with the principal Dr. Vincent Alva addressing the gathering on the importance of physical and mental fitness in youth. Later Principal, IQAC coordinator Dr. Jayaram Shettigar along with other staffs and students took part in the Fit India bicycle rally and Fit India run. Prof. Melwyn Rego and Prof Peter D'Souza, retired staffs of Milagres College Kallianpur, Gram Panchayat, President and members, witnessed the programme. Lt Bernard Sheldon dsouza, associate NCC officer and other teaching and non teaching staffs were present in the programme.



  
Coy. Commander  
4A/21 Kar. Bn. NCC  
Milagres College Kallianpur  
UDUPI - 576 114

  
IQAC Co-ordinator

  
Principal





GPS Map Camera

Santhekatte, Karnataka, India

af, Kallianpur Main Rd, Santhekatte, Karnataka 576115, India

Lat 13.393477°

Long 74.736915°

15/08/21 10:20 AM



Ramachandra  
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MILAGRES

KALLIANPUR

COLLEGE

MILAGRES COLLEGE, KALLIANPUR  
DEPT. OF PHYSICS & ELECTRONICS  
DEPT. OF CHEMISTRY  
DEPT. OF BIOLOGY  
DEPT. OF COMMERCE  
DEPT. OF HUMANITIES  
DEPT. OF DISTANCE EDUCATION  
DEPT. OF YOUTH & SPORTS  
DEPT. OF CULTURAL & EXTRACURRICULAR ACTIVITIES



# MILAGRES COLLEGE, KALLIANPUR



Udupi, Karnataka -576114

## HINDI DEPARTMENT

### Certificate

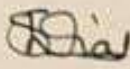
*This is to certify that*

Sri./Kum. ANQUSHKA SUBRAMANIYAN, II B-A  
has successfully completed the Certificate course in Hindi Translation,  
conducted by the Hindi Department of Milagres College, Kallianpur  
and he/she secured Distinction.

Date: 6.10.2021

  
Principal



  
Co-ordinator



## RECORDS OF

Class: Translation course (Hindi)  
July 2022

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## ATTENDANCE



## **MILAGRES CENTER FOR CAREER EXCELLENCE-INAUGURAL CEREMONY ON MONDAY 01.07.2019**

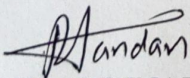
Milagres College Kallianpur started a new department Milagres Center for Career excellence which provides training to the students on various competitive exams. It was inaugurated on Monday 01.07.2019 in the college premise. Most Rev Dr. Gerald Isaac Lobo, Bishop of Udupi diocese inaugurated the centre and blessed all. In his inaugural address he opined we should have a clear sense of purpose in our lives and a clear plan to move in the direction of our dreams; we can transform our outlook and confidence. After launching Milagres Center for Career Excellence powered by National IAS Academy and inaugurating computer lab at Milagres College, Kallianpur Bishop said, after establishing a new diocese, we have moving towards various 18 commissions and Education is one of them. The diocese would giving all necessary guidance and help for the students who going to study in higher government related courses like IAS, IPS etc. We are doing what former President of India Abdul Kalam addressed to the students of the country. Students should have vision and dream for the successful career. Success is ten percent inspiration and ninety percent perspiration, goes the old saying by Thomas Edison. The idea of that hard work is the most important aspect of new inventions. Ninety percent of genius is hard work. As for genius being inspired, important is in most cases another word for perspiration, he said.

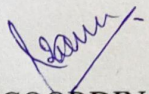
Earlier Bishop launched Milagres Center for Career Excellence by lighting a lamp along with the guests. Rev Dr. Prakash Anil Castalino, Assistant Professor Department of Chemistry conducted the invocation with prayers. Bishop later inaugurated the computer lab for PU students as well as degree students by cutting a ribbon. Bishop blessed the computer lab by sprinkled the Holy water on computer lab hall.

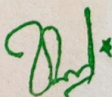


During the stage programme, Bishop was presided the programme. On the dais, Correspondent of Milagres Educational Institutions, Very Rev Dr. Lawrence C D'Souza, B. A Nagesh, former Civil Servant, Advk Bun, Retired Professor from Andhra University, Sunil BN Director National IAS Academy were present. Sunil BN and Correspondent Rev Dr. Lawrence D'Souza spoke during the occasion. Mr. Subrahmanyam and Mrs. Sulatha Shenoy parents of the new course students and Ms. Anushka a student spoke in regard to the new course and their aspiration towards the college. Dr. Vincent Alva gave keynote address and welcomed the gatherings. Savitha Hebbar proposed vote of thanks. Prof. Joseph Fernandes compeered the programme. Former professors, retired staff and parents and students of new course were present.



  
MCCE COORDINATOR

  
IQAC COORDINATOR

  
PRINCIPAL  
*Principal*  
Milagres College Kallianpur-576 114  
Udupi Dt., Karnataka



# NATIONAL SERVICE SCHEME – PADDY CULTIVATION AND WEEDING PADDY FIELD

Programme Name: Paddy cultivation

Organiser : NSS


Date : 15/7/2021

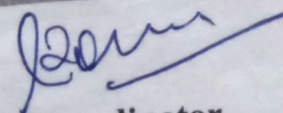
Place: Koddankuru and Kaddekaru Udupi


Participates: NSS volunteers

Agriculture plays an essential role in sustaining and driving the economy. To create awareness about the agriculture work, Milagres College Kallianpur NSS unit organized paddy cultivation programme at Koddankuru and weeding the paddy field at Kaddekar Udupi. The Chief guest Mr. Ragavendra Keni, President, Udupi Nagaraabhiwardhi Pradhikara, inaugurated the programme by handovering the paddy's to the principal Dr Vincent Alva and to the volunteers. Mr Murali Kaddekar, General secretary, Kedaronthana Trust Udupi, guided the volunteers and also said youngsters need show interest about agriculture. IQAC Coordinator Dr Jayaram Shettigar, PRO Ravinandhan Bhat, NSS Programme Officers Mrs Anupamma Jogi and Mr Melson Dsouza were present. NSS volunteers took active part in this programme



  
NSS Programme Officer

  
IQAC Co-ordinator

  
Principal  
Milagres College Kallianpur-5  
Karnataka



















**MILAGRES COLLEGE – KALLIANPUR**

**Career Guidance & Placement Cell**

**One week Soft Skill Training Programme**

**Details of the Session**

**Session Name: Inauguration of Career Guidance Cell and One week Soft Skill classes for Final Year B.Com Students.**

**Date: 07-12-2020**

**Chief Guest: Mr Jaikishan Bhat, Adjunct Faculty, Poornaprajna Institute of Management Udupi.**

**Participants: Final Year Degree Students**

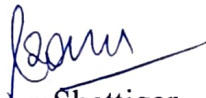
**Outcome of the Programme**

- Improve Leadership Skills
- Improve communication skills
- Problem – solving skills
- Teamwork



Mr Pradeep Moras

Convener



Dr Jayaram Shettigar

IQAC Coordinator



Dr Vincent Alva

Principal

**Career Guidance & Placement Cell – Inauguration of Career Guidance Cell and One Week soft skill classes for the Final Year B.com Students**

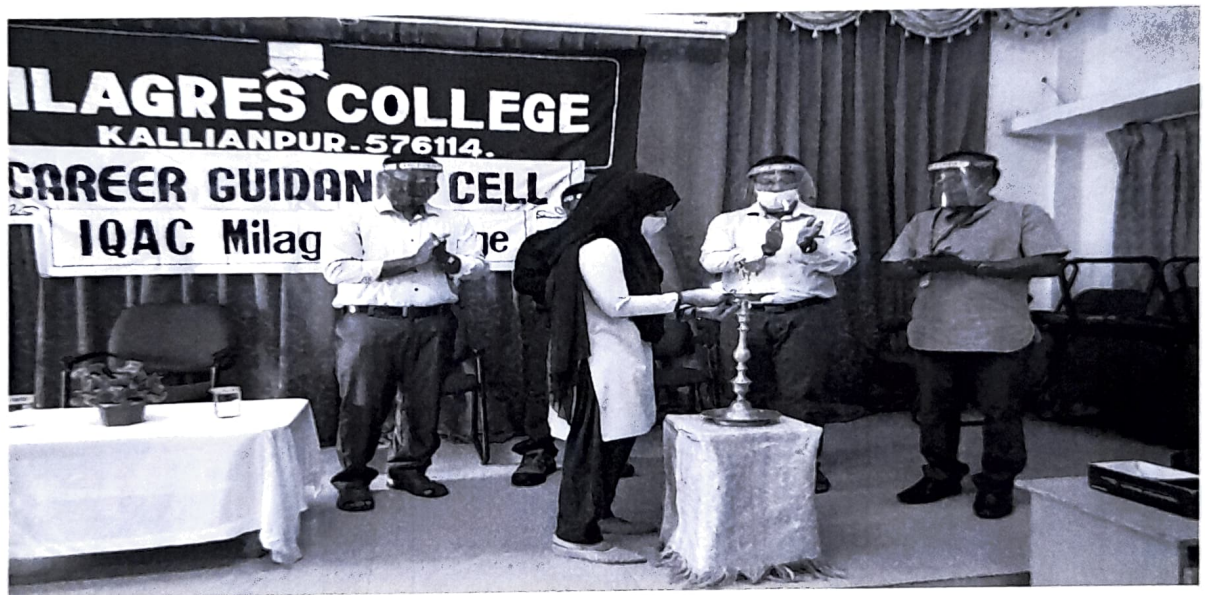
**Date:** 07.12.2020, Monday at 9.30 AM onwards

**Chief Guest:** Mr Jaikishan Bhat, Adjunct Faculty, Poornaprajna Institute of Management Udupi.

**Participants:** Final Year B.com Students.

The Inauguration of Career Guidance Cell for the year 2020-21 was held on 07<sup>th</sup> December, 2020, in the Audio Visual Hall at 9.30 AM. The Chief Guest of the Programme Mr Jaikishan Bhat, Adjunct Faculty, Poornaprajna Institute of Management Udupi inaugurated and addressed the gathering. The Principal Dr Vincent Alva delivered the presidential remarks and said that in the present scenario employment opportunities are very less. Everywhere in the world, there is competition for the job. Students have to make use of the soft skill classes and improve their communication skills. IQAC Coordinator Dr Jayaram Shettigar was Present for the programme. Mr Pradeep Joy Moras, Convener of Career Guidance Cell welcomed the gathering. Ms Saniya of III B.com B was the Master of Ceremony. Ms Pratheeksha proposed the vote of thanks. 30 Students were present on the occasion







**Convener**  
**Mr Pradeep Moras**

**IQAC Coordinator**  
**Dr Jayaram Shettigar**

**Principal**  
**Dr Vincent Alva**



# Career Guidance & Placement Cell

## One week Soft Skill Training Programme

No of students Benefited from this Programme ( Student Attendance )

Date : 07-12-2020 to 12-12-2020

Sl No	Students Name	Class	Signature
1	Abhishek	III B.COM 'A'	P. Abhishek
2	Austin	III B.COM 'A'	Austin
3	Dhanush	III B.COM 'A'	Dhanush
4	Harshajith	III B.COM 'A'	Harshajith
5	Varun	III B.COM 'A'	Varun
6	Sunny D'souza	III B.COM 'A'	Sunny D'souza
7	Ankitha Shetty	III B.COM 'A'	Ankitha Shetty
8	Kavya	III B.COM 'A'	Kavya
9	Anusha	III B.COM 'A'	Anusha
10	Reshel	III B.COM 'A'	Reshel
11	Vaishali	III B.COM 'A'	Vaishali
12	Henrita	III B.COM 'A'	H. Deshwa
13	Sunitha	III B.COM 'A'	Sunitha
14	Praveen	III B.COM 'A'	Praveen
15	Sainath	III B.COM 'A'	Sainath
16	Nauman	III B.COM 'A'	Nauman
17	Saniya	III B.COM 'B'	Saniya
18	Saman	III B.COM 'B'	Saman
19	Vaishak	III B.COM 'B'	Vaishak
20	Oliver	III B.COM 'B'	Oliver
21	Prathiksha Shetty	III B.COM 'B'	Prathiksha Shetty
22	Sagar	III B.COM 'B'	Sagar
23	Sharan	III B.COM 'B'	Sharan
24	Sandeep Shetty	III B.COM 'B'	Sandeep Shetty
25	Sujith	III B.COM 'B'	Sujith
26	Shreya	III B.COM 'B'	Shreya
27	Arpitha	III B.COM 'B'	Arpitha
28	Spoorthi	III B.COM 'B'	Spoorthi
29	Kavya	III B.COM 'B'	Kavya
30	Inchara	III B.COM 'B'	Inchara



Convener



Principal

## **MILAGRES COLLEGE – KALLIANPUR**

### **Career Guidance & Placement Cell**

### **One Week Soft Skill Training Programme**

#### **Details of the Programme**

**Session Name: One week of Soft Skill Classes for the III B.com students.**

**Date: 15-03-2021 to 20-03-2021**

**Chief Guest:**

- 1. Mr M. Jaikishan Bhat, Adjunct Faculty, Poornaprajna Institute of Management Udupi**
- 2. Dr Ganesh Bhat – Coordinator of M.com, Milagres College Kallianpur**
- 3. Mr Karthik Shetty – Alumnus 2011 Batch, Deputy Head for Network, Societe Generale.**

**Participants: Final Year B.com Students**

#### **Outcome of the Programme**

- Improve Leadership Skills
- Improve communication skills
- Problem – solving skills
- Teamwork



Mr Pradeep Moras

Convener



Dr Jayaram Shettigar

IQAC Coordinator



Dr Vincent Alva

Principal



## **Career Guidance & Placement Cell – One Week soft skill classes for the Final Year B.com Students**

**Date: 15.03.2021 to 20-03-2021**

**Chief Guest:**

- 1. M. Jaikishan Bhat, Adjunct Faculty, Poornaprajna Institute of Management Udupi**
- 2. Dr Ganesh Bhat – Coordinator of M.com, Milagres College Kallianpur**
- 3. Mr Karthik Shetty – Alumnus 2011 Batch, Deputy Head for Network, Societe Generale.**

**Participants:** Final Year B.com Students.

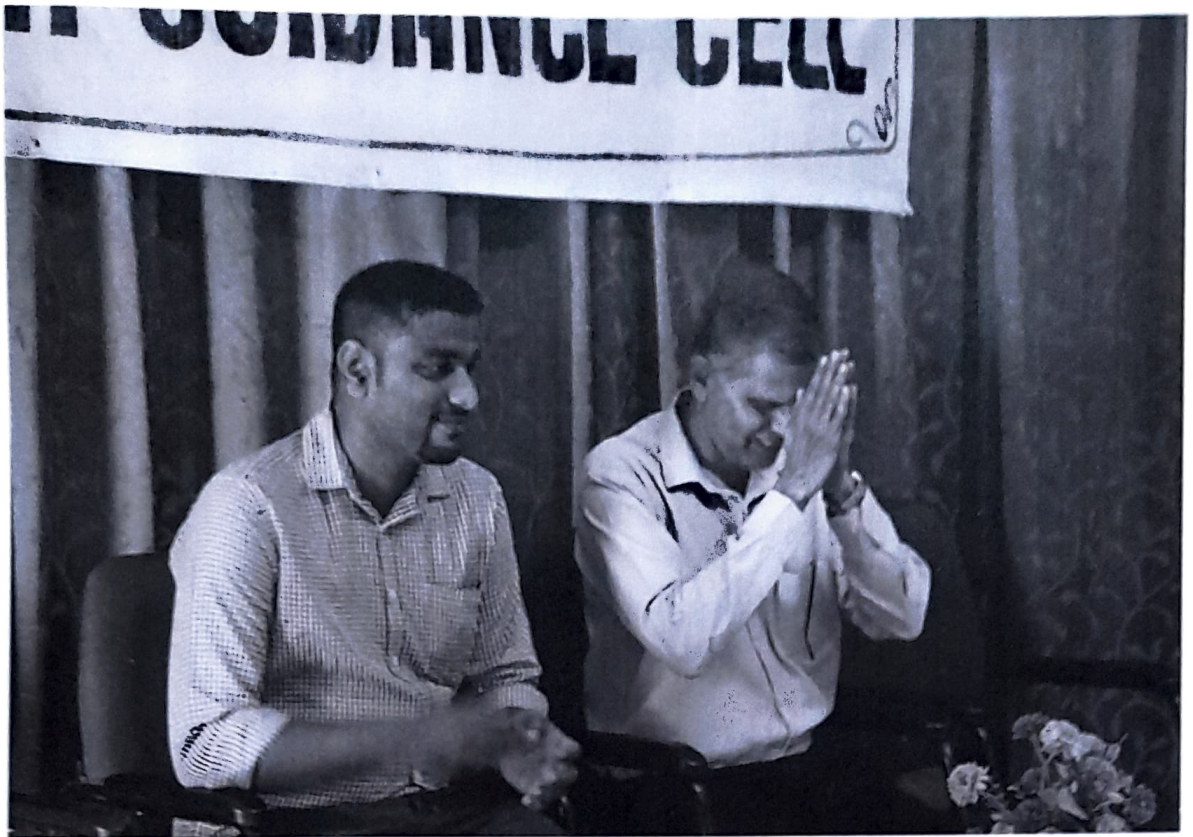
The career guidance & Placement Cell of our college conducted one-week soft skill classes for the Final year B.com students. The Programme was inaugurated by Mr Karthik Shetty, Deputy Head for Network, Societe Generale who is also the alumnus of our College 2011 B.com Batch. He spoke about the recent trends in marketing and advised the students to improve their communication skills.

Dr Ganesh Bhat Coordinator of M.com Milagres College Kallianpur was the resource person of another session. Mrs Shylet Mathias H.O.D of Commerce welcomed the chief Guest. Dr Ganesh Bhat advised the different ways to improve soft skills. He told the significance of Soft skills in student's life. Principal Dr Vincent Alva delivered his presidential remarks and informed the students to make use of soft skill classes.

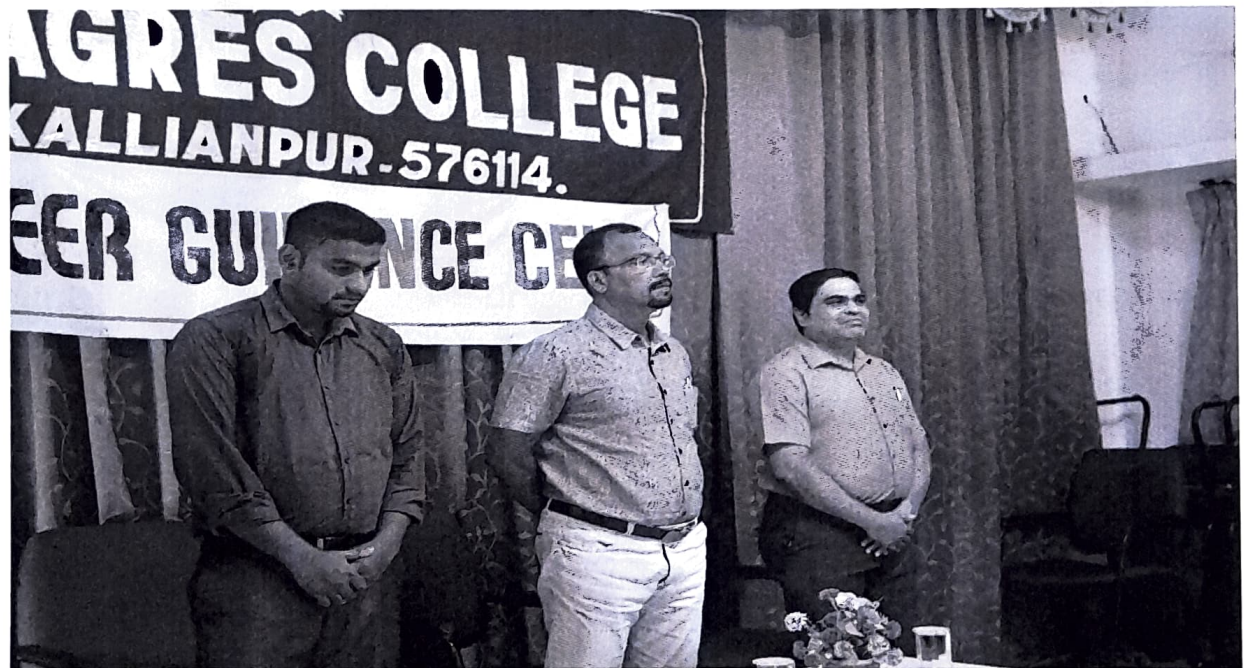
M. Jaikishan Bhat, Adjunct Faculty, Poornaprajna college was the resource person for the remaining 5 days. He said that in the 21<sup>st</sup> Century, the world has upgraded in many ways, particularly the advancement of Technology. Upgrading is very essential in our day-to-day life. So he gave a call to the students for an upgrade in whatever they try to accomplish. 74 students were present on the occasion.















**Convener**  
**Mr Pradeep Moras**

**IQAC Coordinator**  
**Dr Jayaram Shettigar**

**Principal**  
**Dr Vincent Alva**



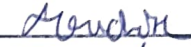




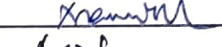


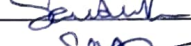

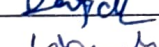
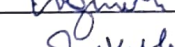

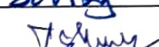

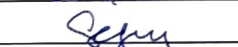

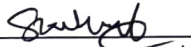

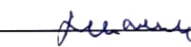
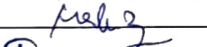


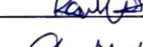
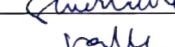
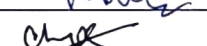
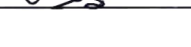

# Career Guidance & Placement Cell





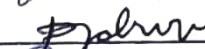


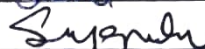
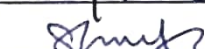

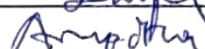
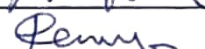
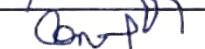
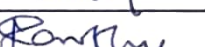
## One week Soft Skill Training Programme

Number of students Benefited from this Programme ( Student Attendance ) Date: 15-03-2021 to 20-03-2021

Sl No	Students Name	Class	Signature
1	Anisha Rodrigues	III B.COM 'A'	Anisha
2	Alisha D'souza	III B.COM 'A'	Alisha
3	Vaishali	III B.COM 'A'	Vaishali
4	Canvia Adlit Suares	III B.COM 'A'	Canvia
5	Elrica Furtado	III B.COM 'A'	Elrica
6	Henrita D'silva	III B.COM 'A'	Henrita
7	Galnet	III B.COM 'A'	Galnet
8	Juwairiya	III B.COM 'A'	Juwairiya
9	Reeshel D'souza	III B.COM 'A'	Reeshel
10	Priya Naik	III B.COM 'A'	Priya
11	Soniya D'silva	III B.COM 'A'	Soniya
12	Vijayalaxmi	III B.COM 'A'	Vijayalaxmi
13	Steffi Lasrado	III B.COM 'A'	Steffi
14	Shreya amin	III B.COM 'A'	Shreya
15	Sushmitha	III B.COM 'A'	Sushmitha
16	Shreya Devadiga	III B.COM 'A'	Shreya
17	Keerthi Acharya	III B.COM 'A'	Keerthi
18	Prathiksha	III B.COM 'A'	Prathiksha
19	Nisha	III B.COM 'A'	Nisha
20	Raksha HR	III B.COM 'A'	Raksha
21	Kavya	III B.COM 'A'	Kavya
22	Freny D'souza	III B.COM 'A'	Freny
23	Anusha	III B.COM 'A'	Anusha
24	Anupa	III B.COM 'A'	Anupa
25	Akshatha Dandin	III B.COM 'A'	Akshatha
26	Amrutha Dandin	III B.COM 'A'	Amrutha
27	Amisha Salian	III B.COM 'A'	Amisha
28	Gaurav	III B.COM 'A'	Gaurav
29	Arjun	III B.COM 'A'	Arjun
30	Austin	III B.COM 'A'	Austin



Sl No	Students Name	Class	Signature
31	Sushanth	III B.COM 'A'	
32	Sudarshan	III B.COM 'A'	
33	Harshith	III B.COM 'A'	
34	Praveen A	III B.COM 'A'	
35	Abhishek	III B.COM 'A'	
36	Nishal	III B.COM 'A'	
37	Meharan Ali	III B.COM 'A'	
38	Manvith	III B.COM 'A'	
39	Adil	III B.COM 'A'	
40	Nishwal	III B.COM 'A'	
41	Sandesh	III B.COM 'A'	
42	Sunny Anthony D'souza	III B.COM 'A'	
43	Deepak	III B.COM 'A'	
44	Vignesh	III B.COM 'A'	
45	Sukesh	III B.COM 'A'	
46	Sooraj	III B.COM 'B'	
47	T S Sihan	III B.COM 'B'	
48	Dikshith	III B.COM 'B'	
49	Sagar	III B.COM 'B'	
50	Shashank	III B.COM 'B'	
51	Soofiyan	III B.COM 'B'	
52	Thouheed	III B.COM 'B'	
53	Huwess	III B.COM 'B'	
54	Hafiz	III B.COM 'B'	
55	Faiz	III B.COM 'B'	
56	Praful	III B.COM 'B'	
57	Karthish	III B.COM 'B'	
58	Shreeharsha	III B.COM 'B'	
59	Vaishak	III B.COM 'B'	
60	Chris D'silva	III B.COM 'B'	

Sl No	Students Name	Class	Signature
61	Mahesh Kotian	III B.COM 'B'	
62	Oliver	III B.COM 'B'	
63	Deeksha Amin	III B.COM 'B'	
64	Preema D'sa	III B.COM 'B'	
65	Prathima	III B.COM 'B'	
66	Saman	III B.COM 'B'	
67	Safa	III B.COM 'B'	
68	Supreetha	III B.COM 'B'	
69	Shreya	III B.COM 'B'	
70	Deepa	III B.COM 'B'	
71	Arpitha	III B.COM 'B'	
72	Ramya	III B.COM 'B'	
73	Carol	III B.COM 'B'	
74	Pavithra	III B.COM 'B'	

  
Convener

  
Principal



# **Workshop on Effective Communication and Presentation Skills**

- Programme name** : Session on “Communication & Presentation Skills”
- Organizers** : Post Graduate Department of Studies and Research in  
Commerce (M Com) & Post Graduate Department of  
Social Work (M S W)
- Date and Time** : Tuesday, Feb 23, 2021  
9:30am – 12:30am
- Resource person** : Dr Ganesh Bhat. S, Coordinator, PG Department of  
Studies and Commerce (MCom), Milagres College  
Kallianpur.
- Participants** : MCom and MSW Students
- Venue** : AV Hall

On Feb 23, 2021 Milagres College Kallianpur, Post Graduate Department of Studies and Research in Commerce (M.Com) and Post Graduate Department of Social Work (M.S.W) organized a workshop in the A V Hall of the College on “Communication & Presentation Skills” resourced by Dr. Ganesh Bhat for M.Com and M.S.W students.

➤ **Objectives of the workshop:**

1. To create awareness and improvement of the communication and presentation skills.
2. To understand different types of communication skills – oral and written, body language, paralanguage and proxemics.
3. To create awareness on modes of improving communication skills.

➤ **Outcomes of the workshop:**

1. During the three hours training session, the students have actively participated in the dialogue process.
2. The students participated in the behavioral games actively.
3. The participants have understood the different types of communication and techniques of improvement in communication.
4. The students have shown the interest in participating similar programmes during the course of the study to consolidate the gains they have made in this programme especially written communication skills that is needed for their examination.







*[Signature]*  
Convener

*[Signature]*  
IQAC Coordinator

*[Signature]*  
Principal  
Principal  
Milagres College Kallianpur-576 114  
Udupi Dt., Karnataka

## Workshop on

### Self Awareness for Personal Effectiveness

- Programme name** : Session on “Self-Awareness for Personal Effectiveness”
- Organizers** : Post Graduate Department of Studies and Research in Commerce (M.Com) & Post Graduate Department of Social Work (M.S.W)
- Date and Time** : 03-02-2021, Wednesday  
9:30am – 12:30am
- Resource person** : Dr. Ganesh Bhat, Coordinator of PG Department of Studies and Commerce (M.Com), Milagres College Kallianpur.
- Participants** : M.Com. and M.S.W Students
- Venue** : AV Hall

On Feb 03, 2021 Milagres College Kallianpur, Post Graduate Department of Studies and Research in Commerce (M.Com) and Post Graduate Department of Social Work (M.S.W) organized a workshop in the A V Hall of the College on “Self- Awareness for Personal Effectiveness” by the resource person Dr. Ganesh Bhat for the students of M.Com. and M.S.W.



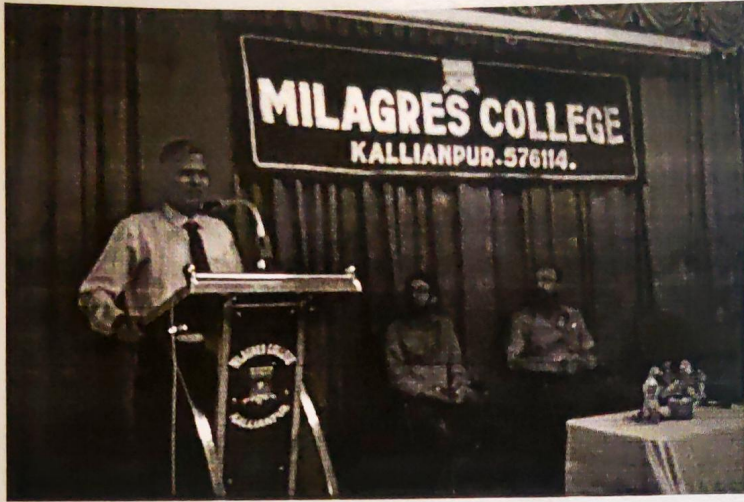
➤ **Objectives of the workshop:**

1. To create awareness about the concept “Self” – ‘real self’, ‘social self’, and ‘ideal self’ to hasten the process of personality development.
2. To understand their skill deficits - Life skills or People Skills, Employability skills and Corporate soft skills.
3. To create awareness on modes of plugging the skill deficits.

➤ **Outcomes of the workshop:**

1. During the three hours training session, the students have actively participated in the dialogue process.
2. The students participated in the behavioral games actively.
3. The participants have understood the level of skill sets they possess.
4. The students have shown the interest in participating similar programmes during the course of the study to consolidate the gains they have made in this programme.





*[Signature]*

Convener

*[Signature]*

IQAC Coordinator

*[Signature]*

Principal

**Principal**

Milagres College Kallianpur-576 114  
Udupi Dt., Karnataka



# MILAGRES COLLEGE KALLIANPUR

## NATIONAL CADET CORPS

### Details of the Programme

Program Name: International Yoga Day

Organizers: 21 BATTALION, NSS, NCC

Date: 21-06-2021

Venue: Milagres College Kallianpur.

Participants: NCC Cadets of the College.

### Outcome of the Programme:

\*Mental Stability.

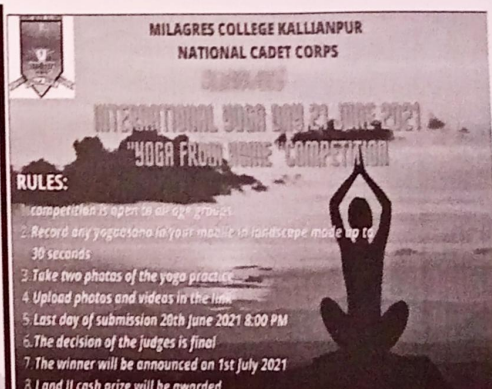
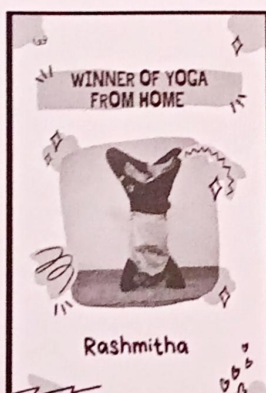
\*Improving concentration Power.

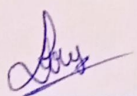
\*Heath Benefits.

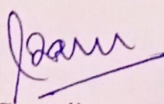
\* Techniques of improving oxygen level in body.

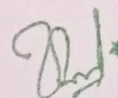
Yoga Day was celebrated in our College on 21<sup>st</sup> June 2021. 40 SD and 30 SW cadets were trained and Issued Certificates. These cadets had participated in International Yoga Day Program on June 21, 2021 cadets were trained by Senior under officer EX NCC cadet Oliver D'Souza. Yoga session was held through online platform Google meet .yoga commenced from 7:00 Am till 8:00Am.

Yoga from home contest was held through online platform and it was made open to all age group. applicants of the contest were asked to upload videos and photos through Google form link provided to them.150 applicants participated in the contest.



  
Coy, commander  
4021A Coy. Bn. NCC  
Milagres College Kallianpur  
UDUPI - 576 114

  
IQAC Co-ordinator

  
Principal